



Shanti Voices

Spring 2011

Celebrating 10 Years of Compassionate Breast Cancer Services



Shanti is very excited to announce Shanti's Breast Cancer Program's 10 Year Anniversary Celebration this spring. The afternoon fete will commemorate Shanti's Breast Cancer Program and recognize the

remarkable contributions the program has provided to over 1,000 underserved men and women with breast cancer over the past 10 years.

Taking place at Japantown's elegant Hotel Kabuki, the afternoon will feature a premier chocolate tasting provided by San Francisco's own CocoaBella Chocolates, an Asian-inspired buffet with hosted bar, and an opportunity to win exciting raffle prizes valued at over \$2,000.

Shanti's Breast Cancer Program, founded in 2001 as the LifeLines Program, is the only program of its kind in San Francisco providing a crucial link between women diagnosed with breast cancer and access to care services.

Our staff and volunteers provide a range of free services such as care navigation, health education and survivorship workshops, emotional support, transportation to medical appointments, emergency grocery vouchers and much more.

This event is a wonderful opportunity to learn more about how you can help get involved or contribute to Shanti's Breast Cancer Program. Your support will help make it possible for the program to continue to provide critical support for many more years to come. Please join us for an afternoon of celebration and reflection on April 30th from 2pm-4pm. Tickets are \$85 each and sponsorship levels begin at \$500.

For more information on tickets or how to become a sponsor visit www.shanti.org or contact Ariana Katz at akatz@shanti.org or 415-674-4759.

Honoring Randy Allgaier



*Photograph by
Lee Hawn*

On November 27, 2010, staff member Randy Allgaier passed away due to the cumulative effects of AIDS and Cancer. Randy first connected with Shanti 22 years ago during a Peer Support Volunteer Training. This training was also where he met another volunteer, Lee Hawn, whom he would later marry. Besides his work as a volunteer, Randy served on the Shanti Board of Directors in the early

'90s and became Director of the SF HIV Health Services Planning Council at Shanti in January 2010.

An ardent activist and blogger, Randy based his life within the philosophy of "Living Out Loud", and was an open and vocal supporter of healthcare for persons living with HIV, cancer, and/or Hepatitis C. Throughout his professional career and personal life, Randy received many

commendations including being honored by President Obama at the White House for his passionate HIV advocacy.

Randy leaves behind a tremendous legacy as a passionate activist, a mentor, a friend, a husband, and as one of San Francisco's leading experts on HIV/AIDS policy. He will be sorely missed.

what's inside...

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A Message from Our Executive Director



We are all acutely aware of the economic conditions of the past few years. What isn't as obvious, but just an noteworthy, is the fact that

times like these cause a greater number of people to rely on organizations like Shanti for support. In fact, we served over 2,400 clients in 2010. This figure represents an increase of almost 15% compared to the number of clients we served only two years ago. I feel fortunate that we have not had to turn away one single client during this time, and that is because of the generosity of our supporters and the continued involvement and support of the community.

We had a tremendously successful Annual Dinner last Fall, which raised approximately \$200,000 and was attended by over 480 people. Now, we are in the midst of an eventful and exciting start to 2011. We have been fortunate to participate in a number of community events, including the theatrical premiere of We Were Here, David Weissman's humbling and powerful documentary on the arrival and impact of AIDS in San Francisco.

Later this Spring, we will also be hosting a 10 year anniversary celebration of our Breast Cancer Program. Originally started as a test pilot project to serve 140 clients, Shanti will serve over 450 underserved clients with breast cancer this year. These types of events are crucial to our continued efforts, not just for the funds they raise, but also for the opportunities they provide for us to introduce ourselves to new supporters. On behalf of the entire organization, I want to thank all of you who have attended our recent events, and I want to encourage everyone to please join us for the different gatherings we will be hosting in 2011.

Sincerely,

Shanti C.A.R.E.S. Kicks off Second Season



On March 30th, we will be kicking off our 2nd season of Shanti C.A.R.E.S. (Compassionate Athletes Running to Enhance Services), a half-marathon training and fundraising program. The objective of Shanti C.A.R.E.S. is to raise funds and awareness on behalf of Shanti services while training to complete The San Francisco Marathon on July 31, 2011.

Participants of the Shanti C.A.R.E.S. program will be provided with a half-marathon training plan, running related educational workshops, an option to participate in team fundraising events, fabulous fundraising incentive prizes, and will be a part a motivated and positive group of runners in exchange for raising a minimum of \$1,300!

