



Ama Foundation

Annual Report 2021





The Ama Foundation funds Ama Ghar, a permanent care home in Nepal for at-risk homeless children who have been abandoned, trafficked or have lost their home and family to poverty, drug/alcohol abuse or illness. We are dedicated to providing these children with a loving home, an excellent education, health care and the confidence to become productive, self-supporting adults.

The Ama Foundation is a California 501(c)(3) non profit corporation,
Federal Tax ID #36-4478880

Dear Ama Ghar Family,

First and foremost, we'd like to express our profound gratitude for the support you have shown our mission and our children over our first 20 years. With your help, we have built Ama Ghar from a rented home with 38 children to our own home that can shelter 75 children; from a small and struggling nonprofit to a successful one; from a family of tiny children to a family of 82 children and young adults, 41 of whom have finished the program and are leading successful lives. None of that would have been possible without you.

In 2021, Ama Ghar had to deal with multiple lockdowns, home schooling and lots of tough transitions for our alumni, who had to survive independent living in a Covid economy. Everyone pulled together as a team and we're proud to report that we have come out of that tough situation stronger than ever.

Now we're focused on the future. We have already taken in four new children this year, and we will continue to build our family. Our hope is to improve our fundraising programs so that we can provide a loving home, nutritious meals, good health care and an excellent education to even more at-risk kids. Toward that goal, we are starting at both ends of the spectrum, with a Kids Helping Kids program (every little bit helps!) and a Legacy Giving program to provide long-term sustainable funding. We will continue to keep you posted about how those programs can benefit Ama Ghar and you. Thank you for being such an important part of our family.

With gratitude,

Mary Averill/Patricia Ellison
Co-Chairs, The Ama Foundation



Mary Averill



Patricia Ellison

Once again, we started the year in a positive frame of mind. Then “positive” took on a whole new meaning, as 22 of us, children and staff, tested positive for COVID in April. Luckily, everyone was asymptomatic, but as you can imagine, isolating one group of children from the other for two weeks was quite a challenge! After recovery we went into lockdown mode again, and I can’t say enough about the wonderful cooperation of the children and staff setting up the lockdown school once again, and forging through these new demanding situations. Once again we proved to be a stellar and effective team!

One activity that kept us on our toes, literally, was practicing for our performance at the much anticipated 20th Anniversary Event that took place on August 1 in Nepal. We couldn’t invite an audience, so we did our program on film. Highlights of the film were included in our Virtual Event in September and everyone was thrilled to be on film – very Bollywood.

Back to school in November delighted everyone. Alain and Sarah from Ama Ghar Suisse were able to reinstate their annual Christmas visit and Ajay, our Santa Claus, got everyone on his lap, including staff! The annual Swiss Chocolate Hunt was a huge highlight of the holiday season, for obvious reasons.

As I read studies about the psychological stresses of children in lockdown, I realized that the Ama Ghar children fared much better than many. As part of a large and loving family, they kept each other engaged and vibrant. Seven young adults completed the Ama Ghar program in 2021 (a record). It was tough to go out on their own during this COVID year, so we are especially proud to say that they have found jobs and are starting a new life. Preparing for their futures has been made possible by your continued support throughout their childhood.

We send love, hugs and a huge thank you for your support and belief in Ama Ghar.



Bonnie Ellison
Country Director, Nepal
The Ama Foundation



Bonnie doing a puzzle with Ramit during COVID lockdown

Education and Children's Advancement as of 12/31/21

2021 Program Completed

Pabita – Working for Kathmandu International Mountain Film Festival

Sajan N – Married, father of a young son, Part-time IT and teaching

Sabita – Returned from Oman. Social Worker for Our Sansar, a women/children rescue organization

Srijana – Taking a Masters in Fashion Design in Milan, Italy

Uppal – Married, mother of a young son, licensed trekking guide.

Mangel – Culinary worker, Patan

Pratima – Married, taking Masters in Psychology in Australia

Choppsang – Working in restaurant, living with sister

Telau – Working in hotel, living with sister

Manisha – Married, Completed Masters in Hotel Management- Australia

Pabitra – Working as Pharmacist in Pokhara

Kalpana P – Working as Health Assistant in Pokhara

Menuka – Married, expecting a child, Primary Teacher

Rama – Working as a Tuition Teacher

Parbati – Coffee barista

Sushan – Acting on a TV show

Laxmi – Completed Masters in Public Health in Australia

Krishna – Working as Dental Assistant in Pokhara

Sandesh – Temporary teacher and assistant house father at Ama Ghar

Ashok – IT Business, Kathmandu – Tech Assistant support for Ama Ghar

Sajan S. – Working for women's empowerment NGO in Lamjung

Rupmala – Married, living in Kathmandu

Sharada – Married, Cardiology Resident in Chicago

Anish – Married, father of two, licensed Mountain Guide

Bindu – Married, living in Seattle, Nurse

Akshaya – Animator, living in New Zealand

Kalpana T. – VIP Customer Service ,Qatar Airlines, Doha

Ganga – Married, working for American Standard, Kuwait

Meena – ICU Nurse working in Patan

Manju – Dog Trainer, working as Vet Assistant

Photo: Maya Samjhana rappelling up the side of the house – one of our confidence building activities!



