Dear Friends,

2009 was a landmark year for Helping Hands as it marked the 30th anniversary of our first monkey placement in 1979. Robert Foster and his service monkey, Hellion, paved the way for the many recipient-monkey pairs who followed in their path. Looking back, we know that each of our special recipient-monkey teams has their own unique story to tell—stories that remind us that even after moments of great tragedy and loss, we can all work together to find hope, independence and laughter again.

That premise rang true for us again in October, when Helping Hands celebrated our 30th anniversary with an event in Boston. The morning after the event, one of our newest recipients pulled us aside and said: “This accident and everything I lost brought me to the lowest point in my life. Being here this weekend, being a part of this program, has brought me to new heights.”

As supporters of Helping Hands, you have the power to provide this same gift of hope and happiness to a community of monkey helper recipients and future applicants in need. Your commitment to our program symbolizes your belief in the importance of day-to-day independence, as well as the healing power of the human-animal bond—and for that, we would like to express our heartfelt gratitude.

Sadly, accidents and illness will continue to cast a shadow on many promising lives in this country. Together, we can make a difference in rebuilding those lives and continue to honor the legacy of Robert Foster, Hellion, and the many individuals who have followed them.

On behalf of the staff, Board of Directors and monkey helper recipients across the country—thank you. Your generous support will make another 30 years of Helping Hands’ important work possible.

Warmest regards,

Megan Talbert, Executive Director
Robert Stern, Chairman of the Board
Established in 1979, Helping Hands: Monkey Helpers for the Disabled Inc. is a national non-profit 501(c)3 organization that breeds, raises and trains capuchin monkeys to provide daily assistance to people living with spinal cord injury or other mobility impairments.

Helping Hands supports each service monkey and his or her human partner during their many years together through interactive mentoring of the placement, and close supervision of the monkey’s behavioral, nutritional and veterinary needs.

Relying on private contributions, Helping Hands provides these specially trained service animals and their lifetime support free of charge to our recipients.

TECHNOLOGY IS A WONDERFUL THING. It can and has overcome many obstacles for myself and others like me. However it cannot do everything; it takes a hand to retrieve an item dropped onto the floor as well as a variety of other things. When I tell people about my little Toby, I tell them “my hands are broken but her hands work perfectly fine.”

I cannot describe our relationship by what she does for me. The intangible things are often the very most meaningful. Toby’s playfully childlike antics bring me laughter over and over each day. The comforting and tranquil look of her gentle face just a few inches from my own as she gently grooms me. The feeling of her humanlike hands upon my face. The warmth of her body cuddled up against my neck as she takes a nap upon my chest. She is always giving and forever loving even when she does nothing at all.

I don’t think it is possible to adequately thank everyone involved in the process of bringing my precious Toby into my life. I can say the words. However, it is impossible to convey my true feelings of appreciation and gratitude.

Thank you for all of your selfless efforts on my behalf.

Michael Reed
MEET A MONKEY

One of our students currently in training at the Monkey College is Mikey. Even during playtime, Mikey’s intelligence is evident in her exploration of new toys and objects, and her curiosity about everything and everyone! She is always discovering something new in the world around her.

Mikey is very motivated in training by praise and peanut butter rewards. Her quick-thinking and her determination to complete her tasks will make her an incredible companion for someone who needs her assistance.

WHY MONKEYS

Helping Hands service animals are capuchin monkeys. Capuchins (Cebus apella) are New World monkeys, native to Central and South America, however all our monkeys were born and raised in the United States. They are well suited to a home environment and are natural “tool-users,” using their hands to perform functional tasks and manipulate objects in ways that no other assistance animal can. Capuchins are small, typically 6-9 pounds as adults and about fifteen inches tall, and they can live 30-35 years, allowing them to have long careers as assistance animals. Because capuchin monkeys are highly intelligent, adaptable, and sociable, they can make perfect partners to humans, adding an extra set of hands and a great deal of help and companionship. Moreover, it is unusual for a human to have an allergy to a capuchin as they have hair (not fur) that is similar to human hair. This makes them a great alternative to a service dog for people with canine allergies.

Like humans, these little monkeys build networks, ranking those around them into a hierarchy. Monkey helpers naturally seek strong relationships with those they assist. Capuchins are affectionate and playful and quickly learn to communicate with their recipients. As relationships develop, the monkeys seek to give back to their partners just as much as they gain. They learn quickly that their new partners can offer them boundless attention and praise.

