

HELP US HELP

SUMMER NEWSLETTER 2022



Разом ми переможемо.
Together we will overcome.

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THANK YOU - FROM HELP US HELP

Since February 24, 2022, the world has witnessed the horrors of the ongoing war in Ukraine. As you read this, millions of Ukrainians continue to fight for their country and are evacuating their homes in hopes of a safer future for themselves and their families. We at Help Us Help are committed to aiding the people of Ukraine as they fight for their right to freedom and peace.

To address the current situation and aid the victims of this ongoing and brutal war, Help Us Help has suspended some of our regular programming. This newsletter will provide a brief summary of critical initiatives Help Us Help has undertaken since February 24, 2022, and provides some information on administrative updates.

Thank you for your continued support of Help Us Help and the people of Ukraine. Together, we will overcome.



Слава Україні!

Героям Слава!



Разом - До Перемоги!

BOARD UPDATES

At the 2022 Annual General Meeting, Dr. Marie Bountrogianni officially announced her resignation of her position as Help Us Help's Chair. We are so honoured to have had such an outstanding and qualified individual Chair Help Us Help's Board of Directors since 2020. We would like to take this opportunity to thank Dr. Marie Bountrogianni for her hard work and commitment to contributing to the growth and development of Help Us Help. Dr. Marie Bountrogianni will remain a member of the Board of Directors as "Past Chair".

It is with great pleasure that we announce the new Chair of Help Us Help's Board Of Directors, Kadie Ward! Please find a welcome message from Ms. Kadie Ward below.



MESSAGE FROM INCOMING CHAIR



I am delighted to accept the position of Chair on Help Us Help's Board of Directors. I have been a member of the Board of Directors for the past two years and have been privileged to witness the amazing work that Help Us Help accomplishes. The escalation of Russia's war in Ukraine has shown us more than ever the importance of showing up for and helping the most vulnerable in Ukraine's society – this is the work that Help Us Help has been doing since 1993.

The recent response of our staff and volunteers has been nothing short of outstanding, and I am honoured to be working with them, along with our donors, as we navigate the next phase of the war.

My previous work has taken me to Ukraine from 2013 - 2019 in support of economic and democratic transformation programs funded by the Canadian Government. I also have other experience in collaborating to design and deliver inclusive economic growth strategies that engage traditionally marginalized populations and provide equal opportunities for all to participate in the economic health of their community.

I would like to extend a thank you and congratulations to my predecessor, Dr. Marie Bountrogianni, for her time and dedication in the position of Chair. I look forward to continuing to work with her on Help Us Help's Board of Directors.

OUR INITIATIVES DURING THE WAR

First Responder Medical Support

Individual First Aid Kits (IFAKs) are a first priority for the volunteer medics and first responders in Ukraine. Civilian lives are being targeted every day. Help Us Help is sourcing and distributing IFAKs and the associated tactical medical supplies to first responders who are caring for the victims of the war, prioritizing those located in high-risk areas.

On April 7, 2022, we successfully delivered our first mass-shipment, which consisted of 20,000 combat application tourniquets, 1,500 NATO-standard first aid medical kits, and 300 medic trauma packs. Together with the Ukrainian World Foundation, through the "Unite With Ukraine" campaign, we were able to procure these items through reliable distribution channels in Europe, and send them directly to our contacts in Ukraine. We would like to thank everyone who has donated to the First Responder Medical Support initiative. These life-saving supplies are critical in supporting the brave volunteer medics, who risk their lives every day to save Ukraine's citizens.

We are happy to announce that Help Us Help will be contributing another \$150,000 in support of the second phase of this initiative!



Relocation Support and Humanitarian Aid (Within Ukraine)

Relocation Support

The safety of our past and present program participants, including scholars, orphaned children, children with disabilities, and veteran families, is of utmost importance. As a result, Help Us Help is providing relocation support to assist with their efforts to evacuate vulnerable individuals from high-risk areas in Ukraine.