Education and Children's Advancement, cont.

Shanker – Returned from Bahrain, working as a cook in Patan

Po-Po- Working at Kitchen Showroom, training in Elder Care

Ashim - Supervisor of Housekeeping at Cancer Hospital

Prakash – Working in Hair Salon in Jhapa, hobby as Tattoo Artist

Pushpa – Working in an Employment Agency in Patan

Pawan – Working in a textile factory in India

Sangita - Working in Beauty Shop in Jhapa

Transition

Sharmila – Working in Credit Union in Kathmandu

2021-2022 Higher Education

Samjana – Final year of Bachelors in Travel & Tourism and part-time job at Trekking Agency in Kathmandu

Jenuka – Final year of Bachelor's in Journalism

Rupa – Third year of Lab Technician Bachelors

Akriti – Third year of Bachelors in Travel and Tourism

Laxmi S. – Second year of Bachelors in Psychology/Social Work

Aruneema – Second year of Accounting/Banking Bachelors

Santosh – Class 12 Humanities

Samjana S. – Class 12 Humanities

Bhupendra – Class 11 Management in IT

Photo: Bhupendra passed his government exam in 2021 and has moved on to study IT Management



A Family Album

Our two lockdown years – 2020 and 2021 – seem to run together in terms of activities – what a whirlwind! But after giving it some thought, we realized that 2021 had its share of great programs, activities and even a few outings to keep the children well-rounded, over and above their educational pursuits.

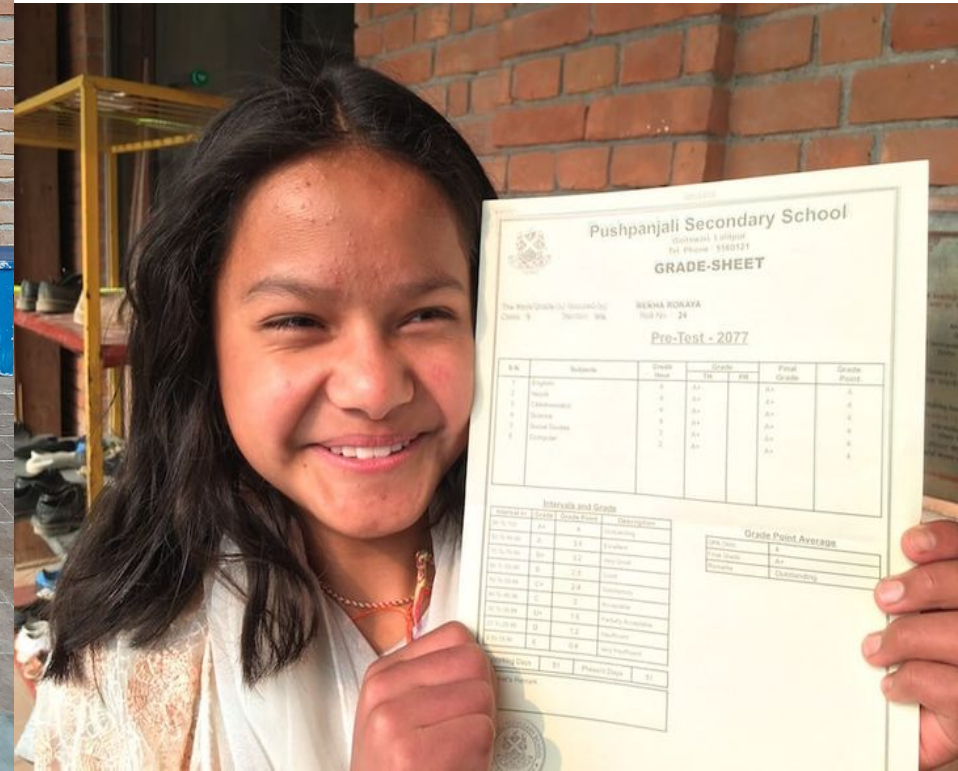
One of the best programs we did was the brainchild of substitute teacher Jenuka, who tasked the children with researching their favorite characters (real or fictional) and not only writing a paper on that character, but creating and wearing a costume so that we could have an Ama Ghar “Living Museum”. The results were incredible!





We were especially proud when the children went back to school at the end of our first lockdown. They were commended by their Principal for their excellent work and comportsment, and our Rekha brought home a perfect report card!

