

Shanti Voices

FALL/WINTER, 2005/2006



Shanti

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Shanti is grateful for the generosity of Optic Nerve Direct, a San Francisco-based full-service marketing firm, which donated its services for the design and printing of this newsletter. For more information about Optic Nerve Direct please call (415) 647-9462 or contact the team at www.opticnervedirect.com.

The L.I.F.E. Program Goes National

The Learning Immune Function Enhancement (L.I.F.E.) Program, one of Shanti's most successful programs, teaches people living with HIV/AIDS how they can improve their health and become long-term survivors. L.I.F.E. provides information about biological, emotional, and social factors that affect psychological and physical health.

Developed by Jeffrey Leiphart, Ph.D. more than 12 years ago, the program is grounded in the principles of medical research, particularly mind/body medicine and psychoneuroimmunology, which is the study of how the mind and the nervous system affect the immune system and overall physical health. Over the past ten years there has been increasing acceptance by mainstream medicine that psychological factors influence the disease onset, rate of disease progression, and even the ability to survive a life-threatening illness.

In San Francisco, the L.I.F.E. Program currently offers gay and bisexual HIV-positive men a 16-week workshop series and individual health counseling sessions. The program and counseling sessions are run by a combination of mental health professionals and peer counselors who present a series of concepts and scientific facts, facilitate large and small group discussions focused on health, provide counseling services,



Thanks to Shanti for being a friend when no one else cares. You're my light in a storm. You're always there to talk, listen and help in times of need.

— Jack Coleman

and make referrals to other community agencies as needed.

L.I.F.E.'s health-counseling services provide participants with information about their disease and how their immune system functions, teach them the skills and strategies they need to maintain (and improve) their health, and participants graduate from the program with a renewed sense of purpose, and the information they need to stay healthy for longer.

A recent review of the outcome data collected from L.I.F.E. graduates shows that with the Program's help they significantly decrease their participation in risk-taking behaviors that lead to new HIV infections and re-infection, implement lasting health-enhancement activities to their daily routines, and improved adherence to their treatment regimens – all of which help them to regain and/or maintain good health.

During the past year, with funding from the Centers for Disease Control (CDC), the L.I.F.E. Program was implemented in seven agencies in Massachusetts, Florida, and Missouri. To meet the needs of people living in rural areas with few services, and others who are unable to disclose their HIV status and access the information they need, Shanti is developing an interactive web-based L.I.F.E. module. Through these expansion activities, Shanti is helping an unprecedented number of people living with HIV disease obtain health enhancing information, skills and support they need to improve their quality of life and become long-term survivors.

For more information about Shanti's health enhancement programs please visit www.shanti.org, email info@shanti.org, or call (415) 674-4716.



In May 2005 the L.I.F.E. Program began a series of monthly events for program graduates and their friends. These L.I.F.E. Goes On sessions (like the Body Fair which was held at the LGBT Center) focus on the ongoing issues that affect the health and well being of gay and bisexual men.

Shanti @ Work

Just a few examples of the impact of your support....

LifeLines is a great support for me. I was diagnosed with breast cancer soon after I was laid off from my job. I was unemployed and felt useless and confused. I called LifeLines and they immediately took action to help me. With their help, I didn't have to spend my days calling five different services, leaving messages, and playing phone tag. They helped me find the things I needed like a wig, a prosthesis and financial assistance. Just as important they listened when I needed someone to talk to – there aren't too many people in my life that just listen and don't judge. -Maria

LifeLines really helped me finish my breast cancer treatment. I live in Bayview Hunter's Point and I don't feel safe waiting too long at the bus stop by my house. LifeLines was able to provide me with transportation everyday during my six weeks of radiation appointments. I don't think I would have gone if they didn't send a car for me. They are lifesavers. -Elizabeth

The L.I.F.E. Program helped me calm down and pull myself out of crisis mode. The staff was compassionate and available when I needed them, and it was very helpful to meet other people who had experiences similar to mine.
-John

