

# Annual Report 2023



Dear Friends and Supporters,

As we celebrate the remarkable milestone of our 10-year anniversary at Maple Hope Foundation, I am filled with gratitude and pride for the incredible journey we have embarked upon together. This journey would not have been possible without the unwavering support of each and every one of you.

To our long-term supporters, thank you for your steadfast loyalty. Your belief in our mission has been the driving force behind our success. We are profoundly grateful for the trust you have placed in us over the years.

Looking back on our achievements, it is clear that our collective efforts have transformed and, in many cases, saved lives. The impact of our projects in Ukraine is a testament to the power of compassion and collaboration. We are not just changing lives; we are building a foundation for a better future.

I want to extend heartfelt appreciation to our partners, donors, and volunteers. Your commitment and generosity are the lifeblood of our organization. Without your support, our work would be merely a vision instead of a reality. Together, we are making a difference.

As we reflect on our past, we also look forward to the future with hope. We aspire to continue our projects with the same level of enthusiasm and dedication, and we are optimistic that our future endeavors will be met with the same great support.

Maple Hope Foundation is united in a singular mission – to help Ukraine triumph. Our vision is of a prosperous and thriving Ukraine, and we are guided by the belief that together, we can make it a reality.

To those who have been part of our journey, thank you. To those considering joining us, we extend a warm invitation. Together, let us continue to be the beacon of hope for those in need. Join us in our cause, and let's build a brighter future for Ukraine.

> With gratitude, Iaroslav Pokhilko President, Maple Hope Foundation

# MISSION

Maple Hope Foundation was born out of the global Ukrainian volunteer movement in 2014, uniting Ukrainians in Vancouver as a grassroots community organization. After 10 years of work, our mission remains the same: to provide Ukrainians relief from the brutal impact of war. Today, we achieve this mission by supporting displaced Ukrainians in Canada and Ukrainians on the ground in their resistance to Russia's unprovoked invasion.

# OUR PRIORITY AREAS OF WORK ARE



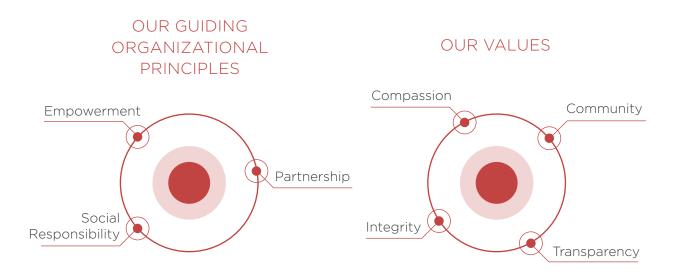
Medical and humanitarian assistance



Settlement assistance for displaced Ukrainians



Advocacy through the arts and culture



# IN 2023 WE FOCUSED ON



# MEDICAL AID

# Delivery of innovative medical equipment

Thornhill MOVES SLC Baylis

## Monthly shipments of medical supplies

Impact Story: Yevhen Smiyanov



# HUMANITARIAN AID

## Support for people in-need in Ukraine

Project Liza Seniors and families on recently de-occupied territories Children New Generation

## **Emergency Relief Efforts**

Food Supplies Kherson Flood Relief

# 03

# SETTLEMENT ASSISTANCE

Healing the Wounds of the War Together Tax Clinics

# 04

# ADVOCACY AND COMMUNITY ENGAGEMENT

Ukrainian Language at UBC European Union Film Festival Walk of Honour

# O1 MEDICAL AID

# Saving Lives Through Innovative Medical Equipment

### THORNHILL MOVES SLC

In May 2023, Maple Hope Foundation successfully delivered a donation of 30 MOVES® SLC<sup>™</sup> systems to aid in the treatment of critically injured patients in Ukraine. This cutting-edge technology has been in use by surgeons, anesthesiologists, and forward medical personnel for casualty and patient care, transport of patients by land and air, and in other critical care environments.Developed by Thornhill Medical, MOVES® SLC<sup>™</sup> is the world's only micro-integrated life support system that allows doctors and first responders to provide care in the most challenging conditions. The portable, battery-operated system is both lightweight and rugged, and combines an oxygen concentrator, a unique O2-conserving ventilator, suction, and complete patient monitoring into a single, compact system. These innovative systems were donated to Maple Hope Foundation by the Government of Canada.