To celebrate International Children’s Day, Leela, Nirjula and Subitra were among 108 girls selected to participate in the Kumari celebration. This is the Newari custom of celebrating ten-year-old girls as symbolic images of the goddess Kumari.



And of course, all fun doesn't have to be planned! We bought a new trampoline this year, which was a huge hit with all the children. Ganga Maya was the first to try it out, and after that, it was hard to get her to come out of there! The monkey bars, the swings and the ballfields gave the kids an opportunity to let off some of that lockdown steam, and as part of a large family, they always had someone to play with...



Dear Pawan Uncle, and Yasmijn Aunty, Devin and Aarav

Hi, How are you? How is your lockdown going? In ~~our~~ Ama ghar the lockdown is going well. We are playing games, dancing, reading and doing other activities. We are doing online classes because of corona. For small brothers and sisters our big brothers and sisters are teaching them. We miss you a lot. Thank you for your love and support. I hope you will come to visit us. Stay safe, be healthy and we love you.

From: Pooja Koirala
XOXOXOXO

All of our Ama Ghar children are naturally artistic, but some of them really rise above. At left, one of Pooja's pen pal letters, and below a serene outdoor scene created by Maya Samjhana, who is interested in pursuing an artistic career.



Activities, Outings and Holidays

We celebrate Hindu, Buddhist, Muslim and Newari holidays and the children enjoy activities such as chess, Tae Kwon Do, soccer, badminton and lessons in art, drama and dancing. We help them to develop their skills in anything that is of interest to them. Because of the pandemic we couldn't venture far afield, but we outdid ourselves with a huge production for Ama Ghar's 20th Anniversary. This year we did manage a masked trip to the Kathmandu Fun Park with our friends from Ama Ghar Suisse.

Photos: Celebrating Holi in masks was crazy! Rehearsals for the 20th Anniversary showed off our singing and dancing skills, and everyone enjoyed the FunPark, especially Leela and Sabitra riding a bumb!abee!



Notes from the 2021 Ama Ghar Guest Book

“It was truly a wonderful experience celebrating our son’s birthday with the Ama Ghar children. The children greeted us from the pathway which is the start of a beautiful environment maintained by the Ama Ghar family. We loved your company and it was a wonderful birthday celebration.”

-- Aditi and Aadesh – Kathmandu, Nepal

“It is always such a pleasure visiting your beautiful home and seeing your happy faces. Thank you for having me. Wishing you the best in your endeavors. Elated to see how well Ama Ghar kids are doing. Bonnie, you are truly are incredible.”

-- Nidhi and Ramesh Adhikari – Patan, Nepal

“We all are so grateful to visit Ama Ghar and to have your hospitality. It is our pleasure that we can donate and see your beautiful place and happy faces. Wishing you all kind of happiness.”

--Dolendra Shakya’s Family – Patan, Nepal

“I feel like I am part of your family. I could share great moments with all of you and you show me fun, trust and kindness. Already looking forward coming back (hopefully with the rest of my family). With love.”

-- Yvan – Geneva, Switzerland

Photo: Ama Foundation Board Treasurer Yasmijn Adhikari brought her husband Pawan and children Devin and Aaron, for a December visit to Ama Ghar.



2021 Virtual Fundraiser



Thanks to all who attended our virtual 20th Anniversary Celebration on September 30!

One of the advantages of a virtual fundraiser was that Ama Ghar family members all over the world, from France to Switzerland to Singapore to Nepal to 16 different American states, were able to join us. We all watched a fantastic video of the children in costume, performing traditional (and not so traditional) dances and songs at their live celebration in Nepal in August - and the highlight of the event was a video of our alumni talking about their successful adult lives and what they learned from their childhood at Ama Ghar. It was heartwarming, it was fun – and it helped to fund our program for a full six months. We’re already planning a bigger and better event for our 21st year, to be held on October 6, 2022. See you there!

2021 Staff and Boards of Directors

Ama Foundation Board of Directors

Shrawan Nepali, Founder
Mary Averill, Board Chair
Patricia Ellison, Co-Chair
Yasmijn Adhikari, Treasurer
Bonnie Ellison, Country Director
Poonam Mudvari
Sarah Nikles
Suyesh Kharki
Jane Ellison
Nick Ray
Andrea Osbon
Stacy Hersher
Matthew Mason

Ama Foundation Staff

Barbara Moffat, Volunteer Administrative Assistant
Cathy Clifton, Communications Director

Ama Ghar Board of Directors

Mrs. Vijaya KC, President
Shekhar Silwal, Treasurer
Pradip KC, Secretary
Jogendra KC
Kanchhakagi Basnet
Laxman Prashad Shrestha
Lalita Thapa
Rabindra Shrestha
Ashok Rai Pandey
Saradha Adhikari
Bandana Shrestha
Ashok Shrestha
Pabita Basnet
Jenuka Dodhari
Samjhana Nepali

With sadness, we honor the memory of K.B. Shrestha, one of the founding members of this board, who passed away in 2021.