The staff of Shanti has given me a wonderful support system for everything from medical services to educational seminars for best understanding and accessing my different options. But most of all, with their unbiased, friendly caring staff, we all have developed new friendships and a wonderful place to hang out and get everything from coffee and pastries with good conversation to our weekly movies and outings, which really have enlightened my life. They have shown me and a lot of people hope and dignity in the worst of times. Thank you Shanti staff—my extended family! -Anton

Message from the board chair

This is an exciting time for Shanti. During the coming months we will continue to provide high-quality cost-effective services for our community and begin an in-depth strategic planning process. After we've collected and analyzed key information, we will draft a three-year plan which will guide our activities through 2009. We expect to begin implementing the plan next fall, and it will serve as a guide that enables us to improve our services and retool our training and technical assistance programs so that more people can benefit from Shanti's expertise.



I would also like to take this opportunity to express gratitude and appreciation to our retiring board members **Michael Baltazar, Barbara Henderson, Joshua Levenburg, Josephine Lott, Michael Rich, Clara Shayevich, and Stu Smith**, who are commended for their countless hours of service and thanked for their generous, continued support.

Volunteer Program

Shanti, like many other organizations, would be unable to continue its important work without the countless hours of care and compassion provided by the more than 100 highly trained volunteers who are matched with clients, assist in the drop-in center and help to facilitate support groups.

In April 2005, Shanti hosted a Volunteer Appreciation Gala at San Francisco's Bubble Lounge. More than 150 volunteers attended the event, which included delightful appetizers, tasty drinks, music, and dancing. The evening's guest speakers included Dr. Charles Garfield (Shanti's Founder), Kevin Burns (Executive Director), and Dennis Stradford (Chairman of the Board of Directors).

The agency currently has more than eight different types of volunteer opportunities. These include training to become a peer support volunteer, who will be matched with individual clients who need assistance. Please call (415) 674-4721 or email info@shanti.org for more information about this training and other ways in which you can help.



When I started volunteering here four years ago, I was welcomed with open arms. Shanti has been a "great" therapeutic position for me. Helping and meeting other HIV clients has given me a greater outlook on life and a great understanding for people who have less. Shanti, I say to you, "Gracias por tu cariño y amor. That = life. You have a great service here and you don't let people with HIV down when it's most needed. Yes, we live longer, but the consequences are also hard, e.g. side effects, etc. Thank you for all you do!" —Angel Arellano



*It wasn't until I began volunteering at Shanti that I realized what my life had been missing so much.
—Gene Bishop*

The LifeLines Program pilots L.I.F.E. for women with breast cancer

Receiving a breast cancer diagnosis changes a woman's life forever. In addition to dealing with a multitude of concerns – like learning about treatment options, finding the right support, and addressing fear and anxiety - many women also have little or no insurance and need to find free treatment, obtain translation services so they can communicate with their doctors, arrange reliable transportation so they can access treatment and continue to provide food for their family, and pay for rent and utilities.

Evidence shows that how a person addresses their questions, fears and concerns can have a significant impact on their quality of life and immune system functions – which can lead to better health outcomes. Since 2001, Shanti's LifeLines Breast Cancer Program has helped more than 280 medically underserved women in San Francisco address their practical and emotional needs. The program provides a wide variety of services, including case management, care navigation, in-home



My experiences at Shanti have helped to change my fear into hope. I have learned the importance of listening without judging, how to walk with others during difficult times, and how to live

and enjoy life even when death is standing at the door. — Stu Smith, former peer support volunteer and retired board member



Right: Tara Stacker, Amy Andresco and Veronica Neal celebrate the success of Shanti's Volunteer Program

volunteers, and assistance accessing emergency funds, food, and other needed services.

To help clients enjoy a higher quality of life and adopt health-enhancing activities, LifeLines provides Wellness Workshops (weekly yoga, knitting, and massage, as well as monthly classes on art therapy, nutrition for recovery, stress reduction and nature outings.)