Joining Shanti C.A.R.E.S. is a wonderful opportunity for novice or experienced runners to financially support Shanti's unique services offered to San Francisco's most vulnerable individuals living with life-threatening illnesses, such as HIV/AIDS and breast cancer, while bettering yourself both inside and out.

To learn more about Shanti C.A.R.E.S. and how to sign-up, please visit <http://www.shanti.org/pages/shanti-cares.html> or call 415-674-4712.

welcome

Spotlight on New Staff

Emily Dore, Development Assistant

Emily is the new Part-Time Development Assistant at Shanti. While at Shanti, Emily will continue working at Leah's Pantry, a San Francisco based nonprofit, which provides cooking and nutrition programming for underserved populations. Since moving to San Francisco in 2008, she has worked at two local elementary schools, and volunteered for various organizations including the Free Farm Stand and Project Open Hand. Emily earned her undergraduate degree in Art History and Italian Studies from Boston University.

Alyssa Nickell, Ph.D., Care Navigator and Program Development Manager, Breast Cancer Program

Alyssa is a new Care Navigator and Program Development Manager for Shanti's Breast Cancer Program. Prior to joining Shanti, she taught for six years in the Graduate Liberal Studies Program at St. Mary's College in Moraga, CA, and has extensive experience serving homeless and marginally housed communities as a massage practitioner, grant writer and board member of the Care Through Touch Institute in San Francisco. Alyssa completed her doctorate at the Graduate Theological Union in Berkeley and is looking forward to using her teaching and research experience to further enhance resources and educational programs available for Shanti staff and clients.

John Weatherman, Shanti L.I.F.E. Program® Assistant

John became a member of the Shanti L.I.F.E. Program® in 2006 and began peer facilitating workshops in 2008. He is retired from 32 years of high school teaching in special education and holds degrees from Indiana State University and Ball State University in Muncie, Indiana.

Shanti Selected to Develop Two New Programs for New York City

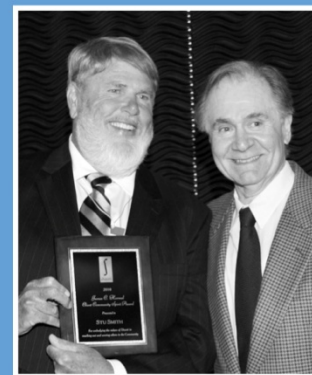
The New York City Department of Health and Mental Hygiene (DOHMH) selected Shanti's L.I.F.E. Program® to develop two new self-management programs for newly HIV-diagnosed New Yorkers. The introductory 4-hour course and full 2-day course will teach participants how to improve their health by engaging in care, self-managing their health and healthcare, adhering to health routines, and developing trusted support among HIV-positive peers.

Shanti staff completed interviews in December with NYC policy-makers, service providers, and peer leaders, and conducted surveys and focus groups with over 100 HIV+ New Yorkers. We are currently developing new program materials and will pilot test the program this spring, ahead of a fall 2011 roll-out. The new programs will be offered in each of the five boroughs in French, Spanish, and English, and are expected to reach 1000 HIV+ New Yorkers a year.

Shanti's 36th Anniversary Event, *Compassion Is Universal*



The Honorable James C. Hormel, Executive Director, Kaushik Roy, and CA State Senator Mark Leno
Photography by Steve Underhill



Board Chair, Stu Smith, with Shanti Founder, Dr. Charles Garfield
Photography by Ansel Magee



Sandra Hernández, M.D. of The San Francisco Foundation
Photography by Ansel Magee



Community Activist Donna Sachet and Tom Horn of The Bob Ross Foundation
Photography by Ansel Magee

We Were Here Theatrical Premiere at Castro Theatre



The Castro Theatre
Photography by Steve Hanna

On Friday, February 25, the Shanti Project was honored to be a beneficiary, along with Project Inform, of the theatrical premiere of David Weissman's feature length documentary, *We Were Here*, at the historic Castro Theatre. 1400 people attended the screening, which was preceded by a VIP reception and a special guest performance by Rufus Wainwright, and followed by a moving question and answer with the filmmakers and interviewees.

Special thanks to our Cinematographer Sponsors EMD Serono Inc. and the Levi Strauss Foundation, and to Global Gourmet for donating their catering services for the VIP reception. We also want to thank all of our other sponsors, donors, and the amazing staff and volunteers that made the night such a success.

