



Anta Akhi  2020-2021

*A year of light in the  
midst of the dark*



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# Editorial

**" Look at the past with gratitude,  
live the present with passion,  
embrace the future with hope" *Pope Francis***

Dear friends,

The year 2021 was for the whole world and especially for the Lebanese a difficult year filled with challenges. As every year, Anta Akhi's team takes a step back to take a look at all the moments lived together, the positive as well as the difficult situations encountered, with the aim of projecting and preparing for the coming year.

During our discussions, we have noticed that despite all the daily challenges, despite all the economic, human and other constraints that we had to face, the year 2021 was sprinkled with more positive moments than one might think:

The joy of living of our young adults with disabilities despite the severity of their handicap,

The commitment of the whole team and the love that each one carries in his/her heart, considering Anta Akhi as a 2nd family,

The meetings with our previous volunteers.

The trust, loyalty and generosity of our faithful friends in Lebanon and abroad.





For all this, and as Pope Francis has said, we can only:

**Look at the past with gratitude** - gratitude to Mary Set el Beit, to Jesus living and acting within our great family, to the founder of our association Yvonne Chami who still continuously accompanies us through prayer, to our young adults with disabilities, to the team and to you all dear friends.

**Live the present with passion** because, for each one of us, each day is a gift from heaven. The present is ours! Our dear Samo repeats it to us every day: "How are you today? Do not be afraid! I am here and I love you". With a similar presence of love that we owe each other, we can focus on the essentials of the day, live the present moment with joy, serenity and peace. Then we can be confident about tomorrow and **embrace the future with hope**. Yes ! Hope, always and in spite of everything!

2022 marks the 30th anniversary of Anta Akhi. 30 years lived in hope and faith. We decided to continue while keeping the hope alive in our hearts. We have decided to continue while surrendering ourselves to Jesus, to the one who always walks with us, by giving Him full confidence.

With Him we start a new year holding on to the promise of a better future, for with Him we walk with certainty towards more life, more love and more light.

**Roula Najm**  
President Director General

# Our Mission

We have revealed it many times: Anta Akhi's mission goes beyond the disability itself to reach every human being.

It is highlighted by the following 3 dimensions:

1. The human and spiritual support for young adults with disabilities and their parents, which aims to make them aware of the dignity of their life and of its meaning.
2. The testimony to the civil and ecclesial society. Anta Akhi wishes to rehabilitate the gaze of the able-bodied towards the world of disability, and to change the approach of the society, witnessing that a successful life is not measured by its apparent effectiveness, but by its fruitfulness..
3. The living together different and complementary for the growth of everyone.





# They found their mission within Anta Akhi

“My life is valuable because I have a mission: to be happy and make others happy.” Carole

“There is no life without difficulties. I overcome these difficulties by being happy.” Philippe





# Therese W. in the bosom of the Father

20-05-1962 | 02-04- 2021

Therese was a vibrant woman who sparked joy in our “Home of Tendresse”. Young lady with disability, she had a very big heart, and was always ready to serve. She continued to take care of her mother and helped her with the housework, after spending the day at Anta Akhi. Despite the grief for the painful loss of her brother, her smile, which characterized her so well, has never left her.

“They are in the heart of God,  
They live where there is love. ”

# The challenges of our year

This year too... Anta Akhi was facing Covid: the strength of faith



**The coronavirus health crisis** lasted in 2021. While it disrupted the functioning of Anta Akhi less than in 2020, the persistence of the virus still had consequences on the functioning of the "Home of Tenderness". All areas have been impacted:

- Long and successive absences of team members.
- Restriction of activities with the young adults.
- Retention of most fundraising activities.
- Continuation of the online program till May with the young adults that are usually welcomed on weekdays from 08:00 AM till 02:00 PM.
- Restriction in the reception of visitors.



Despite all these difficulties, each unit has adapted its operation and each has gone above and beyond to continue to offer a life of dignity and joy to young people.





# This year particularly...

## An unprecedented generalized crisis



In addition to the health situation, Anta Akhi has lived, like all Lebanese, a very difficult year, because of the generalized crisis that is affecting Lebanon. Many challenges presented themselves to us and we had to face them with a lot of confidence and hope.

**The financial challenge with the devaluation of the Lebanese pound :** the income of Anta Akhi depended 70% on self-financing activities and donations from Lebanon. A drastic change took place and it was necessary to act urgently to compensate for the privation.



**The financial challenge led to successive crises** at the country level and at Anta Akhi:

- The electricity was only provided 3 hours per day for months.
- The shortage of fuel: before the subsidy was lifted, these products had become almost impossible to find in Lebanon.
- The shortage of drugs: they were hardly available in pharmacies and today their prices are beyond the reach of the majority of Lebanese.