Our agency in Ukraine - Help Us Help UA, remains in constant communication with our program participants and alumni, and are collecting requests which are then reviewed and approved by the Help Us Help and Help Us Help UA staff.

As of June 20th 2022, we have directly supported the relocation of:

- 83 program participants, orphans, families of orphans
- 14 orphanages and group homes
- 70 families of volunteers



Kyrylo Nevdokha - Help Us Help Scholar

"On February 24, 2022, I packed my things to leave home. Not for work or travel, but to save my life - to get to a safe place. Russia attacked my Ukraine.

What I dream of is returning to my hometown. Seeing smiles on the faces of my fellow Ukrainians. Living and working in my own country. Starting my own family in Ukraine... my home.

The whole world must stand on the side of Ukraine, its sons and daughters, to save the world from evil. Help us save the future of children, of Ukraine, of the world.



Humanitarian Aid (From Within Ukraine)

Alongside relocation support programming, the Help Us Help and Help Us Help UA teams are providing humanitarian support from within Ukraine. These items are packaged and sourced by the Help Us Help UA team, and distributed to Help Us Help current program participants, alumni as well as relocation centres. These items include life-saving medications, diapers, and non-perishable foods.



Mental Health Hub Expansion

Help Us Help understands the importance of mental health during these devastating times. As a result, we have expanded our Mental Health Hub services for the time being.

A group of 10 psychologists will be working at various relocation centres across Ukraine to provide mental health support to displaced children and families. At the current moment, an estimated amount of 481 individuals have been provided with psychological support in 4 regions of Ukraine through this initiative.

The psychologists will continue to evaluate the evolving needs and provide Help Us Help with recommendations to adapt and/or expand our programming.



Humanitarian Aid



Humanitarian Aid Outside of Ukraine

Medical Supply Drive (Canada)

Phase 1

Over the course of 8 weeks, our staff and volunteers in Canada collected, packed, and shipped priority items requested by our Help Us Help UA Agency, volunteer medical units, and others to Ukraine. The specific items included tactical medical supplies such as IFAKs, tourniquets, Quikclot gauze, and Israeli bandages.

Upon the completion of the first phase of the Medical Supply Drive, Help Us Help successfully sent 340 boxes weighing a total of 6,607kg to Ukraine!



Our Partners

We are incredibly grateful to receive support from several organizations in Canada. Thank you to the:

- Ukrainian National Federation for allowing us to use their space to collect and pack non-monetary donations
- Meest for offering us a discounted shipping rate
- BCU Foundation for their \$20,000 donation to cover shipping expenses



Phase 2

Following the success of our first Medical Supply Drive, Help Us Help has expanded the project to include a second phase, commencing on June 13th and running until July 15th, 2022.

When?

Tuesday – Friday: 10:00am – 5:00pm

Saturday: 10:00am – 1:00pm

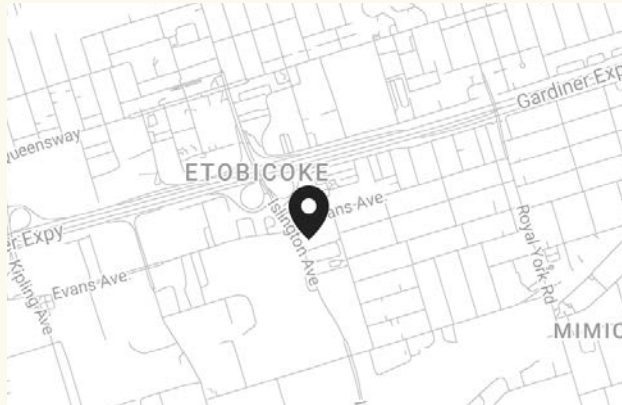
Closed Sundays and Mondays

What?

A list of medical and camping supplies requested from volunteer medics can be found below.



Where?



811 Islington Ave.

SOUTH DELIVERY DOOR

Note: this is the Aramark Building that shares a parking lot with UNF Hall @ 145 Evans Ave.

The door is located at the top of the ramp on the south side of the building. For larger deliveries, a loading dock is available.