#### BAYLIS V4C-560 VENTILATORS

In July 2023, Maple Hope Foundation delivered 100 Baylis V4C-560 Ventilators, equipped with the V4C-02E Oxygen Mixer, to support medical relief efforts in Ukraine. The Baylis V4C-560 ventilator was specifically selected for its well-established reputation for reliability and familiarity within the medical community, as well as its portability. The inclusion of the Baylis-developed V4C-O2E Oxygen Mixer and additional accessories have enhanced the ventilators' clinical utility. Medical experts at Maple Hope Foundation and in Ukraine have expressed their gratitude for the delivery of innovative and proven medical technologies, emphasizing their dire need in hospitals across Ukraine. This medical equipment was donated to Maple Hope Foundation by the Government of Canada.





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In the context of a full-scale war, when the number of serious injuries and traumas increase, access to timely and high-quality medical care remains a critical component. The transfer of lung ventilators will help to meet the needs of hospitals and mobile emergency medical teams providing assistance in remote locations and in the frontline areas. That is why we highly appreciate the support of our international partners and their assistance on the "medical front". The lung ventilators have already been delivered to the regions and are being distributed to healthcare facilities.

> Deputy Minister, Chief State Sanitary Doctor of Ukraine Ihor Kuzin.



# In Service of Ukrainian Hospitals and Medics

## OUR MONTHLY SHIPMENTS OF MEDICAL SUPPLIES

Over the course of 2023, our team has packed, delivered, and distributed a total of \$1M worth of medical supplies for Ukrainian hospitals. These medical supplies consist of surgical equipment, vital drugs and medical devices, as well as first aid supplies.

**Sample items:** tubes, catheters, electrodes, filters, defibrillator pads, connectors, drainage bags, masks, oxygen tubing, cannulas, infusion sets, needles, blood pressure cuffs, anesthesia circuits, drainage bags, sensors, pressure tubing, extension sets, valves, test strips, CO detectors, stents, resuscitators, vision surgical systems and accessories, perforators, swabs, humidifiers, wound therapy systems, vacutainers.





**D**/ Number of pallets delivered









Our medical line volunteers have been receiving, sorting, and packing medical equipment on a regular basis. They have spent the evenings and weekends of the last two years at our warehouses, preparing aid shipments. A special thank you to the medical volunteer team: Vladyslav Shpylyevyy, Olena Shpyleva, Serhiy Voshchykov, Olena Kovalenko, Alla Polishchuk, Svitlana Yefremova, Yevhen Kostiuk, Valeriy Shevchuk, Olena Shevchuk, Yaroslav Chornyy, Olivia Chorna, Bela Arutinova, Nestor Pshyk, Irina Chorny, Slavik Pokhylko, Tetyana Kostiuk.