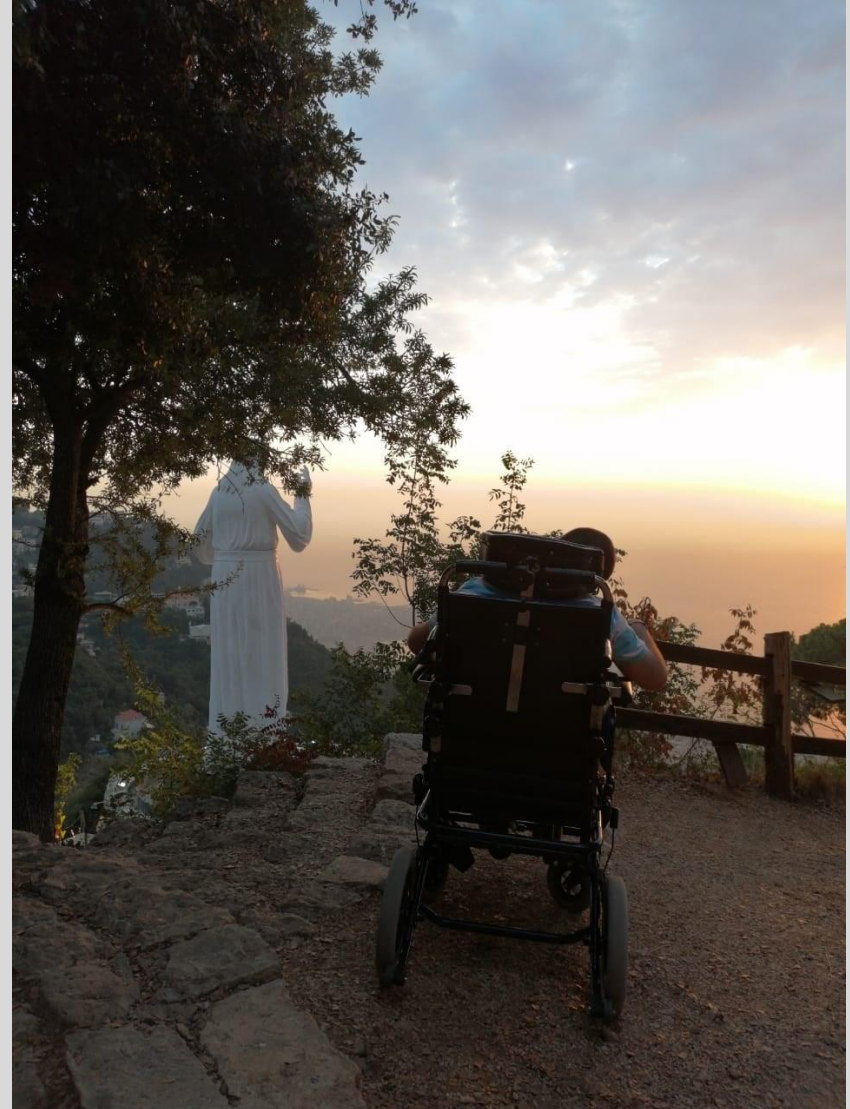


# Anta Akhi's response to the successive crises

We have managed to adapt to these crises by keeping our faith and hope firmly anchored in our hearts. And practically, we have :

- Intensified our action outside Lebanon to bring in "fresh money".
- Varied the electrical sources by putting an essential UPS for the respiratory machines of our young adults.
- Provided medicines for the young adults thanks to our friends in France and Australia.
- Created more fuel reserves to prevent the shortage from being fatal for our young adults.

It is thanks to all of our loyal friends that these challenges were faced, day by day. The situation in Lebanon continues to deteriorate up until today. We put all our hope in Mary, who sends us people at the image of her heart so that we can live our mission in confidence and joy.



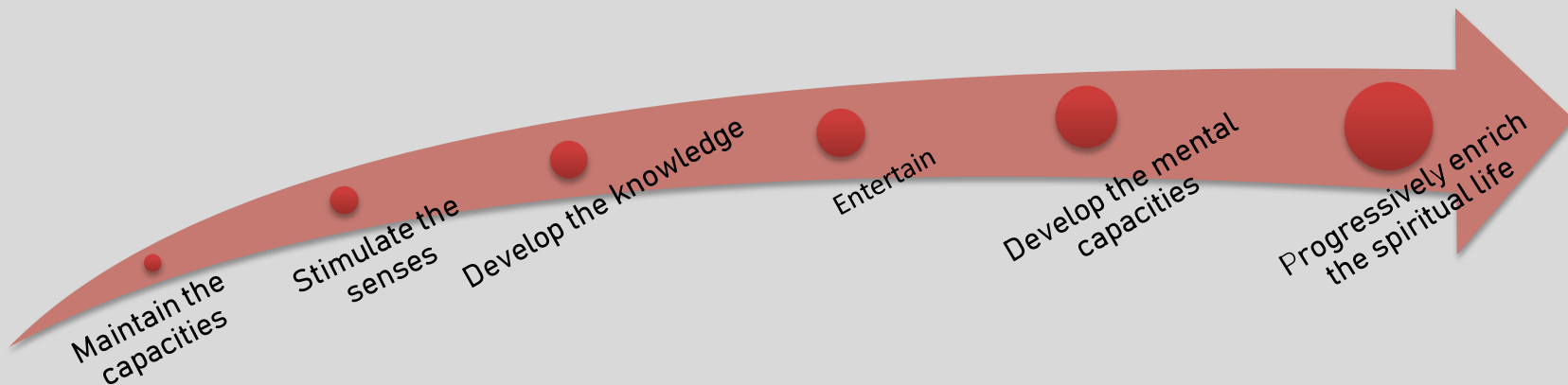
# Life at our “Home of Tenderness”