Our Partners

We are proud to be working with Meest and the Ukrainian National Federation on this initiative



We are looking for volunteers!

We are looking for volunteers to help us pack, sort and source our donations for the second phase of our Medical Supply Drive. To sign up, please email Danylo at danylo@helpushelp.charity

List of Requested Medical Supplies for Phase 2

Individual First Aid Kits (IFAKs)

- Combat Application Tourniquet (CAT)
- QuikClot Combat Gauze
- SAM Splints
- Israeli Emergency Bandage
- Nitrile Gloves
- Nasopharynx tube
- "Halo" or "Beacon" chest seal
- Surgical Tape
- Trauma Shears
- Permanent Marker
- Emergency Blanket
- Lifestraw/Water Purification Tablets (Can be purchased at Costco, Walmart, Canadian Tire etc.)

All OTC Medication

Antibacterial Ointments/Wound Care)

- Iodine
- Polysporin
- Bandages
- Gauze
- Advil
- Tensor Bandages
- Tegaderm
- Gravol
- Hydrogen Peroxide
- Tylenol
- Antihistamines, etc.
- Saline
- Cold/Cough/Flu Medication

Baby Supplies

- Baby Supplies
- Diapers
- Wet-Wipes
- Powdered Formula
- Sudocrem
- Penaten
- Infant Medication, etc.

Other

- Duffle Bags
- Sleeping Bags
- Tents
- Waterproof Tarp (Green, Black or Gray)
- Sleeping Pads
- Feminine Hygiene Pads
- Adult Diapers
- Regular First Aid Kits
- Candles
- Blankets
- Rope
- Camelback
- Flashlights
- Compasses
- Fox 40 Whistles
- Canadian Flags
- Hand-Written Letters of support to Ukraine
- Tick Removal Kits/Repellant

For the full medical supply list, scan the QR code below!



Americares

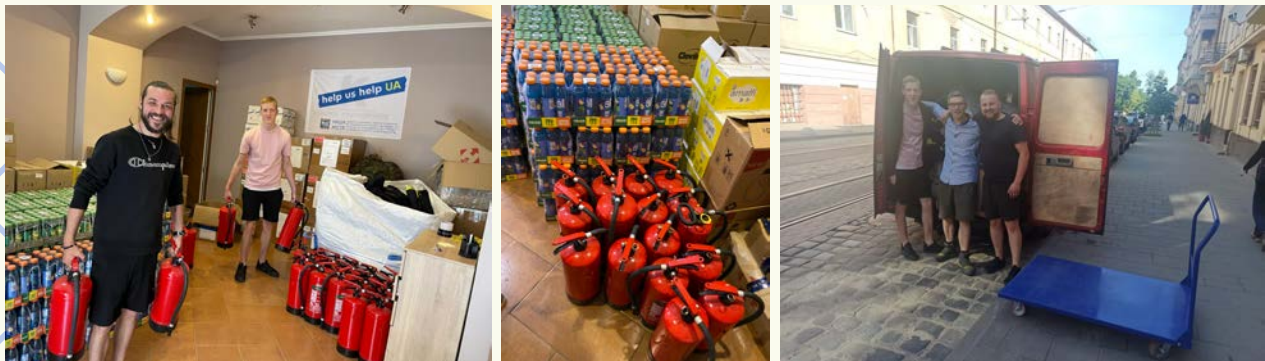
Help Us Help, in partnership with Americares, delivered over \$1.3 Million worth of medicine and medical supplies to Ukraine! The supplies were distributed to Relocation Centres, Hospitals, and Volunteer Medics on the ground in Ukraine.



Humanitarian Aid in Poland

Help Us Help and our agency in Ukraine, Help Us Help UA, have partnered with a volunteer group in Poland to deliver humanitarian aid sourced in Europe to Ukraine. The Help Us Help UA team will be collecting requests from relocation centres and organizations to determine the collective needs of families and children fleeing the war.