To find out more about the film, visit www.wewereherefilm.com.



Upper Picture: Executive Director, Kaushik Roy
Lower Picture: Singer Rufus Wainwright with Shanti Staff Member Matthew Simmons on Piano
Photography by Steve Hanna

volunteer spotlight

Jaclyn Babcock

Jaclyn Babcock, one of Shanti's most dedicated peer support volunteers, came to Shanti over 6 years ago when she moved from Arizona to the Bay Area. A former high school theater teacher, Jaclyn heard of Shanti before relocating to San Francisco, and jumped on the opportunity to attend the Peer Support Training upon her arrival. Jaclyn has been matched with her client for 6 years this past February, and is currently one of Shanti's support group leaders.

Why do you think it is important to volunteer?

I really believe in what Dr. Garfield talks about: being the difference between zero and one. I have heard many stories through my time volunteering with Shanti that speak to the importance of truly being present for someone. Also, for me, volunteering is something that helps me feel like I'm not taking up space on the planet.

Do you have a favorite Shanti moment/memory?

Some of my favorite Shanti moments are when new members join our support group. They bring such incredible energy to the group. I love listening to the wisdom of long-time volunteers mixed with the enthusiasm of the new volunteers. It's quite lovely.

What is your favorite memory with your client?

I think one of my favorite memories is from the first day I met my client. We were sitting in her living room chatting when she had to take some medication. With a handful of pills in her hand, she looked down at her hand and then at me and said, "want some". It was my first experience with her incredible sense of humor. Having had volunteers in the past, she knew the moment was a little difficult and awkward. Talk about an icebreaker.

What lessons have you learned from the work you do?

I hope I've learned to be a better listener-really truly listen, from the heart. I am a good talker, listening doesn't come as naturally. So If I learn nothing else, I hope I keep learning that.



Jaclyn enjoying her coffee at Philz.

Shanti Commemorates World Cancer Day



"Jeffrey's Place" Facilitator T.J. Lee with Andrew Calabrese at Trigger

Cancer is a leading cause of death around the world. The World Health Organization estimates that 84 million people will die of cancer between 2005 and 2015 without any assistance. On Friday, February 4th, in commemoration of World Cancer Day, Shanti Project held a fundraiser at Trigger in the Castro to support and to increase awareness of "Jeffrey's Place," Shanti's Gay Men's Cancer Support Group, and Shanti's Breast Cancer Program. Both programs work to ease the burden of cancer for patients and caregivers.

The event included a blessing from The Sisters of Perpetual Indulgence, a raffle, and drink specials. Thank you to everyone who came out and supported us! For more information on "Jeffrey's Place" and Shanti's Breast Cancer Program, please visit www.shanti.org.

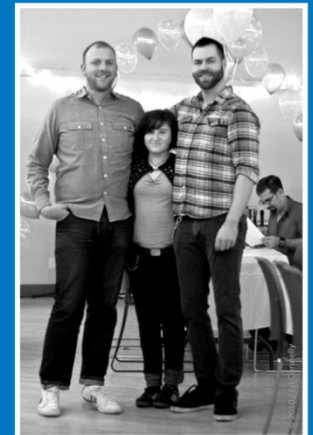
Shanti's Breast Cancer Program Holiday Party

Shanti clients and staff gathered together for the Breast Cancer Program's annual winter celebration. Over a hundred attendees enjoyed a fabulous buffet and holiday songs performed by the clients. Photography by Shanti Staff.



The L.I.F.E. Program® Holiday Party

The 4th annual joint Shanti L.I.F.E./STOP AIDS Project holiday party happened Sunday, December 19th, at the Women's Building—and featured fun, food, friends, and entertainment by Alotta Boutté, Shanti's very own Peggy L'eggs of PepperSpray, Cheer SF, and special guest DJ O'DJ. Photography by Ed Connelly.



