

CELEBRATING 50 YEARS
1974-2024

Compassion
Connection
Community
Companionship



shanti
PROJECT

50
YEARS

1974-2024

With Gratitude for 50 Years

Dear Friends,

Shanti was founded on the principle that every person deserves compassion, connection, community, companionship, and human dignity.

This year we honor and recognize our founder, Dr. Charles Garfield, who worked together with our community to develop the Shanti Model of Peer Support and trained the first volunteers to be a consistent and compassionate presence at the bedside of patients in the UCSF cancer ward in 1974. When faced with the insurmountable job of providing “social-emotional support” to 40 patients who were alone and scared, Dr. Garfield (or Charlie as we affectionately call him), stepped up to the challenge with the help of others in the community.

And every day since, we have built and strengthened an internationally renowned model embodying the difference between zero and one—the difference between facing life’s most difficult challenges alone or with another by your side. By serving 100,000 people, providing 500,000 hours of care to people and their animal companions, and more than 750,000 hours of service from compassionate volunteers, each time we are called upon by the community, we are there.

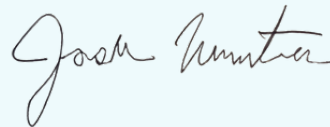
Shanti Project was a critical first responder to the HIV/AIDS epidemic from the earliest reported cases. In 1980 when the UCSF cancer ward begins to fill with patients with what would later be known as AIDS-related opportunistic infections, Dr. Garfield and Shanti shifted their focus to care for people who, in those days, were dying of this new disease, alone, scared, and marginalized by many. We were there. Again in 2020, we were there to provide support in response to the COVID-19 pandemic with delivery of groceries and other essentials to vulnerable or COVID positive San Francisco citizens.

We are honored to lead this remarkable organization and grateful for your continued support. Your generosity ensures that we can continue to provide compassionate support to those facing life’s most challenging circumstances with Shanti by their side. We continue to be there because of you. Thank you.

With Gratitude,



Kimberly Scrafano, CEO



Joshua Weinstein, Board Chair

Pictured Below: Volunteers From the Early Days.



compassion

Shanti Model of Peer Support

The key to our success is the Shanti Model of Peer Support, which is both a philosophy and a set of techniques that are used throughout our work. **The word “Shanti” is the Sanskrit word for “inner peace.”** Shanti is the place we find in ourselves...

- when we have performed a simple act of service that matters to someone else;
- when we are being with another person in just the right way;
- when we feel truly connected.

*“It’s hard to open oneself to what is, because to do so, we feel the pain within another. And yet, by opening and feeling, the more fully we can respond with an appropriate degree of empathy and **compassion**. To find I can be there with someone is not always easy, but it is always possible.”*

-Jim Geary, Shanti Executive Director, 1983

750,000

Hours of Service from
Compassionate Volunteers



500,000

Hours of Service to People
and Their Animal
Companions





50 YEARS OF IMPACT

1974: Under the leadership of Dr. Charles Garfield, the first Shanti peer support volunteers are trained to be a consistent and compassionate presence at the bedside of patients in the UCSF cancer ward. This effort, led by Dr. Garfield, was one of the earliest, pioneering efforts to utilize volunteers in the support of the dying and critically sick.

"We have talked to families and friends who live great distances away, struggling with the decision of when to visit. We have comforted them in their pain of arriving to find someone who appears vastly different from the son or friend they last saw. We have supported them through the agony of having to leave and say good-bye, wondering if it is forever. We have sat with patients during the painful phone call: Mom, I have something to tell you. Is Dad there with you? We have spent many hours with parents who have just been told that their son was gay, that he has AIDS and that he is dying. Though being confronted with overwhelming issues and decisions in an all too limited amount of time, we continuously see people meet the challenge with amazing inner strength and compassion."

-Shanti Counselor, Linda Maxey, R.N., 1983

**1974
Founded**

**1975
Incorporated**

**1980
First Response
AIDS Crisis**

**1983
Opens First
Independent
Location on
Hayes St.**

**1987
Recognized by
the White
House**

**1993
10 Years on
the AIDS
Ward**

1988: Shanti moved to 525 Howard Street for the growing team!