**What about our young adults with disabilities in this whole situation? How did they live this year?**

They are still happy in their daily lives. Our young adults with disabilities are surrounded by a working team and volunteers who thrive with a great will

to make sure that their daily lives are lived in dignity and joy. In practice, we have proposed a new program with the following objectives:

## Objectives of the new program :



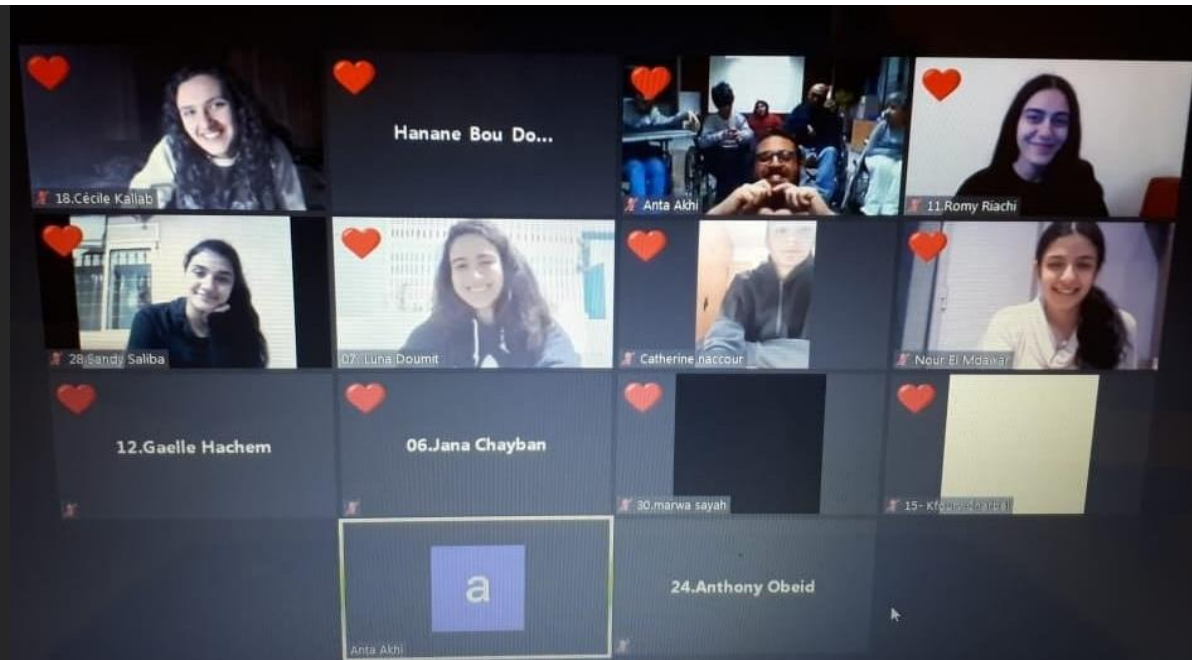


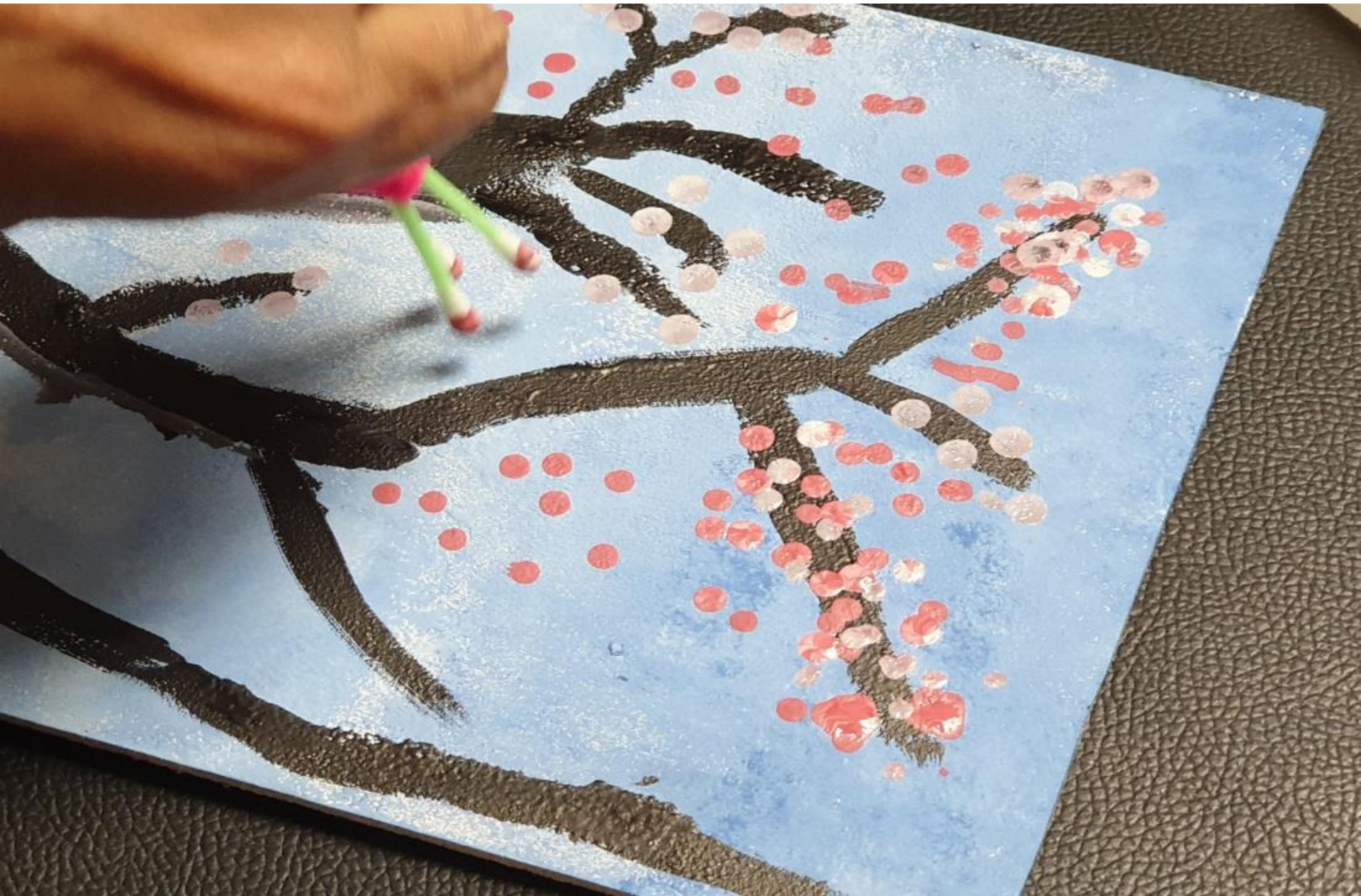
# The daily action among our permanent “young adults”

Even if they live in the “Home of Tenderness”, their stays at their parental house is mandatory for their development. If this is not possible for any reason, occasional visits are organized to maintain the link with their parents, brothers and/or sisters.

When they are at Anta Akhi, they make use of the new program that is updated regularly by the “Accompaniment unit” and carried out by the life companions or the Lebanese volunteers who took back the path to the “Home of Tenderness” in October 2021.

An average of 47 activities are carried out per week for the young adults, divided into 4 groups according to their abilities. These activities include: personal development, manual work, relaxation, stimulation, general culture, language courses, online testimonials, and others.



