

# Sinai Foundation

# Annual Report

2020 - 2021

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5218 Fallingbrook Drive

Mississauga, L5V 2C6

[www.sinaifoundation.ca](http://www.sinaifoundation.ca)



## Introduction

### Message from Executive Director:

Unprecedented. Surviving and staying strong together.

2020 and 2021 has brought many challenges to us, for organizations, individuals, and families. It was hard to keep up with work while others were facing new difficulties every day. The pandemic changed everything. However, we are not out of the woods just yet! That is what I like to focus on, our achievements over the course of one year. Honestly, the pandemic has been very difficult, but with it brought opportunities to be resilient and to get stronger in order to extend help to those who are vulnerable. With every step, we truly believe that we are improving the lives of many people. In the next few pages, you will witness the growth and the accomplishments that we are proud of!

I acknowledge that earlier on in 2020, as a team, we examined our mission and vision to adjust ourselves to be a nonprofit organization that serves the communities. We took bold steps during the pandemic to step out of our comfort zone and decided to become front-line responders, which translated to us embarking on the project to help vulnerable members in our community with basic life and health related needs. Our team was able to define a specific set of values to promote our tightly held vision that no one should be left hungry and that we should make our world a safe and healthy place for everyone to enjoy together.

The steps to operationalize our project during the pandemic and lockdown was very tricky as there was limited information available and the apparent fear of spreading the disease as the death rates were rapidly climbing, but we took every possible measure and are proud that our team had quickly put a plan together. Some problems that arose were issues pertaining to ordering, storing, and sorting food items to be packed for individual distribution to the recipients. Initially, we started a pilot project in collaboration with the Mississauga Rotary Club Streetsville to select 30 seniors in our area to receive contactless delivery of groceries and food items, completely free of cost. Within 3 months of delivering twice a month, government funding became available through collaboration with the Red Cross. Along with their support, we were able to increase our reach to 50 more seniors and their families. As an Executive director, I accommodated our organization by providing space in my garage for this project to take place. Our team quickly began installations in the garage and hired volunteers and staff. We optimized our delivery routes and ordered food in bulk in order to provide adequate service to the seniors and their families in the GTA, Halton, and Milton region.

We continued our journey and at the same time looked at the ways in which we could connect, empower, and impact families. Three programmatic pillars took shape:

- 1) The Food Program at Sinai Foundation Canada is committed to supporting those who are the most in need, especially by addressing poverty and hunger. For this reason, we currently run different food programs that benefit the community by providing healthy and accessible food in partnership with other local organizations.
- 2) The Mental Health and Wellbeing program develops tools, activities, and events that motivate seniors and families to get engaged in a safe environment despite current health guidelines; virtual or in person.

During the 2021 lockdown, it was very difficult for families to manage the stress of social isolation that impacted their mental health. Our team decided to run two programs for mental health and stress management. The first was stress Management through Music Therapy and the second was Move the Body through light exercise. Both of these programs were delivered via sessions that took place online by certified professional organizations.

- 3) The Youth Engagement program is an initiative to transform young people in the community into practical and resourceful individuals who would be focused on helping build confidence, have fun and find a sense of belonging, all while acquiring skills to support their future. For the first time in 2021, we began working with university/college students in a Summer Mentoring Program to provide them with an internship within our organization for a chance to benefit from the IT, Project Management, and Social Work skills aspects. Our intake in 2021 was 4 students and after finishing the internship all of them found employment shortly after and started full time jobs with the values they learned to serve the community.

Our team will continue to be committed to transforming our services to address the needs of our communities and adjust our work accordingly. We are currently working on a walk in the Park Program where we will engage seniors to spend time outside and improve mobility with the help of young volunteers. The interaction with youth will also help minimize the impact of social isolation and stress. At the same time, young people will experience the engagement and rewarding experience of community service. An addition to this program is a Spanish-speaking group, as well as a new branch in a rural community at the request of the participants, who were eager to continue to enjoy the outdoors together.

To achieve our vision, our partners play a vital role, we are always seeking networking opportunities to increase our partnerships. We fully value our partners and are committed to working with a team who believe in building authentic relationships and redefining what it means to serve the community. We are humbled to work with elevated voices, telling the stories of a variety of families and their unique experiences, the difficulties they have faced, and the support they found. We believe in empowerment and in becoming self-sufficient, explore and discuss diversity, equity, and inclusion in our communities, and work together and create the best possible environment for the next generation.

2022 promises many opportunities as things are improving for us to continue our work. Our goals are to:

- 1) Partner with the healthcare system to address mental health issues and stress management at home.
- 2) Engage young people to learn the skills and contribute proactively to the community.
- 3) Play an active part to reduce hunger and poverty in communities around the globe.
- 4) Organize outdoor activities to improve the mobility of seniors and youth engagement.

I know there are lofty aims and goals, but my team is excited and ready to make a greater impact than before to foster connections within communities to make the world a better place for present and future generations.

I hope you will be with us on this journey!

*Ahmad Khan* (CEO/ Executive Director)

## Mission, Vision, and Values

**Mission:** To promote programs and services that benefit all communities by addressing their current needs, especially those experiencing food insecurity and impoverishment so no one will be left hungry or helpless.