Picture: Shanti counselor Ed Wolf works with a patient in the SFGH Ward 5A

1980: The UCSF cancer ward begins to fill with patients with what would later be known as AIDS-related opportunistic infections. Dr. Garfield and Shanti are asked to shift their focus to care for people who, in those days, were dying of this new disease.

1981: Shanti begins the first peer support groups for San Franciscans with AIDS.





1987: In the first U.S. Presidential Address on AIDS, President Reagan thanks Shanti and its volunteers for Shanti's national leadership in the response to AIDS.

2015: On November 10, Shanti Project expands breast cancer program to mark San Francisco's most comprehensive community-based effort to support women diagnosed with all types of cancer.



2016: Shanti partners with San Francisco's Department of Aging and Adult Services (DAAS) in creating the LGBTQ+ Aging & Abilities Support Network (LAASN) to address the lack of services dedicated to improving emotional and behavioral health and reducing social isolation among LGBTQ+ seniors.



2001
Launching
the LifeLines
Breast Cancer
Program

2015
Margot Murphy
Women's
Cancer Program
Expands
Services

2015
PAWS and
Shanti Merge
to Expand
Services to
Companion
Animals

2016
Partners with
the City to
begin LAASN
and PACT
Programs

2020
COVID-19
Emergency
Response
Volunteer
Program
(CERV)



2016: Our Peer Advocate Care Team (PACT) begins preparing residents of Potrero Hill Terrace and Annex to relocate to new housing during the major renovation with many families residing in the housing complexes for generations.

2018: Shanti PAWS recognized for helping LGBTQ+ seniors stay happy and healthy by the National Association of Area Agencies on Aging (n4a) by honoring PAWS with the Aging Innovations Award, in the Healthy Aging category.



2020: Shanti coordinates and provides same-day essential support to newly quarantined San Franciscans. Sometimes with as little as 2-4 hours notice, this program ensures food and other essentials (e.g. diapers and baby formula) are delivered to clients diagnosed with COVID, so they can keep quarantine and focus on getting better.

From the Archives - Mayor Feinstein's Support

Connecting to Parents Grieving the Loss of Their Son

We sometimes receive letters from the loved ones of our clients but don't always have the opportunity to share them. Following is one that generated a response from Mayor Feinstein.

Dear Mayor Feinstein:

Our son ---- died from AIDS in San Francisco on June 14, 1984. He became ill last October and was hospitalized several times, but during the intervals when hospital care was not required, he needed assistance that was not available except through the Shanti Residence Program.

In our hometown in ----, physicians suggested that we should not bring our son home, claiming they had no knowledge of how to treat AIDS, and the hospital staff threatened to walk out if AIDS patients were ever admitted. Even admitting to homosexuality is not comfortably permitted in this city so the service offered by Shanti was an answer to our prayers.

The Shanti Residence Program not only moved ---- into a room with his personal furnishings, but also arranged for 24 hour nursing care, much needed companionship, personal counseling, assistance with his banking, car care, ordering and preparing favorite foods, and taking him to appointments when death was drawing near. Our son chose to stay with his family at Shanti rather than be moved to a hospital atmosphere.

We spent as much time as possible in San Francisco to be with our son. The knowledge of the Shanti staff on how to deal with this illness and his death was invaluable to us. We would have been lost without their loving guidance and shall always be grateful to everyone associated with this worthwhile program.

Please consider the importance of funding for the AIDS Home and Hospice Care Unit. We shall contribute in the future, and hope you share our concern.

Sincerely,

AND THE RESPONSE FROM THE MAYOR

Dear Mr. and Mrs. ----,

Thank you for your moving letter regarding your son and the services he received from the Shanti Project.

Please be assured that I will continue to ensure City funding for the Shanti Project. The City calls upon Shanti to provide a wide range of services to AIDS patients. In addition to the residential program your son participated in, Shanti administers counseling services for AIDS patients and their families and loved ones, services at the special AIDS ward at San Francisco General, information and referral, and other services. I appreciate your advising me of the type of treatment you and your son received from Shanti; it is consistent with the positive reports I have received from other sources.

I have forwarded a copy of your letter to the Executive Director of the Shanti Project, so that he knows of your appreciation. I have also forwarded a copy to the San Francisco Director of Health, who administers the Shanti Project.

Please accept my sincere sympathy on your son's death. He was fortunate to have such loving and understanding parents.