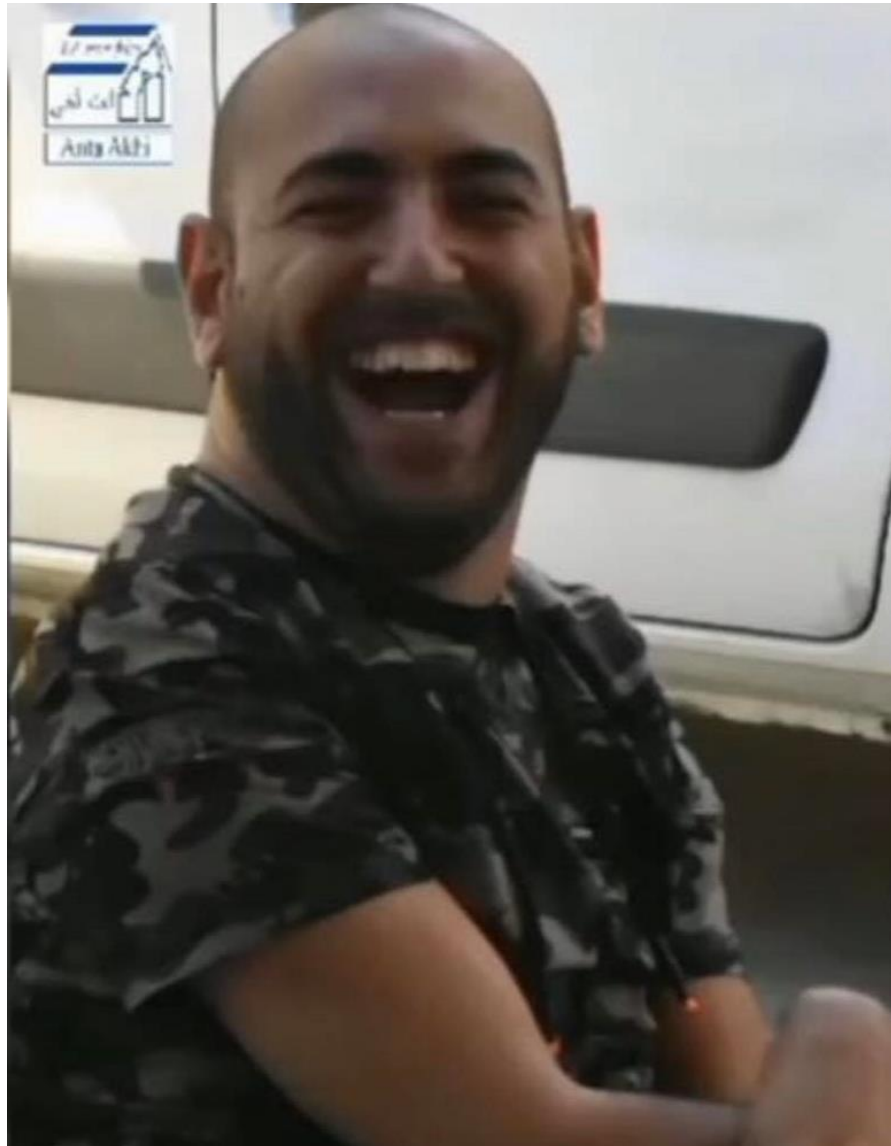


A small masterpiece drawn by our young adults during the painting workshop



# The action among the “young adults” who come during the week and on weekends

## The home support program



They were accompanied online till the month of May, due to the health situation, then gradually they were welcomed back at Anta Akhi. Since October, they benefit from a regular reception thanks to the essential logistics put in place. Everything is done to ensure their transport, their reception at the “Home of Tenderness”, and even their accommodation for one or more nights, on weekdays or on weekends.