Just like people, all monkeys have their own individual personalities and preferences. Some monkeys are more outgoing while others are shy, some love to cuddle in the sun while others are more active during playtime. Everything from their preference for men versus women, interest in other animals in the home, favorite foods, toys and blankets, and even their learning styles in training is studied first by foster parents and then by trainers at the Monkey College. These individual character traits make each service monkey unique and guide their progression through the Helping Hands training program.

The key to Helping Hands monkey helper relationships is symbiosis: the natural pairing of dissimilar but mutually beneficial partners. As seeing-eye dogs provide eyes to the blind, so too do Helping Hands monkeys provide hands to individuals with physical disabilities.

Nothing compares to the feeling you get knowing that a monkey’s love and loyal companionship is directed towards you.
More than 30 years ago, Helping Hands pioneered the training of capuchin monkeys as service animals. During the training process at our Boston facility (referred to as The Monkey College) each monkey progresses through a series of classrooms that vary in size and complexity as they learn increasingly complicated tasks. Laser pointers and simple words are the primary means of guiding monkeys in their task behaviors, and all training is accomplished through positive reinforcement using praise, affection, and small food rewards.

When monkeys arrive for training at the Monkey College from a foster home, their education begins when they are matched with one of our staff trainers. That trainer’s first goal is to develop a relationship of trust and respect prior to beginning task training.

Task training begins in a small, uncluttered room called The Cubicle. Free of distraction and soundproofed, this space is ideal for teaching monkeys the simple tasks and concepts that will provide the basis for more complex tasks. All monkeys are potty trained to return to their cages when necessary throughout the day. Their enclosure in training (and eventually within a recipient’s home) is just like a comfortable bedroom. It is a place where they keep their favorite toys and blankets, food and water, and where they sleep or go to relax throughout the day.

As the monkeys progress through four distinct levels of schooling, the training rooms gradually begin to resemble a home environment. Distractions, equipment, and everyday objects are slowly introduced to the monkeys in a positive, comfortable, and playful manner. Positive reinforcement is always the key to learning. Monkeys become familiarized with manual and electric wheelchairs and become adept at using objects such as refrigerators, televisions, and DVDs.

Throughout the monkeys’ training, their enjoyment of the process is a high priority. Tasks are reinforced with enthusiastic praise and healthy food rewards. If a monkey chooses not to respond to a command, the trainer simply waits and asks again a moment later. While living at The Monkey College, these little students receive personalized training tailored to their own personalities, abilities, and special needs so that their school years are filled with fun and great amounts of love.

On average a monkey will spend 3-5 years in training at the Monkey College.
The Helping Hands Placement program is divided into two distinct categories: New Placement and Active Placement.

The New Placement program begins with a written application, references and screening processes that include telephone interviews, a home visit and placement readiness assessments. Once the candidate, his/her home environment, and support systems are approved, staff members identify the right monkey for that particular home. The matching process considers the preferences and lifestyle of the recipient and his/her support network, the specific tasks and assistance that will be most helpful to the recipient, the strong skills of the particular monkey, and complementary personality characteristics. Once the final match is identified, the Placement Team makes arrangements to conduct on-site training in the new recipient's home environment. The on-site placement can last anywhere from six to ten days.

During the Placement Week, Helping Hands staff members focus on facilitating the recipient/monkey helper bonding process as well as customizing the monkey's training and the home set-up for the specific needs of the recipient. The team focuses on adapting equipment at the recipient's home, and providing behavioral, health, diet and training knowledge to the new recipient, his/her family, and other caregivers.

The first twelve months of a new placement are the most formative as the monkey and human partners learn each other's capabilities and build a bond of trust and understanding. During the first year of a new placement, recipients are in touch daily, and then weekly with Helping Hands advisors as our team watches over each placement carefully to ensure long-term success.

The Active Placement Program is at the center of our mission. In order for us to ensure that a recipient is getting the independence they desire from a monkey helper it is essential that our team remains engaged and involved with the partnership. The Active Placement Program begins after the first year of a new placement is completed and a recipient's level of support needs change. The staff continues to routinely monitor the monkey's diet and health status, and answer questions about behavioral or nutritional requirements. Additionally, our trainers are available to give advice on ongoing task training and behavioral reinforcement. Helping Hands provides 24/7 emergency phone support to all of our clients for the lifetime of each placement.

PLACEMENT STATISTICS

Thanks to the generosity of our donors, all monkey helpers are placed at no cost to our recipients and each team receives free lifetime placement support.