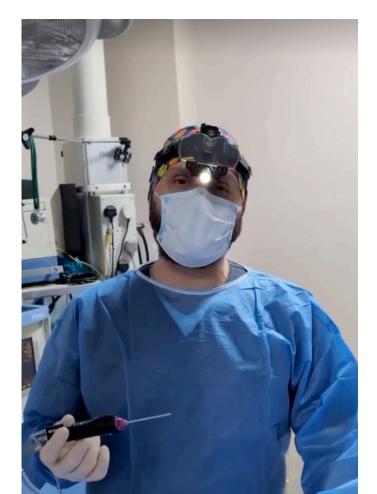


CLEARANCE



#### DESTINATIONS

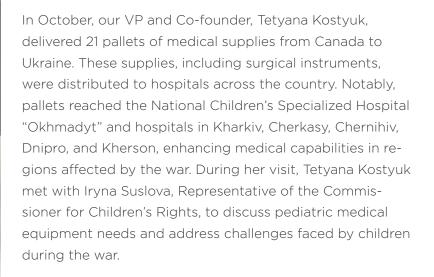




# **Medical Supplies**

## IMPACT STORIES

In December 2023, we donated two pieces of a special surgical instrument used in surgeries performed by otolaryngologists. Yevhen Smiyanov, an otolaryngologist in Sumy (pictured) had a private clinic before the invasion. He spent a year as a medical responder, during which his clinic was raided by Russian troops. Most of his equipment was stolen or damaged. We have been helping restore his work by providing medical supplies and equipment through our monthly medical shipments. Many of his patients are coming with hearing issues, which developed as a result of the constant shelling.



Protection

Cena





# **O2 HUMANITARIAN AID**

# **Support for children,** families, and seniors

## PROJECT LIZA

October 2023 marked the end of our year-long project to support children and families in need remaining in Ukraine. "Project Liza" was named after the 4-year old Liza Dmietrieva who was killed by Russian shelling in Vinnytsia. Through this project, we were able to financially support 17 families on a monthly basis for an entire year. The funds allocated were used for emergency needs like food, evacuation, transportation, heating, clothing, school supplies and other necessities.



#### MEET SOME OF THE HEROES OF THIS PROJECT



#### NADIA'S FAMILY

Nadia's children Danya (14) and Maria (4) never thought that they would have more siblings. When their house burned down from an explosion, their family was forced to move to their friends' house in Kremenets, Ternopil region. However, before the family relocated, they were asked to take two more children with them: Olena (12) and Anastasiya (8) who were separated from their family. Nadia is doing her best to support her newly-blended family.



#### YAROSLAVA

Yaroslava is a 9-year-old girl who lived in Mykolayiv. On June 29, 2022, their apartment building was hit by a Russian missile killing her father Valentyn – a Red Cross volunteer, and her grandparents, Ivan and Natalia.



#### HANNA'S FAMILY

Hanna and her two children Mark (8) and Maria (1) had to leave their hometown of Melitopol after it became occupied by the Russian forces. Hanna's husband Oleksandr sacrificed his life defending Ukraine, leaving her alone with two small children. As a mother, Hannah worries about her children's future and education in the face of constant power outages and unsafe outdoor conditions. With a limited income, she was unable to purchase books, food, clothing, and other developmental tools for her children.









In October 2023, our team, in partnership with the Ukrainian organization Frontline Volunteers, delivered aid to elderly individuals and large families in front-line and de-occupied villages near Kostyantynivka. The initiative delivered essential product bundles, which consisted of food and personal hygiene products to 98 recipients. The effort aimed to support those most affected by the war in areas heavily shelled and recently de-occumilitary assistance due to the ongoing danger of shelling. This collective endeavor reflects the power of solidarity and compassion in bringing relief to communities grappling with the ongoing reality of the war in the eastern regions of Ukraine.





# Children New Generation

Children New Generation is a local NGO in Dnipro, Eastern Ukraine. Prior to the full-scale invasion, this NGO was working with local children from low-income families. In March 2022, they transformed their children club into a shelter to accommodate refugees with children and began regular evacuation missions. We supported their work through a financial contribution and by purchasing vital medicines required for the people they regularly service.

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# Urgent Relief Efforts

## KHERSON FLOOD RELIEF

On June 6, 2023, a catastrophic event unfolded as Russia destroyed a hydroelectric power plant in Nova Kakhovka in the Kherson region of Ukraine. In partnership with the Lighthouse of Revival Charitable Foundation, we have reached out to the residents of Kherson, offering a helping hand during their rebuilding efforts after the Nova Kakhovka dam disaster. To assist the humanitarian response in Kherson, Maple Hope Foundation initiated an urgent fundraising campaign and made a donation of \$5,000 for building materials to help the reconstruction effort.