For **news** and **updates** on Shanti's various programs please visit
www.shanti.org/pages/news-events.html

board

Our Board of Directors

Julie Baumgartner, *Director, Ad Tech & Strategy at A9.com (an Amazon company)*

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

William L. Dawes - Treasurer,

Senior VP (retired), Dun & Bradstreet

Graham W. Gallivan, *Strategic Consultant, Marketing and Communications*

Rubén Gamundi, *Gilead Sciences Associate Director, Medical Affairs-Community*

Manoog Hadesian, *Kaiser Foundation Health Plan, Inc. National Director of Medicare Finance Strategic Analysis*

Scott Hawkins, *Organizational Development Consultant*

Chris Murray, *Cliff Consulting*

Management Consultant

Frank Petkovich, *Independent Marketing Consultant*

Alexander Rivera, *Achieve Foundation Program Assistant, HIV Services Volunteer*

Kaushik Roy, *Ex Officio member, Shanti Executive Director, Former Director of Volunteer Services*

Angie Ryan, *OpenTable, Senior Manager, Online Marketing, Former HIV Services Volunteer*

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

Chip Supanich, *Shanti Client and Volunteer; Community Activist*

Keith Waltrip - Vice-Chair, *HIV+ Community Activist*

Emily Wilska - Secretary, *The Organized Life, Principal*

thank you

Donors from Calendar Year 2010 (January 1, 2010 – December 31, 2010)

\$50,000 +

AVON Foundation for Women
Genentech Foundation

\$25,000 - \$49,999

The Estate of Richard Anderson
San Francisco Bay Area Affiliate of Susan G. Komen for the Cure
The San Francisco Foundation

\$10,000 - \$24,999

Amgen Foundation
Allison Taylor Holbrooks Breast Cancer Fund
Anonymous
The Bob Ross Foundation
Bristol-Myers Squibb
Catholic Healthcare West
Cisco Systems Foundation
Folsom Street Events
Charles A. Garfield and Cindy Spring
George H. Sandy Foundation
Gilead Sciences, Inc.
The Honorable James C. Hormel and Michael P. Nguyen
The J.M. Long Foundation
The Max and Victoria Dreyfus Foundation, Inc.
Richard & Rhoda Goldman Fund
The Safeway Foundation
San Francisco AIDS Foundation
Silva Watson Moonwalk Fund
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Dede Wilsey

\$5,000 - \$9,999

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The Sundance Association: For Country Western Dancing
Wallis Foundation
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Dennis S. Pierachini
Kaushik Roy and Stacy Mandel-Sonner
Angie M. Ryan
Sisters of Perpetual Indulgence
Eric Sleigh and Christopher Wiseman
Lee Smith
Sports Basement
Stacey Hawver and Tamar Pachter
Amanda Swain
Thomas L. Tarnowski
To Celebrate Life Breast Cancer Foundation
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TPG Capital, L.P.
Vijayakumar C. Venugopal
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\$500 - \$999

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Katharine Beckwith
Donald Bird and David Young
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Miles Woodlief

Government Funding

City and County of San Francisco
Mayor's Office of Housing
San Francisco Department of Public Health

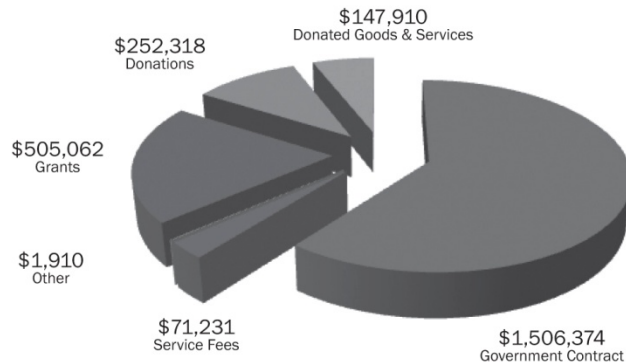
Thank you to all of our generous in-kind donors!

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

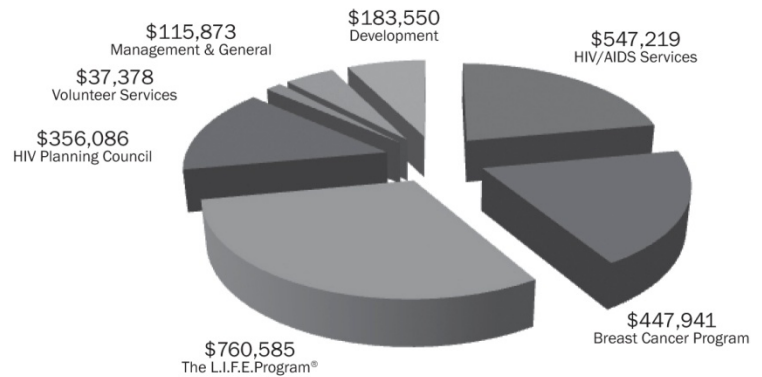
2010 Financial Report

audited by Noe and Company, fiscal year ending June 30, 2010

\$2,484,805 Income



\$2,478,632 Expenses



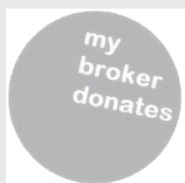
events

Shanti is proud to be a beneficiary of **Academy of Friends** and **The Richmond/Ermet AIDS Foundation** again this year.