Helping Hands maintains ownership of all of our animals throughout their lives.

The average cost to train and place a monkey is $40,000.

To date Helping Hands has completed placements in 33 states.

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FOSTER PROGRAM
Helping Hands monkeys need to mature before they enter The Monkey College. For the first years of their lives, Helping Hands monkeys are raised in Foster Homes, where they learn to interact in a home environment and develop their readiness for school. Foster Families are volunteers who help to raise our monkeys from birth through their adolescence until monkeys are ready for training. On average, Foster Family care can extend through the first ten years of a monkey’s life. We are grateful for our Foster Families’ dedication, love and commitment that provide the cornerstone on which our program is built.

Additionally, Helping Hands coordinates loving, supportive homes for monkeys who have entered their twilight years or who need closer medical supervision than a typical recipient might be able to give them. Each of these Special Needs Homes is unique, and, in most cases, monkeys can still provide limited assistance to individuals with mobility challenges. By arranging these individual partnerships, Helping Hands works to keep its promise to the monkeys we have raised—providing the most appropriate, safe, and loving environment that ensures our monkeys’ quality of life and happiness throughout their years.

THE SPINAL CORD INJURY PREVENTION PROGRAM (SCIPP)
In 1998, Helping Hands launched SCIPP, the Spinal Cord Injury Prevention Program, as part of its community service and educational initiatives. The program, which is presented at schools, camps, and youth groups, is designed to make students more aware of ways to prevent spinal cord injuries as well as the daily challenges that people with severe disabilities face. SCIPP also aims to educate young people about the human-animal bond and the benefits of community service.

Helping Hands combines my love of animals with my desire to be a part of an organization whose mission is worthy and whose work fulfills the mandate to ‘make the world a better place.’ Through the programs and services offered by Helping Hands, individuals who face extraordinary challenges will see the world as a better place.

— Judi Hindman, Foster Parent to Katie
in 1994. Grants from private foundations, individual donors and special events became a major source of support for Helping Hands. Workplace giving, especially by Federal employees giving through the Combined Federal Campaign, also supported our mission.

In response to changing technology, training protocols were improved and further solidified and new tasks have replaced the old. Monkeys are now taught to turn on computers and load DVD players, while the art of placing a record on a turntable has passed out of the repertoire. As the range of tasks taught in training grew larger, so too did Helping Hands’ ability to assist people with a wider spectrum of mobility impairments.

In 1999, Helping Hands undertook the search for a permanent and specially modified home for its training center. The Thomas and Agnes Carvel Foundation Center (also known as The Monkey College) officially opened in 2004. The mortgage and ongoing maintenance of The Monkey College marked a significant investment for Helping Hands and to this day represents a large part of our annual financial expenses. Reaching the milestone of 30 years allowed us to reflect on and celebrate past accomplishments and also look toward the exciting future of Helping Hands. Each year we continue to grow by matching 10-12 monkeys with new recipients, supporting 45-50 active placements and training an average of 40 monkeys at The Monkey College.
The Board of Directors

For Helping Hands: Monkey Helpers for the Disabled, Inc.

Robert Stern
Chair of the Board

Susan Keyes
Chair Elect and Treasurer

Craig Cook
Michele Cunneen
David O’Leary
Kathy Porter
Harry Potter, Jr.
Alan Solarz
Gary Starr
Lynn Trimby
Jane Yusen

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Executive Director

Andrea Rothfelder
Director of Development and Communication

Alison Payne
Director of Training

Skott Wade
Office Manager

Jill Siebeking, ORT/L OTD
Occupational Therapist/Placement Specialist

Noelle Lafasciano
Development Coordinator

Jennifer Dowdy
Placement Trainer & Manager of Husbandry Staff/Volunteers

Marie Waitkevich
Associate Director of Health Care/Veterinary Technician

Jennifer Evans
Placement Trainer

Allyson Migneault
Placement Trainer

Natalie Shelton
Placement Trainer

Joe Murphy
Husbandry Assistant
FINANCES Helping Hands achieved considerable financial success in the fiscal year 2009 despite the strongly negative national and global economy. In comparison with FY2008, unrestricted revenue increased 19.6% from $1,090,973 to $1,304,756, while expenses increased only 1.3% from $1,138,512 to $1,152,807. The majority of the revenue increase was the result of an unrestricted gift from the Robmar Foundation that will be received in equal installments of $100,000 each in 2009, 2010, and 2011. This grant somewhat offset other reductions in Foundation grants. Helping Hands ended the year with a fund balance of $2,156,697, an increase of $151,949 from the year ended December 31, 2008.

