

## Kristi's Golden Years

Thanks to supporters like you, service monkey Kristi has a long history with Helping Hands: Monkey Helpers. In February 1990, Kristi was placed with Becky in her home in North Carolina. She was Becky's faithful companion for 26 years. Their partnership was unusual because our average placement lasts 7-10 years. In 2016, due to a change in Becky's living arrangement, Kristi returned to Helping Hands.



Upon returning, our veterinary technicians assessed Kristi's health and age and determined that she should stay with us and not be placed with another recipient. This decision suited Kristi just fine! Because of you, she is enjoying her well-deserved retirement here at The Monkey College. She spends her days surrounded by things she loves. Kristi can often be found in the middle of a grooming circle or just having quiet time with our trainers. Her days are as full as they were when she was placed with Becky.

Marissa, her trainer, describes Kristi as a "... sweet monkey who loves to spend time cuddling on my lap. She has a lot of monkey friends at Helping Hands, but especially enjoys socializing with the handsome boy monkeys. She loves lounging in the sun in the playroom and enjoys a good soak in the tub. She is such a sweet girl!"

Some of you have asked the question "Do monkeys miss their person?" We have found from experience that it is far more stressful for them to remain in an environment that has been disrupted. The Monkey College provides an environment that is both comforting and familiar. They reconnect with their monkey friends and even remember some of the trainers they worked with prior to placement.

***As our monkeys age, many return to The Monkey College to live out their retirement years. Kristi and other retired monkeys continue to thrive at The Monkey College as your support ensures they receive the highest quality veterinary care and individual attention from our training staff. Thank you for giving back to Kristi, and other monkeys like her, in return for their long years of service and companionship.***

**Kristi's Golden Years!  
Learn More Inside**



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Fall 2018



Scott and Melanie



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## From the Executive Director



### The Power of the Human-Animal Bond

You are probably very familiar by now with the tasks that we train our monkeys to do and how they are able to help recipients on a daily basis. They learn to retrieve dropped objects, turn lights on and off, open doors, and unscrew water bottles and insert straws. However, without fail every single recipient tells us that the greatest gift they receive from their service monkey is their companionship.

When talking about their service monkey, I've heard our recipients use the following expressions: "ray of sunshine," "spark in my day," "something to look forward to," "a reason to wake up every morning," and "something that brings me peace and joy."

That's the power of the human-animal bond, and your donations are the reason our recipients are able to experience it and the difference it makes every day in their lives. And, by making a difference in even one person's life, you're changing the lives of others, as you'll learn in Scott's story this month.

As always, thank you for supporting our recipients and our service monkeys and making our work possible.

Angela Lett  
Interim Executive Director

## Scott Fedor: Getting Back Up



Scott Fedor was leading the perfectly scripted life. He accomplished a number of personal goals like skydiving, bull riding, and visiting the Great Wall of China. His career path led him to a role as Vice President of Sales & Marketing for a Berkshire Hathaway company. In July 2009, a diving accident left him with a broken neck and complete spinal cord injury.

The same will and determination to succeed helped to aid in his post-injury recovery process. Ultimately, Scott's resilience has allowed him to move forward and make monumental changes that continue to affect both his life and the lives of those around him. Scott's journey back from a catastrophic event is truly inspirational—and you are the reason Scott is flourishing today.

**You can read about Scott, his service monkey, Melanie, and his personal mission below.**

Thanks to you, Scott and Melanie have been together for six years. She continues to be a great spark in his day. She is extremely clever and, like Scott, always actively engaged.

*I'll put peanut butter in the bottom of my bottle and give her some chopsticks. She'll grab my hand and shove the chopsticks into my hand and she'll then hold my hand and make me fish for the peanut butter for her.*

In this issue, we've decided to share with you something else close to Scott's heart.

Three months into Scott's recovery, his health insurance stopped covering his physical therapy due to a perceived lack of progress in the recovery process. His weekly progress may have seemed incremental to anyone else, but it was monumental to Scott.

His physical therapy sessions were critical to reducing the risk of pneumonia and bed sores, and the sessions also helped to maintain bone density and lift his spirits. His friends and family rallied to raise money so Scott could continue sessions with his own private therapist.

Scott explains, "I just felt like I was doing something. The kind of feeling that I got from physical therapy each day is what kept me going, what kept my drive, and what kept me motivated."

It was not until Scott's physical therapy ended and he had to depend on raising his own funds that he realized he had to advocate for himself.



Loss of funding for physical therapy inspired Scott to found his own nonprofit, Getting Back Up, in 2011—just a little more than two years post-injury.

Getting Back Up's mission is to raise funds to assist individuals from all over the country with exercise-based therapy or progressive-type therapies that are not covered by insurance. Scott's new job was a far cry from conducting sales visits or negotiations during marketing meetings.

According to Scott, service work is incredibly uplifting:

*I get a lot of benefit out of just being able to help others. It does make me feel great. It gives me the boost I need as well. There are good days and bad days. Just because you are out there helping others does not mean that you don't need to help yourself. Seeing the reactions, the smiles, and hearing the stories about the people that you are able to help ends up helping you.*



Scott already had a strong foundation for success. "I had the mindset, the attitude, and the upbringing to want to push on," he explains, "Getting Back Up has made my life so much more fulfilling, happy, and productive than had I sat around wasting away or contemplating the negative."

**Your support makes transformations like this possible. Your commitment to recipients like Scott and Melanie give us the motivation and dedication to continue the work we do to place service monkeys at no cost to our recipients.**

Save the Date!  
The Monkey Helpers' Festive  
Celebrating 40 Years!  
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Artists for Humanity EpiCenter  
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