Additionally, we will be delivering humanitarian aid to volunteer medics and firefighters, so that they can be properly equipped to save the lives of victims of the war.



RECOGNIZING OUR DONORS

Individual Donors Over \$10,000

We would like to acknowledge and thank our donors who have given a one-time sum of over \$10,000. Your continued support for Help Us Help and our initiatives are essential in delivering much-needed aid to Ukraine.

Ihnatowycz Family Foundation -
\$25,000

BCU Foundation - \$20,000

Industrial Alliance Insurance & Financial
Services - \$20,000

Danny Chung - \$15,000

Burgundy Legacy Foundation -
\$10,000

Connor Clark & Lunn Foundation -
\$10,000

Delores Buka-Huculak - \$10,000

WierFoulds LLP - \$10,000

Thank you!



Help Us Help staff receiving cheque from BCU Foundation at Meest Corporation

Matching Campaigns

Help Us Help has had the honour to be the recipient charity of two generous donors' Matching Campaigns since the beginning of the year. We would like to thank the Gula Family for matching every donation up to \$10,000 and who raised a total of \$39,460 additional funds thus far through their Matching Campaign!

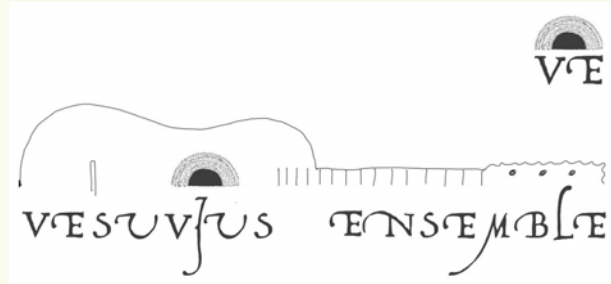
Currently, the Walsh Family Foundation is every donation up to \$50,000! Donate now to make twice the impact on the victims of the war in Ukraine. To donate, visit our website at: <https://helpushelp.charity/the-walsh-foundation-matching-campaign> Or include "Walsh Matching Campaign" in the memo line of your cheque!

Independent Fundraisers over \$10,000

Help Us Help is honoured to have so many community members come together and support our initiatives during this devastating time. Below is the list of independent fundraisers who have raised over \$10,000 in support of our initiatives.



Saint Javelin - \$500,000



Vesuvius Ensemble - \$43,235



**With Ukraine
Fundraising Concert -
\$26,234**



Steppe up for Ukraine - \$14,601 (ongoing)



**Ukie Design Raffle
Fundraiser- \$11,690**



Peace Pysanky - \$11,650



Old Sod Pub - \$11,182

Thank you!

All independent fundraisers are featured on our website.

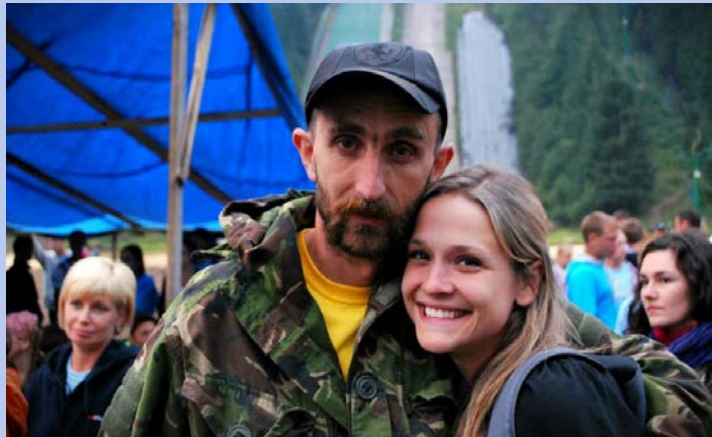
Visit

www.helpushelp.charity/independent-fundraisers.com to learn more!

