

hello

A Message from Our Executive Director



I was recently interviewing someone for a position at the agency, and I asked him how he first heard about Shanti. He told me that he originally heard about us in Minnesota back in 1985, when he was training to

be a volunteer at a peer support program modeled after Shanti. I couldn't help but smile. It was a wonderful reminder of Shanti's legacy of compassionate care—a legacy that has impacted so many tens of thousands of people here in the Bay Area and beyond.

At the heart of this legacy is the Shanti Model of Peer Support. In the Bay Area alone, Shanti has trained over 15,000 volunteers in the Shanti Model, and Shanti has provided training to over 600 agencies across the world, in places ranging from Minnesota to Australia.

We just completed our first volunteer training of 2010, and I was reminded how profoundly the trainees are affected by the training. The Shanti training is so compelling because it encompasses the essence of our humanity: that human dignity is never optional; that, by definition, service from one person to another must be performed with the greatest respect and can only occur in a relationship of equals or peers. Moreover, the training reminds us, as caregivers, that we each inherently possess a tremendous capacity for compassion and the ability to be of meaningful service to someone else. Our capacity for compassion often gets too easily lost in a society which suggests there is always one more thing about ourselves we need to change or improve. In reality, as our Founder, Dr. Charlie Garfield says, the foundation of compassionate caregiving simply rests in our willingness to "show up, pay attention and care."

We saw a notable increase in the number of our clients last year, and this trend will continue in 2010. Just as we did in 2009, I expect we will serve every person who seeks our services this year, due to the great goodwill and appreciation so many members of the community feel for Shanti's mission. To all of those individuals—our supporters, donors and volunteers—I extend my most heart-felt gratitude for allowing us to serve our clients. And to everyone, I invite you to join us in our 36th year of service and continue this remarkable legacy of compassion and care.

Kaushik Roy

L.I.F.E. expansion

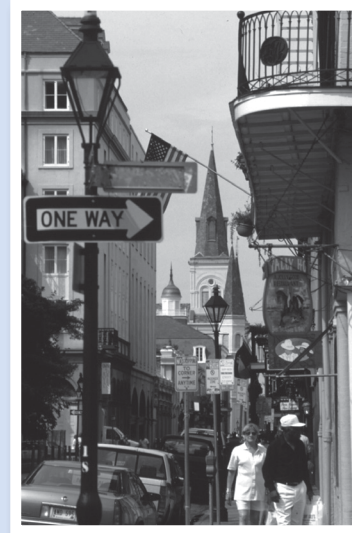


Photo courtesy of Alex Demyan and NewOrleansOnline.com

Shanti and NOAIDS Task Force address the gap in services for HIV+ individuals in New Orleans by offering the region's first access to L.I.F.E., a 12-week health-enhancement program. NOAIDS becomes the nation's seventeenth site to offer L.I.F.E., and the only site located in Louisiana or its surrounding states. Since 1991, over 3000 people living with HIV/AIDS in six states have used the principles of L.I.F.E. to improve health outcomes and quality of life.

L.I.F.E. is an effective health-enhancement program for individuals living with HIV/AIDS. L.I.F.E., which stands for Learning Immune Function Enhancement, incorporates the latest research in HIV, immunology and health into a holistic model of care which empowers persons living with HIV to improve their health. During 12 weekly sessions, participants gain the knowledge, motivation, skills and support necessary to manage biological, psychological and social life issues that can impact immune functioning and overall health. Enrollment for the first L.I.F.E. workshop began March 15. Participation is free, and open to all persons living with HIV/AIDS in New Orleans.

"We've seen participants gain amazing results from L.I.F.E.: their highest CD4+ counts since diagnosis, returning to work for the first time in years or regaining life purpose and long term goals," said Clayton Robbins, Director of Program Development at the Shanti L.I.F.E. Institute, "and many graduates give back to their communities by becoming volunteer facilitators of The L.I.F.E. Program®. Efforts to bring L.I.F.E. to New Orleans began when a past graduate of Fort Lauderdale's L.I.F.E. Program® moved to New Orleans, advocated for NOAIDS to launch a L.I.F.E. Program® of their own, and offered to volunteer as a facilitator.

