



Shanti's Margot Murphy Women's Cancer Program Success Story



Shanti's Margot Murphy Women's Cancer Program offers services to mitigate the barriers women face after a cancer diagnosis. Care navigators provide multilingual, culturally competent services, offering patient advocacy, language interpretation, help applying for social services, in-home support, appointment accompaniment, and transportation assistance. Staff meet with clients in their homes, hospital rooms, or in our office. Shanti also provides health and wellness groups and classes.

In September 2016, Shanti passed Physical Activity and 100% Healthy Beverage. The staff at Shanti's Margot Murphy Women's Cancer Program (Shanti's MMWCP) has regarded personal health and wellness more in the past few months. Shanti's team now take more walks during the week at lunch and at breaks. Monthly walking groups were scheduled only for clients prior to the adoption of the wellness policy but now to staff as well. Wellness posters on the office walls serve as a friendly reminder to maintain employee health and wellness by doing more physical activity during the workday. The office wellness program offers activities like meditation, yoga, acupuncture, massage, and reiki to clients and now staff are always encouraged to attend. For the holidays, the program director commissioned a chair massage therapist to provide each team member a relaxing session. Lily, Shanti staff says, "When we take care of ourselves, we can give our clients the best care."