## FOOD SUPPLIES

In 2023, we continued to help deliver urgently-needed non-perishables to regions near the frontline through the German Food Bridge and the Zhytomyr-based organization House of Veterans.



# **OB** SETTLEMENT ASSISTANCE







# **Community Volunteer** Income Tax Program (CVITP)

Our commitment to supporting displaced Ukrainians in Canada led to the successful organization of free "Tax Clinics" in Vancouver. With the help of eight professional accountants, these clinics equipped newly arrived individuals with tools for tax navigation, resulting in 427 completed declarations and positive community feedback.

We would like to thank our partners in this initiative – Ivan Franko Society and MOSAIC, as well as all of our volunteers for their participation. A special thank you to Dr. Tamara Pawluk for ensuring a smooth operation of this initiative.

# **Rowing for Wellness:** Supporting Displaced Ukrainian Youth Through Sport

Dedicated to supporting the well-being of displaced Ukrainian children and youth, we collaborated with the Inlet Rowing Club in the city of Port Moody to secure a joint community grant. Through this initiative, we were able to provide a group of Ukrainian youth with the opportunity to engage in rowing, promoting both mental and physical health.

The success of the fall program saw two participants invited to join the club's competitive junior program. Building on this triumph, our second program launched in March, offering more youth the chance to explore Canadian culture, stay active, and enjoy the water.

# "Healing the Wounds of the War Together" Pilot

### OVERVIEW

According to Government of Canada data, more than 200 thousand Ukrainians landed in Canada since the full scale invasion. The war atrocities coupled with the forceful escape led to a rapid decline of the mental and emotional health among temporarily displaced Ukrainians.

Arash Jananbakhtis, associate professor of psychiatry at Wayne State University, states that post-traumatic stress disorder (PTSD) affects between a third to one half of adult refugees. Children and teenagers are especially vulnerable.

As a community based organization, we felt responsible for helping our fellow Ukrainian sisters, children, and youth to heal from the war wounds. The way we saw we could do this effectively is by offering professionally-designed and led support services in the Ukrainian language to overcome one of the main barriers experienced by newcomers.

In August 2023, Maple Hope launched the "Healing the Wounds of the War Together" Pilot - a program composed of several lines of help:

Weekly support groups for women and youth
Individual counseling sessions

Professional mentorship sessions

and in-person community forums

www.healing-project.online



HEALING THE WOUNDS OF THE WAR TOGETHER

# OUR VISION

TO CREATE A SENSE OF SAFETY AND BELONGING FOR OUR NEW COMMUNITY MEMBERS.



#### TEAM

The Healing Project's team consists of 19 professionals, residing in Metro Vancouver, Kelowna, Ottawa, Edmonton, Toronto, and Abbotsford.

17 members of the Healing Project team came to Canada after the full-scale invasion. Their personal first hand experience of the forceful and unprepared migration from Ukraine to Canada, dealing with adaptation challenges plays a crucial role in the facilitation of the online support groups. Two members of our team immigrated to Canada many years ago and we value their mentorship and guidance.



FOR UKRAINE

I am Olga Rudenko, co-author of the "Healing the Wounds of War Together" program. Facilitating online social and psychological support groups for Ukrainians in Canada has been an incredibly valuable experience. As a career coach and someone adapting to a new country, it has been personally enriching.

The program aimed to provide a supportive space for participants to express their experiences, set new goals, and access resources for their chosen direction. It became evident that many shared similar difficulties, fostering mutual understanding and unity. Feedback from the last session highlighted feelings of acceptance, friendliness, relief, reduced anxiety, and increased energy within the group.

Our role as facilitators included providing information on stress impact, emotional intelligence, and introspection tools. These groups not only served as platforms for valuable information but also as crucial avenues for community building. Participants interacted, supported one another, and shared ideas under the professional facilitation of a group of Ukrainian psychologists, providing invaluable psychological support.