STAFF CHANGES

Farewell to Krystina Waler

It is with great sadness and gratitude that we said farewell to Krystina Waler in December 2021. Krystina has been a dedicated volunteer, board member, and staff for many years at Help Us Help. Not only did Krystina help strengthen our organization by introducing valuable strategic and business planning documents to guide Help Us Help's future, she also helped foster and grow existing partnerships and collaborations. Everyone at Help Us Help wishes Krystina nothing but the best in her future endeavours and we are honoured to have her continue as a volunteer for our organization.



Farewell to Kira Antonyshyn

It is also with great sadness that we say farewell to Kira Antonyshyn, Director of Operations. Kira has been an active and dedicated volunteer since 2014, volunteering within Canada and at past Summer and Winter camps in Ukraine. In 2019, Kira was onboarded as a Help Us Help staff, beginning as the Communications and Development Officer, and then promoted to the Director of Operations. Over the course of her career with Help Us Help, Kira has been instrumental in developing and expanding Help Us Help's organizational systems. We wish her well in her future endeavours.



Welcoming our Executive Director

In December 2021, we welcomed a new Interim Executive Director, Marta Proctor! We are so excited for Marta to join our team, her years of experience in the Public Service Sector will bring valuable practices that will contribute greatly to the growth of our organization. Read a message from Marta below!

"It is with great enthusiasm that I join Help Us Help as the Interim Executive Director. As a first-generation Canadian Ukrainian I grew up actively involved in Toronto's Ukrainian community. I am extremely grateful for the opportunities I experienced, culturally and socially, as they have guided me both personally and professionally.

I look forward to the privilege of joining the Help Us Help team in assisting disadvantaged children and families in Ukraine."



Welcoming our Manager of Operations

Please join us in welcoming our new Manager of Operations, Olha Sumina! Olha came to Canada in April 2022 with her daughter, fleeing from the war in Ukraine. A highly experienced individual, she has a Master's degree in Finance and over 6 years of experience in banking.



From 2014 to 2022 Olha worked in Ukraine with different international humanitarian organizations such as "Save the Children", "The International Committee of the Red Cross" and USAID-funded projects. Olha is grateful for the opportunity to join the Help Us Help team, and is excited to begin working with Help Us Help to continue implementing much-needed programming.

Summer Students - Canada Summer Jobs

Help Us Help is fortunate to have the opportunity to hire two summer students funded through the Canada Summer Jobs program. These qualified youth will be assisting the Help Us Help staff with implementing and continuing our much-needed programming during these devastating times. Please join us in welcoming Oresta Hewryk as the Public Relations Coordinator, and Daniel Dmytriv-Stelmach as the Project Administration Officer!



JOIN US!

Become a Help Us Help Ambassador by creating an online fundraising campaign!

Creating a birthday fundraiser is a great way to give back to a charity you care about on your special day. It works by choosing to raise money for Help Us Help and then asking friends and family members to forgo birthday gifts and donate to your fundraiser instead.

To start a fundraising campaign we recommend using the following platforms:

- JustGiving (www.justgiving.com) or the fundraising tool on Facebook

Please email olha@helpushelp.charity should you require any assistance with your fundraiser!

How to Donate

Donate ONLINE RIGHT NOW!
Visit: www.helpushelp.charity/donate



**Consider signing up to be a monthly donor. For \$150/month you could sponsor a Temerty Scholarship Student.

OUR LASTING LEGACY

Leaving a designated gift in your Will is one of the most special gifts you can give to a charity. A legacy gift to Help Us Help is a promise to help form an ever-brighter future for Ukrainian children and veterans for generations to come. Call us for more information or visit our website to download your copy of a Help Us Help Legacy Package.

Send cheques to:

Help Us Help
PO BOX 84600 PRO Bloor West,
Toronto, ON.,
M6S 4Z7



It is the generosity of individuals like yourself that allows us to keep working and inspires us to achieve even more in our charitable initiatives.

Together we are fighting to ensure a better and brighter future for Ukraine's most vulnerable individuals.

Mailing Address:
PO Box 84600 RPO Bloor West
Toronto, ON M6S 9Z9

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2445 Bloor St W #201
Toronto, ON M6S 1P7

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@HUHCharity