welcome Spotlight on New Staff

Randy Allgaier, Director of HIV Health Services Planning Council

Randy is a person living with AIDS and brings more than 15 years of policy and planning experience to the council support staff. From 1995-2000 he was the Director of the HIV Advocacy Network in the Public Policy Department of the San Francisco AIDS Foundation. He served on the HIV Health Services Planning Council for 7 years (2 of them as co-chair) and on the HIV Prevention Planning Council for 2 years. Currently he serves on the Board of Directors of two national HIV/AIDS policy focused organizations and the National Working Positive Coalition, and also sits on the coordinating committee of the Coalition for a National HIV / AIDS Strategy. In December 2009, Randy was elected co-chair of the Mayor's Hepatitis C Task Force. Randy has a long history with Shanti having taken its volunteer training 22 years ago and serving on the Shanti board in the mid-1990s. Randy received his A.B. from Cornell University and his M.A. from Harvard University's Graduate School of Arts and Sciences.

Matthew Simmons, Communications Manager, L.I.F.E. Program

Prior to joining the staff at Shanti, Matthew was a facilitator and teacher with the Body Electric School of Massage since 1989 facilitating workshops in spirituality and personal growth for men and women around North America, Europe, New Zealand and Australia. While at Body Electric, Matthew created several massage/meditation workshops specifically designed for men living with HIV creating a safe environment to explore the healing potential of touch. Matthew is excited to be part of the L.I.F.E. program.

Julietta Murillo, Wellness Coordinator/Care Navigator, LifeLines Program

Julietta recently graduated from the University of California, Berkeley with a B.A. degree in Biology. Prior to joining Shanti, Julieta was a volunteer caseworker and wellness program facilitator for The Suitcase Clinic, a humanitarian student run organization that provides health and social services to underserved and homeless individuals. She also was the Education Coordinator for the Shuar Health Project, a student run public health organization that strives to improve the health of indigenous communities in the Ecuadorian Amazon, by decreasing the prevalence of water-related diseases through sustainable technologies, education and research. As Education Coordinator, her team introduced a health education curriculum and collaborated with the Director of Bilingual Education of Pastaza Ecuador to implement the curriculum into primary schools.

Thank you to all of our wonderful current interns.

HIV Services – Diane Tan and Michael Manekin

LifeLines – Vicky Zhang and Chuong Phung

Development Department – Laura Levinsohn and Ellona Vinnitskiy

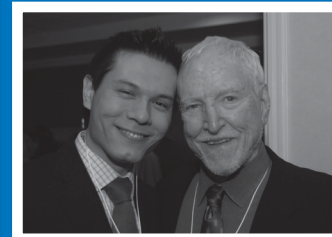
Glimpses of 35th Anniversary Celebration



Cindy Spring, Dr. Charles Garfield (Shanti's founder), Lee Ng and Bob Rybicki (former Shanti Executive Director)

Thank you to everyone who made our 35th Anniversary Celebration a huge success. It was a wonderful time to reconnect with long-time supporters, make new friends and share our vision for the future.

We would not be the organization we are today without our clients, volunteers and supporters. You are the women and men who give significance to our work and invigorate us to provide meaningful services to our community.



Michael Nguyen and the Honorable James C. Hornel



Supervisor Bevan Duffy and Honorary Co-chair Janet Reilly



Tom Horn, The Bob Ross Foundation Trustee and Publisher of the Bay Area Reporter



Shanti's Executive Director Kaushik Roy with Jan Wahl and Jamison DeTollo



Awardees: Christine Morrison (LifeLines client), Kevin Burns (former Shanti Executive Director), Colleen Wilson (Genentech Foundation Executive Director) and Chip Supanich (Shanti Board member, volunteer and client)

* All photographs by Steven Underhill

Stay tuned for information on our 2010 Annual Dinner. Thank you to our first sponsors: The Bob Ross Foundation and Nordstrom, Inc.!

Program Updates happenings

HIV Services

HIV Services is pleased to welcome our new intern Diane Tan to our team. Diane recently graduated from UCLA with a degree in history (as well as full pre-med coursework) and will be interning with us full time for the next six months. Additionally, we are happy to report that we just received a new computer for client use compliments of a grant from the National Minority AIDS Council. Beyond that, we are happy to have begun matching graduates of our most recent volunteer training with clients and we're very excited to see these matches flourish.

LifeLines Breast Cancer Program

In the past 18 months, LifeLines successfully absorbed a 55% increase in new referrals, bringing the total number to over 450 clients. Our staff includes 5 full-time and 1 part-time employees who last year provided over 5,000 hours of one-on-one assistance, including in-home and hospital visits, to clients in active treatment.