This has undoubtedly been an enriching experience for all of us, and I am immensely grateful to both participants and colleagues for their trust and fruitful collaboration. I sincerely hope that the project will continue to evolve and grow.

# What We've Achieved: Key Figures

#### ONLINE SUPPORT GROUPS

**436** registered participants as of December 31, 2023

#### • for women (over 30 years old)

- for moms with children under 10 years old
- for youth (19-30 years old)
- for teens (15-18 years old)

INDIVIDUAL SESSIONS

# 55+hours

of sessions as of December 31, 2023

#### COMMUNITY FORUMS

776 registered participants Presentations, workshops, and psycho-social masterclasses for the local Ukrainian communities through the province of British Columbia Psychological sessions with a licensed counsellor Wellness sessions with psychosocial rehabilitation practitioners Career and academic advising sessions

#### FINANCIAL SUPPORT

\$4000 (\$250 value -10 cards \$150 value - 10 cards) Gift cards for groceries for families of newcomers who have faced financial difficulties in the process of adapting to new living conditions in Canada

## A PROJECT FROM WEST TO EAST: GEOGRAPHY OF PARTICIPANTS

Residents of 9 Canadian provinces became participants of the online socio-psychological and emotional support groups. Whenever it is possible, groups were formed to unite residents of the same city together, as geographical proximity helps create a trusting atmosphere and eventually develops into offline meetings between the participants.



#### COMMUNITY FORUMS

From June to November 2023, we hosted four Community Forums for displaced Ukrainians in BC. The forums focused on offering settlement assistance to displaced Ukrainians and helping build a sense of belonging to the Ukrainian community.

#### VANCOUVER (2 FORUMS)

- June 10, September 16
- R For Ukrainian newcomers living in Vancouver, North and West Vancouver, Richmond, Burnaby, New Westminster, and Coquitlam.









#### ABBOTSFORD

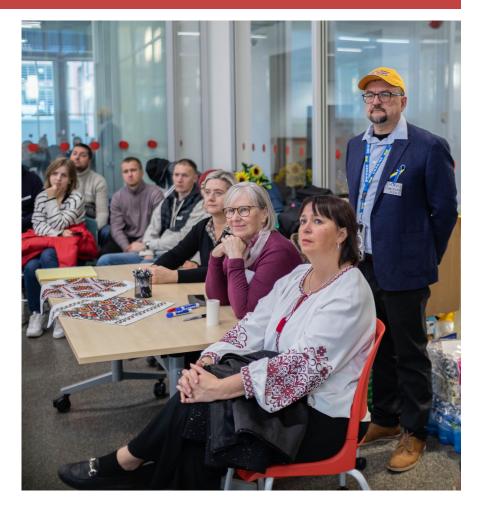
October 27

R For Ukrainian newcomers living inAbbotsford, Mission, Chilliwack, and Aldergrove. Hosted in partnership with Archway Community services.



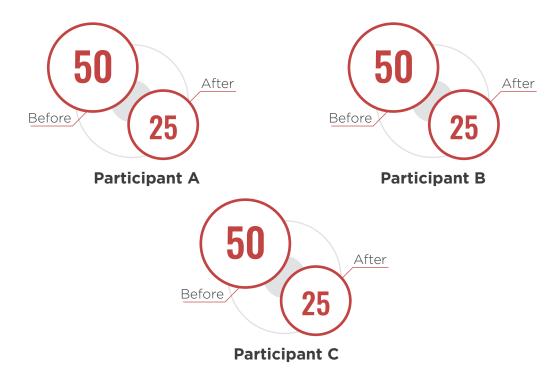
#### KELOWNA

- November 25
- For newcomer Ukrainians
   living in Kelowna, Vernon,
   Pentikton, Salmon Arm,
   Merritt, Kamloops, and
   Castlegar. Organized in
   partnership with Kelowna
   Stands with Ukraine.