As for our home support program, it was restricted throughout this period because of the Covid but when necessary, a presence was ensured.



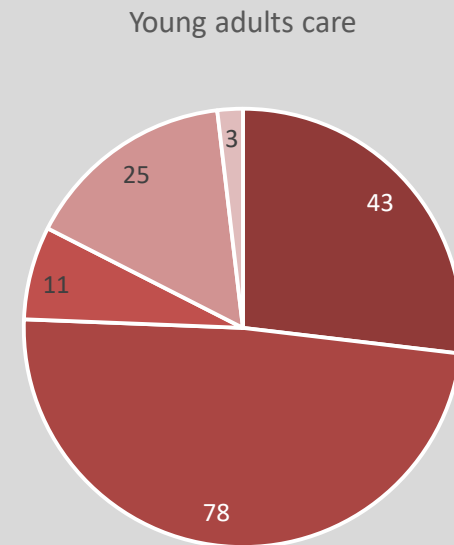
# Health care development

Ensuring a life of dignity for our young adults inevitably requires health care. As always, all of the care that was provided this year was at the charge of Anta Akhi.

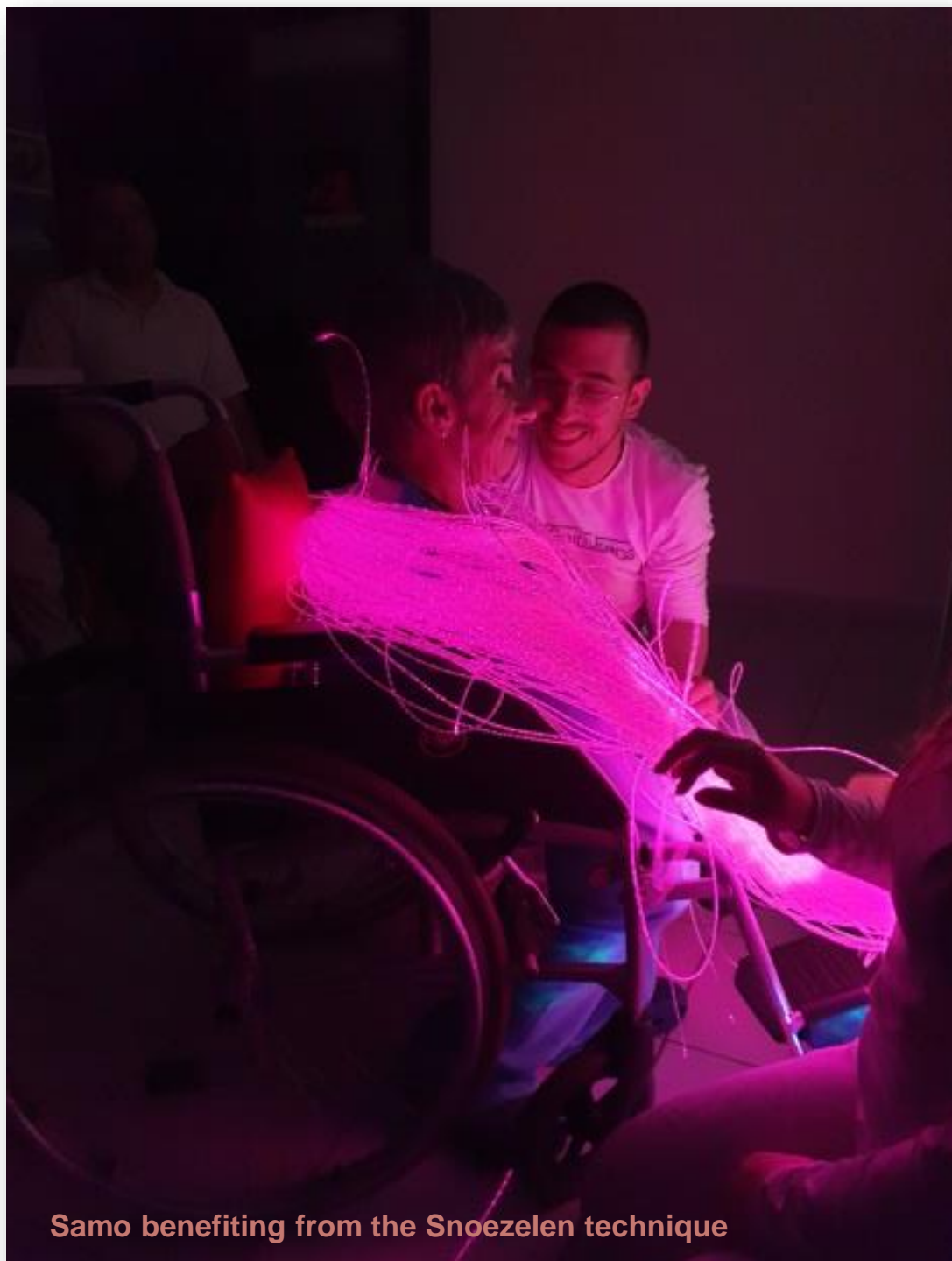
During consultations, in hospitals, at home or at the "Home of Tenderness", the medical team that consists of a nurse and a physiotherapist is always present to meet the medical needs of our young adults.