**Vision:** We are committed to supporting the community in order to better manage the issues of food insecurity and poverty to ensure that no one will be left hungry or helpless.

Our actions, services and programs are guided by these core five values: Inclusiveness, Diversity, Equality, Compassion and Sustainability. We are engaging youths to be part of the solution and take part in community service with pride.

### Programs updates:

1. **Food Program:** We started the food and groceries distribution in 2020 and during the beginning of 2021. We served more than 130 families for 8 months. The program had great success and served communities in the GTA and the surrounding areas. We helped seniors, single parents, refugees, travelers, and students who were quarantined due to testing. We still provided food on a small scale to a limited number of individuals who have medical conditions as well as seniors.
2. **Mental Health and Wellbeing program:** This program was executed during the COVID-19 lockdown and ran for a couple of months to help seniors and single parents to reduce mental stress and provide a way to come together virtually as a community. We provided sessions for Stress Management and Light exercise for mobility and wellbeing. The program was run by contractor organizations with medical certifications. Currently, this program is completed and will run again when sufficient funding becomes available.
3. **Youth Engagement program:** This program is continued on a yearly basis during the summer months. University and college students are hired to provide them with an internship experience and valuable work experience. In this program, they engage in activities to apply knowledge of software development, office management, project management and field trips to experience volunteer work with other non-profit organizations.
4. **Other Initiatives:** Sinai Foundation Canada is proud to participate in activities with Rotary International, Lions Club International, INARA, Malton Women Council and UNHCR in regards to different programs including fundraising and some of the initiatives during 2020-2021.



## Financial Statements

**Sinai Foundation Inc.**  
BALANCE SHEET

As at Dec. 31, 2020

<b>Assets</b>	<b>2020</b>	<b>2019</b>
Current assets:		
Cash	1,187	1,120
Taxes Receivable	2,973	-
Prepaid expense	120	-
	<b>4,280</b>	<b>1,120</b>
Capital assets:		
Machinery and equipments	17,000	17,000
Accumulated amortization of machinery & equipments	-	-
	<b>17,000</b>	<b>17,000</b>
 Total assets	 <b>\$ 21,280</b>	 <b>\$ 18,120</b>
<b>Liabilities and shareholders' equity</b>		
Current liabilities:		
Accounts payable and accrued liabilities	4,234	3,458
	<b>4,234</b>	<b>3,458</b>
Long-term liabilities:		
Due to shareholder	14,333	-
	<b>14,333</b>	-
Shareholders' equity:		
Common Shares	100	100
Retained earnings beginning	14,562	-
Retained earnings end	(11,949)	14,562
Total shareholders' equity	<b>2,713</b>	<b>14,662</b>
 Total liabilities and shareholders' equity	 <b>\$ 21,280</b>	 <b>\$ 18,120</b>

Approved on Behalf of the Board

**Sinai Foundation Inc.**  
STATEMENT OF OPERATIONS AND RETAINED EARNINGS

As at Dec. 31, 2020

	2020	2019
<b>Revenue:</b>		
Revenue	\$ 113,340	\$ 18,120
<b>Operating expenses:</b>		
Advertising and promotion	1,401	-
Bank charges	726	-
General and administrative expense	16,387	250
Grossaries and food distribution expense	50,974	
Professional fees	3,470	678
Office supplies	2,711	2,150
Meetings and conventions expense	892	-
Salaries	45,307	-
Taxes	3,029	-
Telephone expense	392	480
Total operating expenses	<b>125,289</b>	<b>3,558</b>
<b>Income before taxes</b>	(11,949)	14,562
Income taxes	-	-
<b>Net income</b>	(11,949)	14,562
Retained earnings - beginning	-	-
<b>Retained earning - end</b>	<b>(11,949)</b>	<b>14,562</b>

**Sinai Foundation Inc.**  
NOTES TO FINANCIAL STATEMENTS

AS at Dec. 31, 2020

1. **Incorporation**

The company was incorporated on June 21, 2019 and began operations shortly thereafter.

2. **Comparative Figures**

Prepared on the basis of information provided by the management.

3. **Capital Assets**

	2020		
	Cost	Accumulated Amortization	NBV
Machinery & equipments	17,000	-	17,000
	<u>17,000</u>	<u>-</u>	<u>17,000</u>

## Special mentions

We could not have done this alone without the support of our sponsors, members and followers. We are thankful to all participants who have been part of our success together. I would like to recognize the following donors in particular:

Mississauga Rotary Club, Streetsville

Red Cross Canada.

## Looking Ahead

As we are approaching 2022, it is very exciting and full of new challenges. We are coming out of COVID-19 but still, there are some lingering effects such as new variants emerging, and the good news is that we have learned to live our lives without fear. Sinai Foundation is positioning itself to be resilient and responsive to the community's needs and is prepared to take part in any imitation to address any coming challenges. We will continue to focus our energy on programs that reduce poverty, help vulnerable members of our society and keep working with young people to engage them for a positive change. We will look towards our partners and supporters to work together for change to reduce the property and its negative impacts and create healthy communities.