As recommended by its Finance Committee, Helping Hands continued to pursue a conservative approach to its investments with almost no exposure to equities during the year. The value of Helping Hands invested funds (unrestricted and restricted) increased 8.6% during the year from $476,557 to $517,600.

Helping Hands celebrated its 30th anniversary in 2009, a milestone that was marked by a celebration held at the WGBH building in Boston on October 24, 2009. This event was very well received by the attendees, and was a strong illustration of the increasing amount of donor support that exists in the Boston area. With a gift from the Charles Evans Foundation, Helping Hands commissioned a new film that was shown for the first time at the anniversary event. This powerful film titled And then a Monkey provides in-depth profiles of six monkey helper recipients and the effect their monkey helpers have had on their lives. The film will be very useful as a fundraising tool in future years.

Helping Hands financial goals for 2010 are conservative and realistic. The large majority of Helping Hands’ revenue comes from foundation grants and small to moderate unrestricted gifts from individual donors. In 2009, Helping Hands experienced an increase in the overall number of individual donors, but a decrease in the average gift amount and that trend is expected to continue into 2010. Foundation grants are also expected to decline in 2010, as they did in 2009. Most foundations are not awarding grants to new applicants at this time, and the organization did experience some lost and reduced gifts from long-time foundation supporters due to the difficult economic times.

In 2010, the Treasurer and Finance Committee will continue to monitor revenue very carefully, controlling expenditures as needed to maintain positive cash flow. The budget calls for another year of very conservative spending, as we await the opportunity to increase revenue as an outcome of improvement in the national economy.

It is amazing to see how the gift of a Helping Hands monkey helper improves the lives of so many—not just the person that is being helped. I cannot think of a more sound investment than supporting an organization that aims to transform individual lives through the power of the human-animal bond.

— Nicole Mermans, Merancas Foundation
DONOR IMPACT

Our donors enable Helping Hands to bring together partners for life. Their support makes possible the training, care, placement, and support of each monkey helper and each monkey helper/recipient partnership. “Ned has been so fortunate to have had Kasey, his monkey helper, the last three years. She has been able to help Ned with many small tasks that he was no longer able to do on his own as well as provide love and companionship to his isolated and often lonely world. She is also able to help Ned deal with the excruciating nerve pain that rips through his body like lightning bolts. When Kasey sees him in pain, she runs to him, lies down on his chest and is very still. Little by little you can see the pain leave Ned’s face as Kasey’s love does its magic.” — Ellen Rogers, mother of Ned Sullivan

INDIVIDUAL, FOUNDATION AND CORPORATE SUPPORT We are grateful to many generous individuals, foundations and businesses for their support of Helping Hands: Monkey Helpers for the Disabled, Inc. and for sharing our passion for enhancing the lives of people with physical disabilities.

INDIVIDUAL, FOUNDATION AND CORPORATE SUPPORT

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<th>Name</th>
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Natalie Pasdar
Dr. William and Mrs. Suzanne Payne
The Perry Family Foundation
People’s Federal Savings Bank
The L.E. Phillips Family Foundation, Inc.
Pomery & Co, Inc.
Lee and Harold Potter, Esq.
Kate Poverman
Lisa and Kem Tekmary
Nathalie and John Thompson
Lynn and Ross Trimby
Anthony Trecocha
The Eleanor P. Stuard and Mary C. Steward Family Foundation
Special People in Need
The Tresorelle Foundation
Financial Assistance

Lisa Bregan
Anna Buehler
Barbara and John Byrne
Barb and CT Campbell, II
Tisch and Bruce Campbell
Nicholas Carstoiu
Jane Carvey
Lisa Castle
Pronestp and Antonio Catalano
Allison and Timothy Coleman
Michele Caneen
Mary and Joseph Dempsey
Steven L. Eiser
Harry Ferman
Tom Fitzgibbon
Cynthia Gunda
Carla Harman and Warren Stregitz
Marshall and Joe Herwits
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Mindie Howard
Suzanne and Donald Jenkins
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Sheree Lipcon
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Martins Property Management, Inc.
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Stasia Ogden
Joan Pelhar
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Karen and John Sabatino
Kate Carvell and Timothy Schmoyer
Donna and Gary Schuyler
Sears Family Charitable Lead Trust
Jarsee and Curtis Shelton
John Skinner
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Theodore E. Stebbins Jr
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Nancy and Robert Stone
Jillian Strzyzynski
Charles Tarbell
Linda and Jeffrey Thomas
Erica Topolski
Joy Wade
Linda and Jeff Willis
Jane and James Wilson
Judith and John Skutnik
Ryan Youngblood
Sandra Yusen