In addition to helping meet women's immediate concerns, LifeLines has also implemented a new educational program founded in the success of Shanti's L.I.F.E. (Learning Immune Function Enhancement) Program for people with HIV and AIDS. The workshops cover a variety of topics, including finding support, setting goals, and encouraging healing and immune system function through movement and exer-

HIV Services

Shanti's innovative and unique model of care - which predates the advent of AIDS - is based on helping people manage their lives so that they can focus on fighting illness. Research now shows what we have known to be true for many years, namely, that non-medical support services play an important role in keeping people healthy by helping them manage their day-to-day lives as they undergo treatment for their illnesses.

Each year more than 1,600 HIV-positive San Franciscans access the support and assistance offered by Shanti's HIV/AIDS Services. Through this program, clients have access to care coordination, peer support volunteers, activities, weekly drop-in *Health Chats*, day-long forums that address specific issues, patient navigation, a drop-in center and more!

For more information please call (415) 674-4700 or email info@shanti.org.



Alyssa and Mark Nickell at Shanti's Volunteer Appreciation Gala. Alyssa and the Care Through Touch Institute provide free massages for Shanti's clients each week

cise. Each class focuses on a single issue, allowing participants to fully explore the concepts and to share their own stories.

All of LifeLines services are free of charge and available to low-income and under-insured women diagnosed with breast cancer. LifeLines is made possible through the generous support of funders like the Rite Aid Foundation, the San Francisco Department of Public Health, the Susan G. Komen Foundation and many other individuals, corporations and grant-giving organizations.

For more information about LifeLines please call (415) 674-4780 or visit www.shanti.org/lifelines.



LifeLines clients celebrate their health at the Spring Wellness Celebration, which was made possible through the generous support of the Marin Breast Cancer Council.

Events



Mary Jo Catlett, Lorna Luft, movie legend Jane Russell and Susan Anton after the performance at "Help is on the Way XI."

Over the past two years, Shanti was honored to be a beneficiary of four of San Francisco's premier fundraising events. When you attend these events, you are helping Shanti provide services to thousands of people in need in San Francisco.



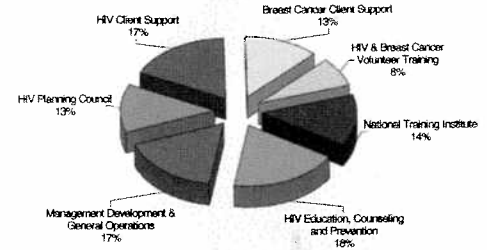
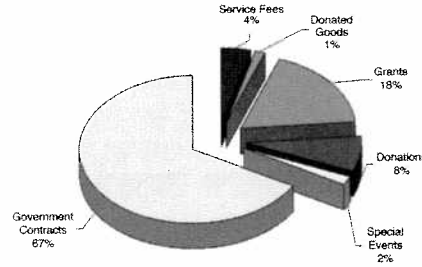
Joe Seiler (left) and Ken Henderson, executive producers of Help Is On the Way XI, with Dillon Sheer who was born with AIDS and is now 15 years old.

2005 FINANCIAL REPORT

audited by PMB & Company, LLP, fy ending 6/30/05

\$2,764,178 INCOME

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Charles Garfield Society

The Charles Garfield Society was established to advance Shanti's caring mission in the world by providing financial support for its vital programs. It honors the man who founded Shanti, and the organization's loyal donors. We endeavored to provide a complete list of donors avoiding an inadvertent misspelling or omission of your name. Please accept our apology if we did and notify us.

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Annual Report from the executive director:

Dear Friends of Shanti:

As we welcome in the New Year, I would like to wish you and your loved ones a very happy and healthy 2006 and thank you for your support. With assistance from friends like you, Shanti continues to help San Franciscans access medical care, make informed decisions about their treatments, and manage the difficult side effects caused by their medication, radiation or chemotherapy regimens.

Every day, Shanti's LifeLines Breast Cancer Program provides critical services such as transportation, care navigation, English/Spanish translation, food assistance, and educational wellness programs so women are able to complete their treatment and reduce their stress and anxiety.