Follow-ups (young adults and staff)	
Various care types	155
Vaccination	45
Taking medications	200
Taking chronic medications	640
<b>Total</b>	<b>1041</b>

In physiotherapy
1215 therapies, mainly respiratory
4 urgent respiratory therapy
41 assessments carried out: global and detailed assessments for each young adult, allowing better support.



- Nursing consultations
- Paramedical exams
- Emergency consultations
- Telephone consultations
- Hospitalizations



**Samo benefiting from the Snoezelen technique**

The general condition of our young adults is in regression, although every effort is made to maintain as much as possible their capacities and delay the onset of new symptoms related to the disability itself.

More life companions are needed, and their medical training is always up to date.

This year 28 training sessions were offered to the young adults to give them a better knowledge of the health challenges that they are facing.

# Action among the families

Some families of our young adults with disabilities are unable to provide them with care all the time, either because the parents are too old or because they are deceased. With the generalized crisis in the country and the poverty of the households, the presence of Anta Akhi beside the families has intensified and has become crucial.

This year, 158 families were helped monthly through:



Food batches



Medicines



Support and orientation



Adjustments  
Home adaptation



Assistance

It remains one of the cores of our action. In the event of difficulties related to the health of the parents, a death in the family or otherwise, we welcome their disabled child at the "Home of Tenderness" for the necessary duration.



# Existential and spiritual training

Existential and spiritual training is always developing to answer the questions that our children and young adults with disabilities begin to ask themselves at an early age and that able-bodied adolescents and adults ask themselves with increasing frequency nowadays: **"What is the meaning of my life?", "Why me?", "Does God exist?", "Does God really love me?"**

Thanks to this training, many come to a human maturity and a depth of soul which allows them to find the meaning of their life and, often, to testify about it among the society.

Adaptations and improvements are carried out each year to meet the needs that arise in our society, taking into consideration the young adults with disabilities and the able-bodied.



# Some achievements highlighted during this year



Implementation of new educational tools



8 children accompanied for their First Communion in their parish

**362** interventions carried out for 179 children.

**154** young people and children accompanied with individual or group meetings adapted to the questions relative to their age.

**11** training sessions for French volunteers.

**8** training sessions for secondary school students.

**12** training sessions created on different subjects.

**28** online meetings organized for 71 able-bodied persons.



During training and awareness sessions, our young adults with disabilities are often present with school students to share their experiences. New topics responding to the current concerns of the Lebanese youth are highlighted.



# Welcoming and raising awareness

Welcoming visitors and raising awareness among universities, schools, groups and movements, is a major aspect for us. This is an opportunity to rehabilitate the able-bodied attitude towards the world of handicap.

**3 schools**

**2 universities**

**15 groups and movements**

**37 volunteers**

**15 bishops and priests**

**21 online sessions for a total of 276 students.**

**242 students trained online or face-to-face.**

**9 awareness campaigns for 242 people.**

**25 lebanese volunteers and 12 volunteers from abroad.**

**100 visits and 53 masses.**

This year **83%** of the training had to be provided online because of the health crisis.