Warmest regards,

Diane Feinstein
Mayor


ECLIPSETM
The Shanti Project Newsletter

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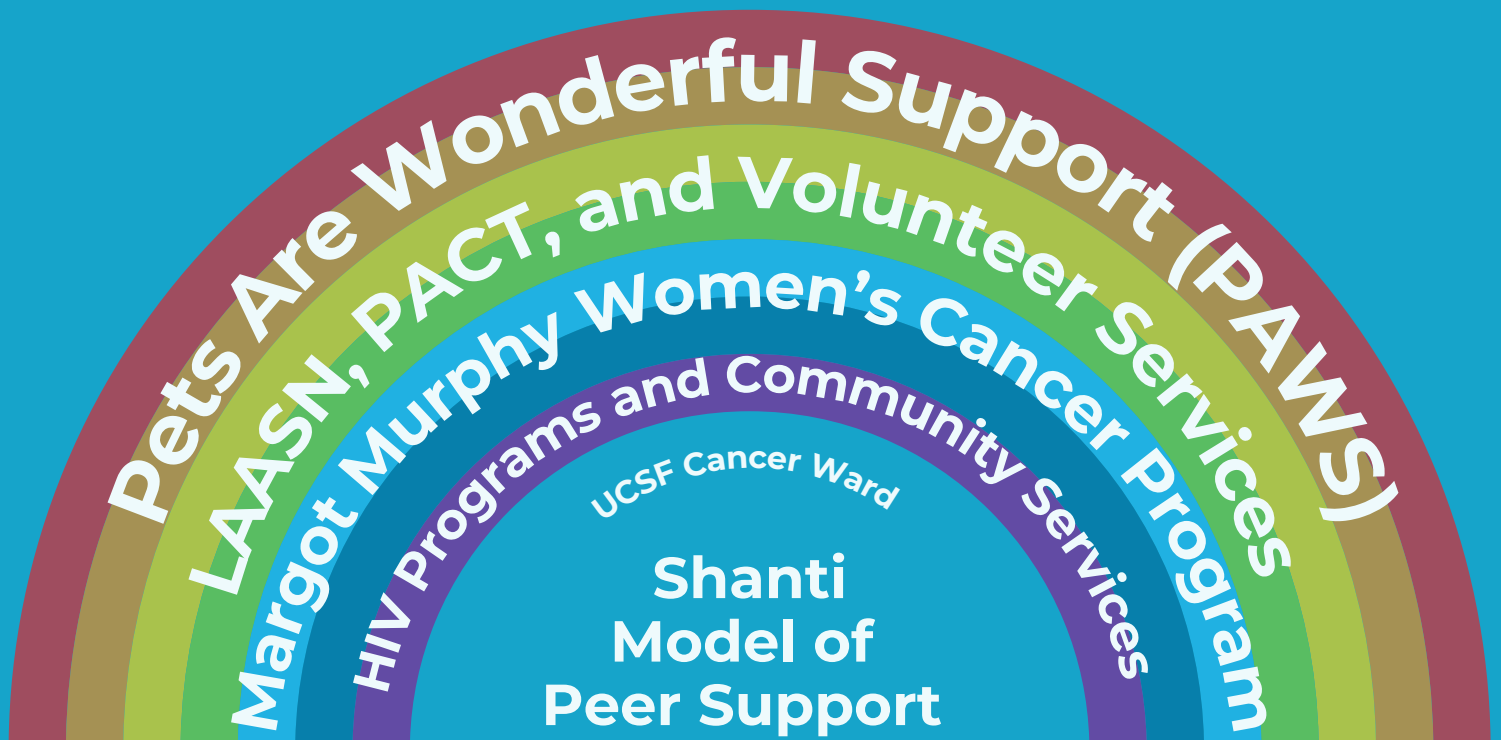


Shanti Director meets with Mayor for AIDS Funding

"Our son chose to stay with his family at Shanti... The knowledge of the Shanti staff on how to deal with this illness and his death was invaluable. We would have been lost without their loving guidance and shall always be grateful to everyone associated with this worthwhile program."

-Parents of Shanti Client, 1983

connection



Shanti Project is a pioneering nonprofit that builds human and animal connections to reduce isolation, enhance health and well-being, and improve quality of life. We bring compassionate care, connection, community, and companionship to individuals facing inequities and barriers to care.