In addition to our year-round Care Navigation services, our Health, Wellness & Survivorship Program has begun its 2010 Spring Series (January-April). As in the past, we expect no less than 75% (or 335) of our clients to participate in at least one of the over 100 free health and wellness activities we have planned in 2010.



Gloria Cuadra at LifeLines Art Workshop

Generous volunteers will be providing weekly services including massage, reiki energy work, relaxing facials, and knitting. Staff will be facilitating monthly health chats which allow our clients to express themselves in a comfortable safe setting with the company of other LifeLines clients and professional volunteers will be leading various wellness workshops including salsa lessons, nutrition/cooking classes, yoga and a jewelry workshop in English, Spanish and Cantonese.

L.I.F.E.

L.I.F.E. partnered with the San Francisco Department

of Public Health HIV Research Section to present a community forum at the LGBT Community Center on the results of the recent HIV vaccine trial in Thailand, an update on a current trial happening in the U.S., the success of community partnerships in conducting trials and what a successful HIV vaccine would mean for HIV prevention. The forum was moderated by L.I.F.E. staff member Derrick Mapp.

L.I.F.E. co-sponsored and participated in San Francisco's National Black HIV/AIDS Awareness Day event on February 5th at the Harvey Milk Academy. Karl Knapper and Derrick Mapp were co-facilitators for the STOP AIDS Project's Black PLUS Workshop February 27th and 28th. L.I.F.E. will also begin collaborating with the Black Brothers Esteem program at the S.F. AIDS Foundation to do the Black L.I.F.E. Health Workshop in March 2010.

L.I.F.E. did two workshop presentations (one under the auspices of the ConnectHIV grant), at the 2009 United States Conference on AIDS (USCA) – October 29-31 – in San Francisco. During USCA, L.I.F.E. participated in a Peer Exchange Meeting for all California ConnectHIV grantee organizations at Cal-Pep in Oakland and a ConnectHIV Grantee Day Meeting in San Francisco.

events



Donna Sachet hosted a fabulous fundraising happy hour for Shanti at Trigger in the Castro last month. She spiced up the evening with a riveting jazz performance and hilarious banter.

Shanti is proud to be a beneficiary of Academy of Friends again this year. Through their annual Academy Awards Night Gala and monthly events, they have raised over \$7.5 million to support more than 70 HIV/AIDS service organizations within the San Francisco Bay Area.



thank you Our Generous Donors and Supporters During FY 2010 Thus Far

\$50,000 – \$99,999
Genentech Foundation

\$25,000 – \$49,999
San Francisco Foundation

\$10,000 – \$24,999
Amgen Foundation
The Estate of Richard Anderson
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Charles A. Garfield and Cindy Spring
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Gilead Sciences, Inc.
The Estate of Robert Guildler
James C. Hornel and Michael P. Nguyen
Leslie Huang
The J.M. Long Foundation
Richmond/Ermet AIDS Foundation
San Francisco AIDS Foundation
San Francisco Bay Area Affiliate of Susan G. Komen for the Cure

\$5,000 – \$9,999
Broadway Cares/Equity Fights AIDS
Frank A. Campini Foundation
Genentech, Inc.
Nordstrom, Inc.
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Michael Archer and Diane Harkins
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Abbey Banks
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Beats4 Boobs
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Ernest Isenstadt and Judith Hsia
Lara Kollios and Tom Rector
Levi Strauss & Co.
Ellen L. Lingar
Macy's Inc.

Arthur J. O'Donnell and Tess Kelly
Ralph M. Pais and Gayl M. Huston
Mary Palmieri-Bynum and Virgil Bynum
San Francisco Lesbian, Gay, Bisexual, Transgender Pride Celebration Committee, Inc.
Clara Shayevich, Ph.D.
The Shepard Broad Foundation, Inc.
Jim Stephens and Abraham Brown
Thomas L. Tarnowski
Ron Wong and Mike Tekulsky
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Caireann Voigt
Keith Waltrip
Bradley Wilson
Charles R. Wilson
Lori and Chris Xeller

\$500 – \$999
Douglas P. Allen
American Cancer Society
Melinda E. Bagatelos
Craig and Teddi Baumgartner
Louis M. and Patricia M. Bellardo
Kevin R. Burns
Gina Casagrande
Dawn Chandler and Jeffrey L. Gould
ClimateWorks Foundation
Joseph Ferrucci
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Alan Kates
Mathieu P. Martin
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O'Grady Law Group
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Jonathan Patrizio
Jim Stephens and Abraham Brown
Michael Rossoff
Erik Schulz
Sisters of Perpetual Indulgence
Eric Sleigh and Christopher Wiseman
SpanishOne Translations
Mark Stafford
Stu Smith
Emily Wilksa

Government Funding
San Francisco Department of Public Health
Mayor's Office of Housing, Community Development

Thank you to all of our generous in-kind donors!