#### IMPACT

After each 7-week support group cycle, our team conducted evaluations to measure the impact of the program on participants. The project team leveraged the PLC-5 20-item self-report questionnaire from the National Center for PTSD. Many of our participants reported a change in their symptoms from severe to moderate, with some reaching the cut-off score of 33 or lower, presenting subthreshold or the absence of symptoms of PTSD.



Results of the questionnaire after the last support group session

How do you rate the change in your emotional andpsychological state after attending group support sessions?



# "

I am very grateful to the entire team who has worked with us over the course of the last weeks in an inviting and warm environment. Thank you to all of the participants of the project, for sharing your emotions, worries, and experiences. I've started thinking about my future again, my fears and anxieties have started to disappear while my soul is filled with warmth and gratitude once again.

Я дуже вдячна всій команді, яка всі ці тижні працювала з нами, обгортала душевним теплом. Дякую вам дівчатка! Дякую всім учасникам проекту, багато історій почуто, багато почуттів переживань пережито, з'явились думки про майбутнє, потроху відступив страх і душа наповнилась теплом і вдячністю! Обіймаю вас сильно!

# "

The very idea of such a circle of support has already given me strength. It's interesting to witness how I'm transitioning from the state of "everything is intolerable" to "everything is possible and there is hope. I am grateful to everyone in this project: the organizers, facilitators, and participants. Waiting for its continuation!

Сама ідея такого кола, можливості спілкування та підтримки вже надала мені сил. Цікаво спостерігати за собою, як зі стану "все нестерпно" переходжу до стану "все можливо та є надія". Вдячна всім причетним до цього процесу: організаторам, ведучим, учасницям. Чекаю на продовження!

#### ACKNOWLEDGEMENTS

This project was made possible thanks to the generous funding of Canada-Ukraine Foundation (CUF) and the Ukrainian Canadian Congress (UCC). We thank both CUF and UCC for their support of our efforts to improve the emotional and mental wellbeing of displaced Ukrainians in Canada. Through our work, we are building resilient and healthier Ukrainian communities across our country.





We thank all of our community partners for helping make this project a reality.



# **O4**<br/> **ADVOCACY**<br/> **ADVOCACY**<br/> **AND COMMUNITY**<br/> **ENGAGEMENT**

# Ukrainian Language at UBC

In September 2023, the Department of Central, Eastern, and Northern European Studies and History at the University of British Columbia (UBC) introduced a new Ukrainian language course. This collaboration expanded UBC's academic offerings, fostering a deeper understanding of Ukrainian culture, history, and language. Maple Hope Foundation was proud to have played a pivotal role in making this valuable learning opportunity possible.

Our heartfelt thanks go to the dedicated organizers who facilitated this collaboration: Yuliya Badaeva, Dr. Olena Morozova, and our CEO and Co-Founder Svitlana Kominko. Their tireless efforts resulted in a unique and enriching experience for UBC students. This achievement aligned with Maple Hope Foundation's commitment to positive community change through advocacy and engagement.



# European Union Film Festival

As a part of the European Union Film Festival, Maple Hope Foundation was selected as a beneficiary of three benefit screenings of the Ukrainian film "Luxembourg Luxembourg." Directed by Antonio Lukich, the film beautifully explores the bonding of twin brothers summoned to their estranged father's Luxembourg deathbed. Screenings took place in three Canadian cities – Ottawa, Toronto, and Vancouver. This cultural event not only celebrated Ukrainian cinema but also contributed to Maple Hope Foundation's community impact.





# Walk of Honour

In October, our public commemorative event "The Walk of Honour" brought together the communities of Vancouver, Nanaimo, Kelowna, and Castlegar to pay tribute to Ukrainian defenders. The "Walk of Honour" was a powerful demonstration of respect and gratitude, both in person and through generous donations on our website. People from all walks of life, many with loved ones lost on the frontline or currently fighting, joined hands to commemorate their heroes. Names of these courageous individuals were inscribed on a solemn red and black wreath, which was carried with the utmost respect through each city's main routes.