Our team of staff and volunteers helps men and women deal with the ever-present stress caused by a life-threatening illness. They also assist thousands of Shanti clients to navigate San Francisco's complex network of services, because all too often people don't know where to go, what to ask for, are not native-English speakers and struggle to understand and communicate with their doctors.

During fiscal year 2004-2005 your support enabled Shanti to provide services for 1,600 San Franciscans living with HIV/AIDS and 300 women with breast cancer. These services included:

- matching 100 clients with volunteers who contributed more than 12,000 hours of their time
- 6,000 hours of care navigation, peer advocacy, and case management
- 200 health enhancement workshops, education sessions, and support groups

Behind each of these numbers there is a real person who needs your help. Each day Shanti touches hundreds of lives, helping people deal with their illnesses one hour at a time. And every day the dollars and hours donated by our supporters like you enable this important work to continue. Over the past three decades, we have seen tremendous changes in our world and our community, yet many things remain the same. For example, despite wonderful medical advances we don't have cures for AIDS or for cancer, and the treatments that are available often have terrible side effects.

Personally, I do not know anyone whose life has not been touched by AIDS or cancer in one way or another. And, as Shanti moves into its fourth decade of service, we remain committed to the men and women living with these diseases.

Thank you for your continued support - we would not be able to do our important work without the support of good friends like you.

Sincerely,



Kevin R. Burns, M.A.
Executive Director

P.S. Thank you for your contributions to our very successful year-end campaign! If you haven't had a chance to make your gift, please use the enclosed envelope and send it in today. Each dollar you contribute will multiply into countless hours of care, and it's a great way to start the New Year!



Dierdre Gilmore (LifeLines Director),
Kevin Burns (Executive Director), and
Isabel Allende at the Isabel Allende
Foundation's award ceremony.

Fire up your generous engine!

Do you have a car to donate because you've purchased a new fuel-efficient vehicle, mothballed your old clunker, or you've just had enough of soaring gas prices and decided to bike to work? Whatever your reason is, we'll help you by picking up your car, selling it, and giving you a tax-deduction for the full sale amount. Shanti accepts cars in almost any condition. Please call (415) 674-4759 to schedule a pick up or to get more information.



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About Shanti

Founded in 1974, Shanti is a San Francisco-based non-profit organization that helps medically underserved men and women living with HIV/AIDS and breast cancer access medical care and maintain treatment regimens. The agency also provides training and technical assistance workshops that help a variety of other organizations improve their own volunteer programs, and replicate Shanti's success in their communities.

Shanti provides services for more than 1,900 San Franciscans each year, has more than 100 volunteers and a staff of 28. The vast majority of Shanti's clients live in poverty and are members of minority communities. Many clients face numerous cultural and linguistic barriers when trying to access care, and are often multiply diagnosed (with concurrent diagnoses of a life-threatening illness, mental illness, and are active or recovering substance users.)

Shanti program areas are:

HIV/AIDS Services – compassionate peer-based assistance that links HIV-positive men and women to primary medical care, encourages participation in treatment regimens, and works to identify and eliminate barriers to services and medication adherence.

LifeLines Breast Cancer Program – case management, advocacy, education, support, and volunteer caregivers for medically underserved San Franciscans living with breast cancer.

The L.I.F.E. Program[®] – a series of immunity-boosting and risk-reducing health counseling interventions for people living with HIV/AIDS.

Shanti National Training Institute – training and consultation services for organizations seeking to implement or improve their volunteer programs, provide peer-based HIV/AIDS prevention services, and implement new programs that address their communities' needs.

For more information please call (415) 674-4700, email info@shanti.org, browse www.shanti.org, or visit Shanti's offices at 730 Polk Street (between Eddy and Ellis Streets) in San Francisco.

What a deal!

When looking for a unique gift for an upcoming birthday or celebration, be sure to check out Under One Roof at 549 Castro Street (between 18th and 19th Streets). You'll find home décor items, fun presents for children (both young and old), pet-themed products, gag gifts and much more. If you find choosing gifts overwhelming, take advantage of the personal shopper service by calling 800-525-2125. All of the profits from each sale are donated to Shanti and other local AIDS service organizations.