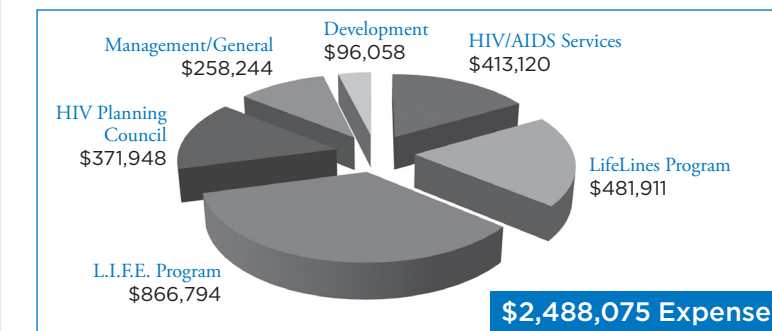
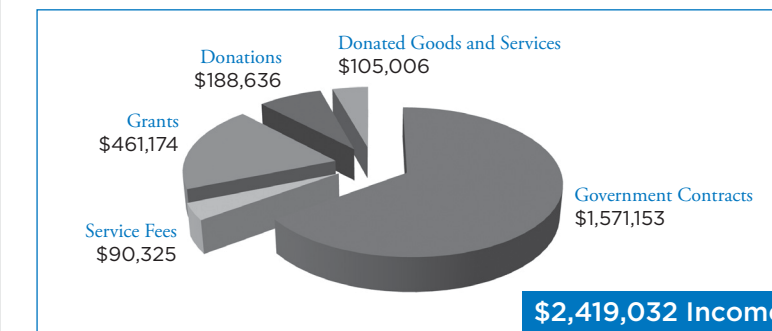
We sincerely apologize for any accidental omissions or misspellings. Please contact Ariana Katz with comments at 415.674.4759 or akatz@shanti.org.

Thank you to the following generous hosts of Shanti Happy Hour fundraisers: Home, Triptych and Trigger. If you know of a bar that would like to host such an event, please contact Ariana Katz at 415.674.4759 or akatz@shanti.org.

financials

2009 Financial Report

audited by Noe and Company, fiscal year ending June 30, 2009



Our Board of Directors

Julie Baumgartner, Director of Strategic Accounts, Kontera, Inc.

Alison Block, Medical Student UCSF, Former LifeLines Intern and Volunteer

Phillip Bokovoy, Ex Officio member, Shanti's Development Director and Acting CFO

William L. Dawes, Senior VP (retired), Dun & Bradstreet

Long Do, Director of Litigation, California Medical Association

Joe Ferrucci, Attorney-at-Law

Graham W. Gallivan, Shanti Peer Support Volunteer

Alexander Rivera, Teacher, Oakland Unified School District; Graduate Student, SFSU; Shanti Peer Support Volunteer

Rubén Gamundi, Sr. Medical Science Liaison, Gilead Sciences

Angie Ryan, Senior Marketing Manager, Tripli Inc - San Francisco, CA

Kaushik Roy, Ex Officio member, Shanti's Executive Director

Stu Smith, Executive Director, Tin Pan Alley Productions; Community Activist; Board Chair

K. Chip Supanich, Shanti Client and Volunteer; Community Activist

Keith Waltrip, Area Community Affairs Manager – West, Abbott Laboratories

Emily Wilska, Principal, The Organized Life; Shanti Peer Support Volunteer



greetings

Message from Our New Board Chair

I can't fully express how grateful and honored I am to be the new Board Chair for an organization that has played such a significant role in my life. My long and rewarding relationship with Shanti began shortly after my own diagnosis. I began my own search for help living and dying with HIV and heard about Shanti's program offering peer emotional and practical support. I realized how afraid I really was and decided to take the Shanti training which changed my life in many ways. I was a client, volunteer, briefly an employee and eventually joined the board, where I became even more involved and committed to the work Shanti does so well. After eight years, I left the board in 2004.