Academy of Friends' *Voyeur* event (www.academyoffriends.org) took place on February 27th. Stay tuned for more information on REAF's *Help is on the Way XVII* (www.richmondermet.org), which will take place August 21st. Shanti will be selling raffle tickets, underwriter and general admission tickets as well as donating silent auction items for this Broadway caliber production. Check Shanti's website in April for details. We're also looking for corporate sponsors for this fabulous event. If your business or employer is a good fit, please contact Ariana Katz at (415) 674-4759.

Thank you to both organizations for their continued support of Shanti!



You can make a big donation to Shanti if you are thinking of buying or selling a home -- and it won't cost you a dime.

It's possible through Shanti's new partnership with My Broker Donates, which matches our supporters with real estate brokers who agree

to donate 15% of their fee to Shanti. The potential donations are impressive: a \$500,000 home would generate a donation of more than \$2,000 for Shanti.

My Broker Donates is easy to use and they recommend qualified, caring brokers -- what's more, each transaction completed means a guaranteed donation to Shanti. Learn how the program works by visiting www.mybrokerdonates.com.

celebrated chefs



Celebrated Chefs is an exciting new program that helps Shanti raise funds all year long. Through this innovative program you lend valuable support simply by dining in San Francisco's best restaurants!

It's simple and free to sign up, you get a free cookbook, and Shanti gets 5% of the bill every time you dine at a Celebrated Chefs Restaurant! Find out more by contacting Ariana Katz at (415) 674-5759.

wish list

In-kind donations for clients and our Shanti office

- Laptops
- Projectors
- Color Laser Printers
- Flatscreen Computer Monitors
- Soothing Music CD's
- Ergonomic Computer Chairs

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.pages/shanti-ways-to-donate.html. 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.

If you know of a bar that would like to host a happy hour fundraiser for Shanti, please contact Ariana Katz at 415.674.4759 or akatz@shanti.org.

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 Project" on Facebook, or follow us on Twitter.



Thank you -- your participation strengthens our community.



Spring Into Compassion

730 Polk Street
San Francisco, CA 94109

Tickets for Shanti's *Breast Cancer Program's 10th Anniversary Celebration* are on sale now at: www.shanti.org/pages/breastcancer-10-years.html

Ongoing Activities and Workshops

L.I.F.E. (Learning Immune Function Enhancement)

L.I.F.E. Health Workshop

Tuesdays, 6 – 9:30pm. Call Karl at 415-674-4706.

L.I.F.E. Experience

Thursday, 6 – 8pm. Call John at 415-674-4713.

L.I.F.E. Seminars

The next seminar is Saturday, March 26th. Call Everett at 415-674-4724.

Yoga for HIV-Positive Health

Tuesday, 4:15 – 5:30pm. Call 415-674-4713.

The L.I.F.E. Goes On Project (LGO)

The next project is participation in a volunteer clean-up/maintenance program at the National AIDS Memorial Grove in Golden Gate Park to take place on the third Saturday of every month starting in March (March 19th) and lasting through October.

Call Derrick at 415-674-4703 for more information.

Drop-In Support

Call Karl at 415-674-4706.

Volunteer Services

We are currently looking for volunteers to help out with the Sisters of Perpetual Indulgence Bingo on Saturday, April 9 and Saturday, May 14, from 4-8pm. Volunteers are needed to help in the main

room and in the snack bar.

Our next Peer Support Volunteer Training will be held on August 13-15 and the evening of August 18th. For more information, please visit www.shanti.org or contact Megan O'Brien at (415) 674-4708.

HIV Services Schedule

Drop-in Center & Service Hours

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

Breast Cancer Program Services Schedule

Care Navigation

Monday through Friday 9:00 am – 5:00pm

Upcoming Breast Cancer Workshops

Breast Cancer Nutrition Classes in Cantonese, English and Spanish; Dance Movement Therapy; Beauty Day at the SF Institute of Cosmetology; Art Therapy Class; Spring Cultural Outing; and Small Group Yoga.

Massage

Monday-Thursday

Facials

Thursday

Reiki

Every other Wednesday

calendar