OUR VALUES:

- Cultivate Compassion
- Center Social Justice and Racial Equity
- Take Care of Each Other
- Honor Human Dignity
- Champion Differences
- Support Unconditionally

love heals

community



companionship

Shanti's Impact - Sandra and Nala

In 2012, Sandra was diagnosed with breast cancer at Zuckerberg San Francisco General Hospital (ZSFGH). She was already dealing with anxiety, depression, and PTSD. The doctors recommended surgery, but her first decision was to decline surgery, let the cancer run its course, and eventually die. With Shanti by her side every step of the way, Sandra received life-saving treatment and remains cancer free.

"Shanti has been a great help. Millie has been like a guardian angel," says Sandra. "If it wasn't for the support of people like Millie, I'd probably be dead."

Although no longer in intensive care navigation, Sandra knows she can call Millie if she needs to. Recently, Sandra asked Millie to help her enroll in our Pets Are Wonderful Support (PAWS) Program. She needed help to take care of Nala, who suffers from arthritis and was recently diagnosed with ligament problems in her back legs. Poor Nala was in so much pain she could barely walk, but thanks to the support of PAWS, Sandra can now provide medicine to Nala—and it has made a big difference.

PAWS also provides Nala with pet food, flea and tick medicine, supplements for her joints, and even regular nail trimming. Sandra says that the support from PAWS has helped decrease her anxiety because she doesn't have to worry about how she'll get food and medicine for Nala.

Shanti's integrated model of peer support gave Sandra and Nala much-needed critical resources, helping them overcome serious health challenges and stay with each other.

"This dog has been through a lot with me. We are getting old together, too."



50 Years of Generosity

Thank You Shanti's Top 50 Supporters



AbbVie
Academy of Friends
Alba Lavino
Amgen
Anonymous
AVON Foundation for Women
The Bob Ross Foundation
California Breast Cancer Research
Program
California Endowment
California Wellness Foundation
City and County of San Francisco
Crankstart
Dale McGlaufflin Trust
Estate of David Semrow
Dede Wilsey
Doris Martin Miller Trust
Edna Marie Fallman Trust
Edwin J. Hoss Trust
Emily Scott
Estate of R. Jack Redford
Genentech Foundation
Gilead Sciences, Inc.
Globe Foundation
Helpers Community, Inc.
The Honorable James C. Hormel
and Michael Nguyen

Longthorp Trust
Louise P. Atcheson Trust
Love from Margot Foundation
Maxine H. Jacobs Trust
Metta Fund
Michael Hackett
Michael Murphy
Michael T. Polyack, Jr. Trust
Micki Klearman, MD
Mount Zion Health Fund
Nordstrom Inc.
Paul D. Whitney Trust
Petco Love
Pfizer Foundation
Reva and David Logan Foundation
Richard & Rhoda Goldman Fund
Estate of Robert Werner
San Francisco Foundation
Susan Janin
Susan G. Komen
Walter & Elise Haas Fund
The Harry and Jeanette Weinberg
Foundation
Wilkes Bashford
William G. Irwin Charity Foundation
Zoetis Foundation

Over **\$20.8 Million** from our top 50 individuals,
foundations, and corporations!



Support Shanti Project

Ways to Help

- Donate Today!
- Be a GEM, Give Every Month
- Give Stock
- Workplace Giving and Corporate Matching
- IRA Distribution
- Donor Advised Funds
- Legacy Giving - help support the next 50 Years!



The Impact of Your Support

\$10,000 = provides one year of care navigation services for up to 5 individuals
\$5,000 = trains 10 volunteers to provide weekly one-on-one support
\$2,500 = weekly group wellness activities for isolated seniors
\$1,000 = one year of pet food and supplies for PAWS animal companion
\$500 = 25 taxi or rideshare trips to help people get to medical appointments
\$250 = 10 emergency grocery gift cards for clients
\$100 = veterinarian check up for PAWS animal companion



love heals.

Volunteer Today!

Put your compassion, skills,
and interests into action and
service as a Shanti Volunteer

shanti.org

support us

DONATE ♥

WWW.SHANTI.ORG

Shanti Project is 501(c)(3) nonprofit organization.
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compassion
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