My best friend, Bill Dawes, continued serving on the board and updated me regularly about Shanti's programs. In early 2009, Bill started mentioning the new Executive Director, Kaushik Roy. I soon met with Kaushik and my enthusiasm began to grow once again. I was invited to serve on the 35th anniversary committee and had the opportunity to work with Shanti staff and board, and together we produced one of the most inspiring and successful events in Shanti's history.

Stu Smith
Stu Smith

Afterwards, I was asked if I would be interested in re-joining the board and help lead the next phase of Shanti's growth and evolution.

The enthusiasm and energy I experience every time I visit Shanti and talk with staff and clients give me new passion and dedication to the great work done by this unique and historic care-giving organization. I'm excited about the future of the Shanti model and the valuable services we provide men, women and their families living with HIV or breast cancer. 2010 will be another springboard year for all of us at Shanti and those we serve. As these life-threatening illnesses continue ravaging those we're so privileged to serve, our services will grow and evolve, while our passionate commitment will remain constant.

The current board is talented and committed to increasing capacity and delivery of services, expanding visibility and partnership in the community and informing you of our challenges and successes. I look forward to meeting and sharing with you the good work we do at Shanti in 2010.

embracing wellness



COMPASSION IS UNIVERSAL

730 Polk Street
San Francisco, CA 94109

Annual Dinner 2010
For info check www.shanti.org

Ongoing Activities and Workshops calendar

L.I.F.E.

Every Thursday from 6pm – 8pm, L.I.F.E. Experience, a Poz-Centric Potluck workshop focused on the needs of gay and bisexual HIV+ men, occurs. It's fun, crazy, sensitive, and the food is beyond delicious. Call John at 415-674-4713 for more information.

Our L.I.F.E. Health Workshop for gay and bi HIV+ men takes place every Tuesday from 6pm-9:30pm. Call Karl at 415-674-4706 for more information.

Yoga for HIV-Positive Health

Tuesday4:15 – 5:30pm

Volunteer Services

Our upcoming Peer Support Volunteer Training is April 23rd-25th, or join us for the next session August 13th-15th. To learn more, go to www.shanti.org or call Mindy Schweitzer-Rawls at 415-674-4712.

Come join our team for the San Francisco AIDS Walk July 18th. Walk with us or sponsor one of our walkers – check Shanti website soon for more details.

HIV Services is closed Monday – Friday, 1:00pm – 2:00pm

HIV Services Schedule

Drop-in Center & Service Hours

Tuesday 9:30am – 11:30am
Wednesday (*Drop-in Services only, No Lounge*) ..9:30am – 12:30pm
Thursday9:30am – 12:30pm

Activities Desk

Tuesday – Friday 10:00am – 12:00pm

LIFE Health Chat

Tuesday 11:30am – 12:30pm

Vent: A support group for clients

Wednesday 10:00am – 12:00pm

W.E. Women Experiencing: A Safe space for all women

Friday 10:00am – 12:00pm

Movie Night

3rd and 4th Thursday of the month.....5:00 – 7:30pm

HIV Services is closed Monday – Friday, 1:00pm – 2:00pm

Activities

Shanti offers clients the opportunity to enjoy some of the Bay Area's interesting activities and events while socializing and establishing connections with their peers. The activities program is available to clients Tuesday through Friday from 10am-12pm. Call 415-674-4743 for more information.

LifeLines

Massage

Tuesday 1:30 – 2:30pm, 2:45 – 3:45pm
Thursday 2 – 2:45pm, 3 – 3:45pm, 4 – 4:45pm

Facials

Thursday 10 – 10:45am, 11 – 11:45am,
12 – 12:45am

Reiki

Tuesday 10 – 10:45am, 10:45 – 11:30am

Gentle Yoga Workshop

Friday, March 12th..... 10:00 – 11:30am

Breast Cancer and Nutrition Workshop

Thursday, April 1st 11:15 – 12:15pm



Shanti Voices

Spring 2010

LifeLines Breast Cancer Program Fills A Pressing Need in the Community

Did you know that 1 in 7 women are diagnosed with breast cancer annually in San Francisco? What's more, low-income women and women of color are disproportionately affected by breast cancer. In general, these women are diagnosed at a later stage and face more hardships in obtaining and completing treatment due to limitations from poverty, lack of insurance and linguistic and cultural barriers. These women are nearly twice as likely to be diagnosed with late-stage disease and more likely to die of breast cancer following diagnosis. Language barriers make treatment all the more challenging. The soaring cost of living, the challenging economic environment and government budget cuts to health care and social services are limiting access to care for women who need it the most.