# Special events

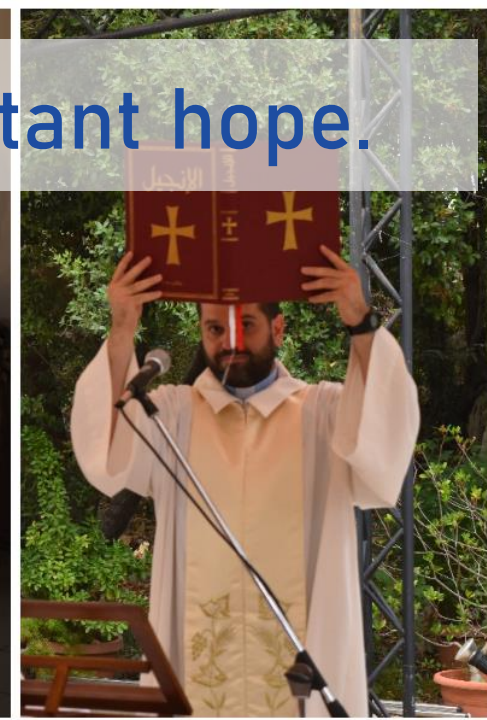
## Joy in everything, joy always



1. Feast of Saint Barbara 2. New Year 3. Anta Akhi's Team Day 4.5. Anta Akhi's anniversary



# The life of faith at Anta Akhi, a constant hope.





# Summer 2021

This year, it was impossible to "camp" outside the "Home of Tenderness". A busy schedule was an opportunity for the "young adults" to take a deep breath of fresh air!



Activity days



7 outings



Visitors' reception

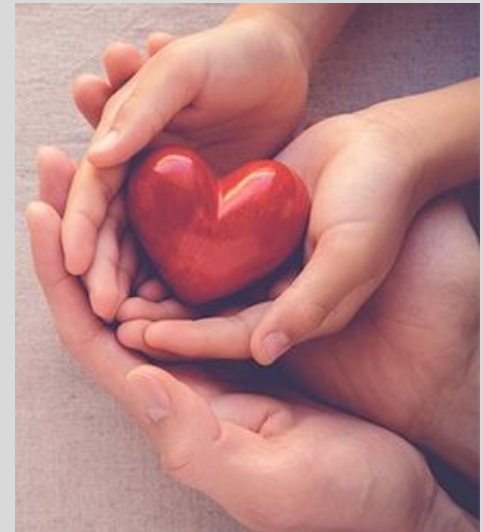
# Love, loyalty and service: revealed through the actions of our friends

## Our resources from Lebanon

To meet the daily demands and the needs of the "Home of Tenderness", Anta Akhi's team has worked hard to make up for the shortage caused by the cancellation of the majority of fundraising activities in Lebanon and France.

Our lebanese resources for this year:

- Sponsorship: 156 new sponsors and a higher monthly contribution helped increase the total annual sponsorship amount by 18%.
- The tombola activity carried out by the young adults.
- The small activities: donation boxes, exhibitions, sales products, etc.
- Donations, including the significant one donated during Christmas time.
- The Committee of the ladies: an efficient, faithful, discreet and loving presence!



If the amount raised through the activities has increased, its true value has dropped considerably.

A new action plan has been implemented to strengthen sponsorships and donations, especially that fundraising activities are still paused.

# Our resources from abroad

## By financing our projects



L'association  
allemande  
FBML



## By sending us volunteers





# Love initiatives



For the second consecutive year, Anta Akhi took part in the “Giving Tuesday” initiative thanks to the French volunteers.

Thank you to all of our generous donors!

They have never stopped mobilizing friends and acquaintances so that our young adults can never be deprived of their needs! To each of the ladies, committee members, THANK YOU!

The challenge is growing every day in order to obtain enough in-kind donations to meet the needs of our young adults. And yet, we got it right: when a window closes, a door opens! A big thanks to all the people and institutions that support us!

# Love initiatives

An extraordinary solidarity of the team members was highlighted: all of them adapted perfectly to the changes made.

Father Sami Rached, monk and great friend of Anta Akhi, was always present during this year for Sunday masses. Usually we welcome many priests per year but this momentary decision was taken in order to limit the risks of the coronavirus spread.

The faithful presence of Ms. Joumana Mdawar touches us enormously. She is always there to help us praise the Lord!

By asking on our social media network for the help of someone to be the hands of Ghassan in order to write his memoirs, many responded... these beautiful people were attracted by the mission of Anta Akhi and are now regular volunteers beside our young adults.





Thank you friends, volunteers, Anta Akhi's team members  
for your unwavering commitment!