Mary Susan Andersen
Maria and Lee Barba
William S. Brady
Lisa Brogan
Anna Buehler
Barbara and John Byrne
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Linda and Jeffrey Thomas
Erica Topolski
Joy Wade
Linda and Jeff Willis
Jane and James Wilson
Judith and John Skutnik
Ryan Youngblood
Sandra Yusen
In support of our 30th anniversary celebration
BJ’s Wholesale Club
Brad Keys
CompuMail Corp.
Columbus Hospitality Group
The Catered Affair
Cafeteria Boston
Douzo Modern Japanese
Gaslight
Ginger Park
Grey Goose Vodka
Harpoon Brewery
L’Andana
Lisa Flores
The Magnolia Wine Company
Mistral
Moo...
Rialto
Sorellina
Teatro
Trillium Studios
Peterson Party Center
Vanecko, Ltd.

Bequests and charitable trusts
We are grateful to everyone who considers Helping Hands in their estate planning or will. In 2009, we received funds from the following estates:
The Earl Rogers Trust
The Walter Teufel Fund

In-kind donations
The following individuals and companies provided invaluable in-kind services to Helping Hands allowing more donor dollars to support our mission:
Airtran Airlines
Andrew Blackmore
Bryan Cave, LLP
Covington & Burling, LLP
David O’Leary
Holland & Knight
Holliston Animal Hospital
Keyes North Atlantic, Inc.
Robinson & Cole, LLP
And all of our wonderful Foster Parents

The Charles Evans Foundation established the Charles Evans Media Grant allowing Helping Hands to produce And then a Monkey—a short film about the impact a monkey helper has on the life of his human partner—and the construction of the Charles Evans Media Center at The Monkey College.

When asked why the foundation supports our organization, Linda Munson, President of the Charles Evans Foundation shared the following: “Charles Evans embodied ‘Live every day to the fullest’. His zest and passion for life spilled over into everything he touched. He would enjoy knowing that his foundation is helping improve the quality of peoples’ lives in such a profound and meaningful way. His legacy is allowing Helping Hands: Monkey Helpers for the Disabled to assist people in regaining their sense of independence and enthusiasm for life.”

ROBMAR, a Swiss foundation, and its founder and President Marie-Christine Jaeger, are proud to have been staunch supporters of Helping Hands for a number of years. During this time, Robmar has been impressed by the professionalism, commitment, dedication and passion of the entire team at Helping Hands. Their hard work has consistently resulted in monkey helpers enriching, and in many cases totally transforming, the quality of life of their recipients. Fostering a special relationship between helper and recipient, where each benefits from, and to some extent is dependent upon, the other, is at the very heart of Robmar’s philosophy of supporting projects which have the human/animal bond at their core. Robmar is privileged to be associated with Helping Hands in its endeavours to assist those with disabilities.

The Charless evans FOunDaTiOn
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HELPING HANDS IN THE NEWS  Helping Hands: Monkey Helpers for the Disabled has enjoyed great partnerships with the media over the years including feature stories in Reader’s Digest and television segments on CBS 60 Minutes and the NBC Today Show. Some highlights of the past year include a cover story in Paraplegic News and Rural Roads Magazines, and a story covering Marine Cpl. Tim and his service monkey Webster in People Magazine and the Military Times. Internationally in 2009, our monkey helpers were covered in Germany, France, Russia, Norway and Sweden both on TV and in print.

Minnie, my monkey helper, has made my life so much richer and fuller. My independence has increased, and I have the security of knowing that Minnie can assist with tasks that would be impossible for me without her. — Craig, Paraplegic News

Perhaps the most valuable benefit monkeys provide is companionship, which means a lot to people who spend most of their time at home or who live alone. Sadie’s dedicated love and desire to be with me is the most important; the bond is just amazing. — Carol, Rural Roads

Helping Hands thanks Kat Duncan, Tom Kates, Brad Keyes and Cary Wolinsky for many of the photographs throughout our annual report.
HELPING HANDS

monkey helpers for the disabled

541 CAMBRIDGE STREET, BOSTON, MA 02134  617.787.4419  WWW.MONKEYHELPERS.ORG