In the past 18 months, LifeLines successfully absorbed a 55% increase in new referrals, bringing the total number to over 450 clients. Without LifeLines many of these women would struggle to fill out paperwork, schedule appointments, understand their doctor, access educational materials, get to medical appointments or receive emotional support.



LifeLines clients and staff at the De Young Museum

received as a LifeLines client was a "wonderful miracle." Through LifeLines staff, Loretta received "unparalleled care and advocacy." Some of the services LifeLines helped her to receive included: Breast Cancer Emergency Fund rent/utility bill assistance, Project Open Hand food delivery, Lymphedema garments from CancerCares, LifeLines Taxi Vouchers to get to and from her medical appointments and LifeLines' Safeway Grocery Vouchers to purchase Ensure® nutritional drinks during chemotherapy.

LifeLines staff also matched Loretta with a Shanti Peer Support Volunteer. Shanti Peer Support Volunteers are highly trained individuals who provide a weekly minimum of three hours of in-person practical and emotional support to clients. Her volunteer was there at her bedside when Loretta woke up after surgery, helped to take her home and regularly assisted Loretta with housework and grocery shopping.

After her surgery, Loretta started accessing our Wellness & Survivorship Program. She came in for free massages and participated in our group Health Chats and when she felt up to it, loved to come to our Farmer Market outings and museum excursions. "I would never do this sort of thing on my own...it feels so good to get out of the house and be with others" she would say.

In October 2009, Loretta was told that her cancer had spread to her bones, liver and stomach. For the next two months, Loretta was home-bound or in the hospital due to her fragile health. Again, without friends or family to support or visit her, LifeLines staff and her volunteer stepped in and made sure to visit Loretta at least twice a week so that she wouldn't be alone and helped her keep current on her rent and other bills during this difficult time. Sadly, Loretta passed away in December 2009 but LifeLines staff had the honor and the privilege to be of service to a phenomenal woman. We take comfort in knowing that she wasn't alone in her greatest time of need.

Shanti C.A.R.E.S.

We are excited to introduce, Team Shanti C.A.R.E.S. (Compassionate Athletes Running to Enhance Services), an adult marathon or half-marathon training and fundraising group supporting Shanti's mission.



Team Shanti C.A.R.E.S. is a charity running program, in coordination with The San Francisco Marathon. Participants of Shanti C.A.R.E.S. will be asked to raise a suggested minimum of \$1,000 during the season contributing to a team fundraising goal of \$15,000 to support Shanti's services. Once a Shanti C.A.R.E.S. participant reaches their fundraising goal of \$1,000, Shanti will reimburse the participants race entry fee of \$85 or \$105!

Shanti C.A.R.E.S. is a wonderful opportunity for runners to financially support Shanti's unique services offered to San Francisco's HIV/AIDS and breast cancer communities, while bettering yourself both inside and out.

For more information on the program and how to join, please visit <http://www.shanti.org/shanticares.html> or call 674-4712.

wish list

In-kind donations for clients and our Shanti office

Flat screen computer monitors (up to 6), and pc laptops with Windows XP or higher (up to 3), projector, magazines for art projects, clothing, books and household appliances.

support

Creative Ways to Support Shanti

It's easy to donate your old car, truck, RV, boat, motorcycle, or other vehicle to Shanti! Just call 888-SHANTI- 4 (888-742-6844) to speak to a representative. We'll help answer your questions and schedule a pickup that's convenient for you. You can also donate online by going to www.shanti.org/donate. When you donate your car, you avoid the costs associated with selling or maintaining your car while helping your favorite cause. You are entitled to receive a tax deduction equal to what the vehicle is sold for if you itemize your deductions.

You can take in kind donations to **Community Thrift Store** and tell them to credit Shanti. Please see their website for details on acceptable donations and donation hours: www.communitythriftsf.org. Call them at 415.861.4910 and visit them at 623 Valencia Street.

connect

Help build a community of compassion – connect with us today!

Stay up to date on Shanti's programs, events, stories and more by joining our email list. Sign up on our homepage: www.shanti.org and while you're at it, check out our blog.

Become a fan of Shanti on Facebook, or follow us on Twitter.



Thank you – your participation strengthens our community.