Ama Ghar Staff

Bhesh Nepali, Manager
Kymuna Khadka, Office Assistant
Uma Singh, House Supervisor
Dhana Adhikari, House Mother
Tan Bahadur Pun, House Father
Bindhu Ghising, House Mother
Anita Khadka, House Mother
Radhika Silwal, Laundry Woman
Pashupati, Gardener

Contact Information

In Nepal

The Ama Ghar offices are located in the Ama Ghar Home at Bishankhu Narayan, Godavari

Mail: GPO Box 8975 EPC 2089, Kathmandu, Nepal

Office Phone: 977-1-517-4096

Skype: bonnieellison

Email: bonniefromamaghar@gmail.com

Bonnie Ellison, Country Director

bheshnepali@hotmail.com

Bhesh Nepali, House Manager

In the U.S.

Mail: Ama Foundation, PO Box 7075

Berkeley, CA 94704

Office Phone: 520-255-3556

Skype: AmaFoundation

Email: info@ama-foundation.org

Cathy Clifton, Communications Director

www.ama-foundation.org

Facebook: Ama Ghar

Twitter: @AmaGharNepal



Ama Foundation 2021 Contributions

Revenue Sources

In the U.S. in 2021, individuals, corporations, foundations and corporate matching programs made up AF's donor base. In total, they made 519 donations to the AF children's fund. Individuals made up 76% of AF's total U.S. contributions. Foundations, corporations and their employer matching programs made up 24 % of total U.S. contributions.

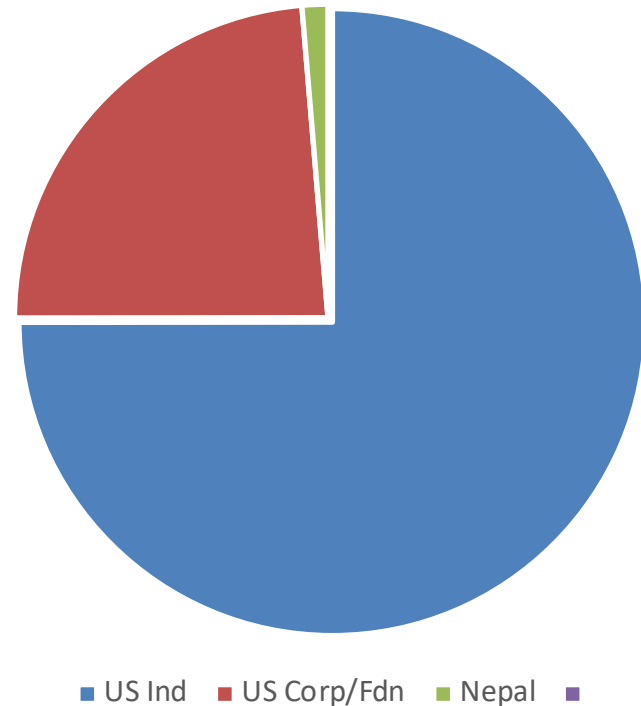
Average Individual U.S. Donation - \$372

Average Corp/Foundation U.S. Donation - \$5,623

The majority of U.S. donations came as single donations from individuals who gave between \$10 and \$10,000 to the operating fund.

International donations received in Nepal, accounted for separately, were \$3,435.

2021 Donations

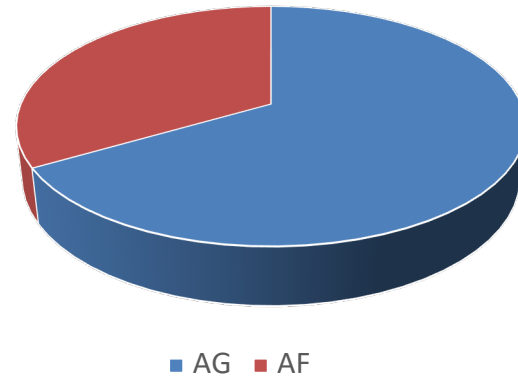


Ama Foundation Statement of Activities

for year ended December 31, 2021

AMA FOUNDATION REVENUE & EXPENSES	
Ama Foundation U.S. Operating Revenue	274,316
Interest	960
Total U.S. Revenue	275,292
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Ama Foundation U.S. Operating Expenses	
Professional Fees	41,531
Office/Technology/Postage/Fees/Insurance	8,258
Fundraising	25,351
Funds sent to Ama Ghar (not included in pie chart of Expenses)	150,000
Total U.S. Expenses	224,960

2021 Combined Expenses



Ama Ghar Expenses 2021