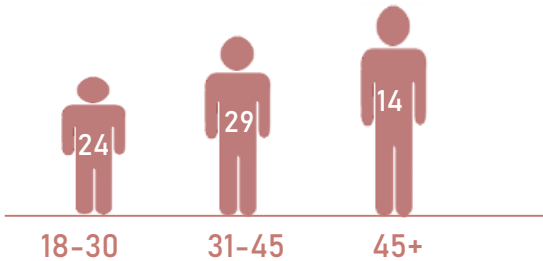




# Meet our 67 "young adults"

*Are excluded the 168 other children and young adults who benefit from the training.*

## By age



## Handicap and motor skills

30	Cerebral palsy (with or without mental retardation)		Not autonomous	29
11	Degenerative disease		Limited autonomy	23
13	Mental retardation		More or less autonomous	4
9	Polyhandicap		Autonomous	11
4	Others			

## By type of communication

	Ordinary communication	38
	Difficult communication	18
	No verbal communication	11

## By type of reception

Permanent residents	Reception day time	Reception on weekends	Home support	Fulfillment
21	16	26	3	1

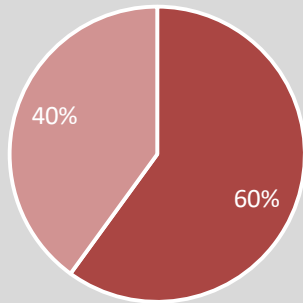


# Meet our team members

To ensure a 24/7 presence all year round, 61 people are at the service of our young adults, including 50 working full-time. We greatly appreciate the loyalty of the entire

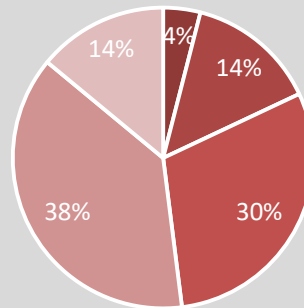
team: despite the difficult situation that we are going through, they never stop giving unconditionally, each one according to his/her abilities and skills.

Direct and indirect work



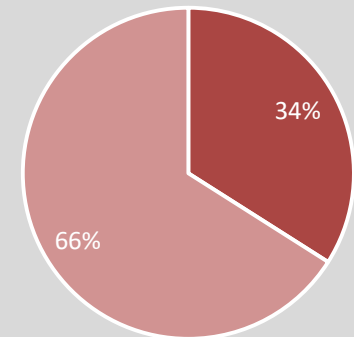
■ Direct with the young adults  
■ Indirect with young adults

By age



■ Between 21 and 29 years ■ Between 30 and 39 years  
■ Between 40 and 49 years ■ Between 50 and 59 years  
■ Older than 60 years

By gender



■ Men ■ Women

# The changes in the team in 2021

After 13 years at Anta Akhi, we said goodbye to **Eva**, the cook's helper. We will always remain grateful for her availability and her joy of living.

In May, **Paméla**, a previous volunteer, joined our administrative team.

**Loyal** has altered her previous position to take responsibility of the entire human environment unit.

Since November, **Maya** has changed positions to become a management consultant.





# Meet our volunteers

This year, 12 French volunteers came to help us for periods varying between a month and a year. The majority provided support in accompanying young adults and others provided help in the unit of "Communication and projects".

In addition, Lebanese volunteers joined our family to be mostly with the young adults during the day, helping in the developmental activities.

We would like to acknowledge the commitment of our volunteers, their beautiful spirit and all the love they give to our young adults with disabilities.



# Our challenges for 2022

A new year, with all its challenges that awaits! For us, maintaining faith, joy, and hope remains the main objective of our action. In practice, we aim to:

- Publish Ghassan's life testimony book.
- Publish the cookbook of ground meals for people with chewing difficulties.
- Install a solar electric system to reduce expenses and to participate in the protection of the environment.
- Recycle wastewater and reuse it for household chores.

**With you and with Mary Set el Beit by our side, we believe that we can overcome all the challenges. Together to live happily and make others happy !**

*Anta Akhi 29 years of joy despite all the challenges*

*أنت أخي 29 سنة من الفرح رغم كل التحديات*



“Dear friends, Anta Akhi is counting on you, we are counting on your generosity. This period is exceptionally tough. Our brothers and sisters need your action and you have the power to send them a little love, because they deserve it, because Lebanon has given us so much and I am sure that one day he will recover and then he will give us back.” *Joseph Eid, President of Anta Akhi France*



**For your donations in Lebanon or elsewhere**

Online payment : [www.antaakhi.org](http://www.antaakhi.org)

Emirates Lebanon Bank SAL – Ashrafieh, Beirut

Swift code N°ELBKLBBXXX

IBAN \$ account –Transaction within Lebanon: LB46 0092 0000 0000 2331 1772 4200

IBAN \$ account – Transaction from abroad: LB84 0092 0000 0000 2301 1772 4200

IBAN € account : LB67 0092 0000 0000 4331 1772 4200

IBAN LBP account : LB84 0092 0000 0000 1331 1772 4200

IBAN CHF account : LB29 0092 0000 0000 5331 1772 4200





“

*We are called, here and now, to a fullness of life, a fullness of joy, a fullness of happiness, despite the concrete difficulties of everyday 's life. It's a big challenge!*

”

Yvonne Chami  
Founder