# **FINANCIAL OVERVIEW**



86,000

DONATIONS



**116,000** 

**10,237,000** 

AID DISTRIBUTED

**10.3M** MEDICAL EQUIPMENT AND SUPPLIES

**1.3K** SAFETY EQUIPMENT 68K

**3.3K** COMMUNICATION EQUIPMENT **19K** ELECTRONIC EQUIPMENT

4.2K

# TEAM



**laroslav Pokhilko** President, Co-Founder



**Julia Yushchenko** VP Finance, Co-Founder



**Svitlana Kominko** CEO, Co-Founder



**Tetyana Kostyuk** VP Operations, Co-Founder



Elena Zhukova, Art Director



**Iryna Borzilova** Development Lead



Kristina Lebed Fundraising Lead



Irina Chorny Medical Advisor



Yuliya Shokalyuk Community Engagement Lead, Co-founder



Sofiya Kominko Communications Lead



**Pavlo Rozhak** Director of Operations (Ukraine)



Sergii Kozak Web Development and Tech Support



**Olivia Chorny** Spokesperson



Olha Oborska Social Media Manager

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# FINANCIAL STATEMENT

## AS OF DECEMBER 31, 2023

	General Fund	Healing Wounds	FilmFest	Settlement Fund	Project Lisa	Total	Budget FY2023	Actuals FY2022		
REVENUE										
Grants	-	60.000,00	5.000,00	-	-	65.000,00	100.000,00	-		
Individual Donations	81.153,53	-	-	-	4.849,29	86.002,82	400.000,00	400.551,52		
Corporate Donations	27.766,22	-	-	-	-	27.766,22	250.000,00	19.597,50		
Fundraising Activities	115.896,34	-	-	-	-	115.896,34	150.000,00	110.356,40		
Gift in Kind	10.236.972,32	-	-		-	10.236.972,32	2.000.000,00	1.227.317,36		
Total Revenue	10.461.788,41	60.000,00	5.000,00	-	4.849,29	10.531.637,70	2.900.000,00	1.757.822,77		
EXPENSES										
Medical Supplies	10.317.956,05	-	-	-	-	10.317.956,05	2.200.000,00	1.002.964,24		
Humanitarian Aid	12.351,70	43.355,98	-	292,75	12.074,64	68.075,07	200.000,00	404.500,28		
Electronic Equipment	18.673,31	-	-	-	-	18.673,31	75.000,00	85.149,78		
Safety Equipment	1.303,20	-	-	-	-	1.303,20	10.000,00	99.297,02		
Communication Equipment	3.323,96	-	-	-	-	3.323,96	75.000,00	24.513,83		
Vehicles	4.191,00	-	-	-	-	4.191,00	5.000,00	3.772,60		
Fundraising Activities	55.094,37	-	-	-	-	55.094,37	50.000,00	23.402,12		
Merchandise Expense	5.981,74	-	-	-	-	5.981,74	25.000,00	15.673,87		
Promotion & Social Media Expenses	8.147,54	-	-	-	-	8.147,54	-	-		
Administration Expenses	681,33	-	-	-	-	681,33	-	-		
Other	4,085.92	-	-	-	-	4,085.92	20.000,00	15.764,67		
Total Expenses	10.431.790,12	43.355,98	-	292,75	12.074,64	10.487.513,49	2.660.000,00	1.675.038,41		
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES										
-	29.998,29	16.644,02	5.000,00	- 292,75	- 7.225,35	44.124,21	240.000,00	82.784,37		

Maple Hope Foundation is a volunteer-run organization that relies on donors, partners, and volunteers to do the work we have been doing for nearly 10 years. Thank you to all who have been with us on this journey, supporting our work, and continuing to stand with the people of Ukraine. Together, we continue to contribute to Ukraine's free and prosperous future.



www.maplehopefoundation.org



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# **Follow Us**



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