



2018

ANNUAL REPORT

Where we work.



Contact:

Hands On Global
5210 Kerr Dr.
Helena, MT 59602
USA

www.handsonglobal.org
(406) 439-3580



In just a few years Hands On Global has grown tremendously. We began in Zanskar, a remote underserved region of the Indian Himalayas at the request of H.H. the Dalai Lama. This project works in partnership with people of the region, teaching and sharing skills to develop an integrated health-care system at the “Dalai Lama“ Hospital. 2018 marks our third year in Zanskar. Our Zanskar project infuses us with a sense of encouragement. We have made progress integrating allopathic and traditional medicines, supplied the hospital with needed equipment and taught our Zanskari counterparts. The relationships we have cultivated are heartwarming and lasting. I sometimes think Zanskar is our gift to ourselves. We feel so appreciated and loved. We can see our progress.

In 2018 we began Refugee work in Greece at the Moria Refugee Camp and recently on our Southern Borders. Refugee work is really hard, emotionally and physically. People ask, “Why do we go?” I think we are compelled to respond to human suffering. We believe we make a difference in someone’s life. We acknowledge some situations, like the refugee crisis, are putting band-aids on hemorrhages - but we are there with the band-aid. We offer our professional knowledge and service and a hand in friendship. “Seeing” a person and acknowledging their existence is powerful. Working hand-to-hand and heart-to-heart we are there to offer a life changing solutions. Be it as simple as a pair of soft supportive high-top athletic shoes that allow a bomb blasted foot to bear weight or funding for sight saving surgery.

We struggle with the global inequities. We recognize our privilege. Grateful for our opportunities to be educated and develop skills, we are empowered by using those skills to alleviate the suffering of our fellow human beings. It often feels like we get more than we give.

And we agree to bear witness, sharing with you the impact of war, poverty and global inequities. We return home to do public presentations where we try to present objective information based on what we have seen and experienced. Our heartbreak and outrage are shared. I know I am not alone in being a breath away from tears at the suffering I have witnessed.

OUR VOLUNTEERS ~ wow !!!! From those who volunteer to travel across the globe and offer their time, expertise and love YOU ROCK!!! Hands On Global has a core team of volunteer medical professionals and support personnel that travel together. We serve as a team, supporting each other as we serve those in need. The tasks are both exhilarating and heart wrenching. We welcome you to join us and share your skills.

Those of you behind the scenes who cook for our dinners, create silent auctions to raise funds, sing songs at our fundraisers, bellydance for our fundraisers, sew beautiful identifier vests for us, do the clean up and set ups... You are all so valuable! It is so heartwarming because you do this in solidarity for the causes of Hands On Global. We feel your presence on every mission. Hands On Global says a big THANK YOU!!!

OUR DONORS Your support makes it happen! We are entirely donor supported. Thank you for believing in us. We are blown away by the quick response to a need. Many of you read my BLOGS and have responded immediately to a need. Last February, in Greece on our first trip running a mobile medical clinic, we ran out of critical medications. I posted this need on Facebook and went to bed thinking we had the next day off because we had no meds. Well, over coffee the next morning I saw our PayPal account had over \$1200 in less than 16 hours! We rushed off to the pharmacy and bought the meds we needed for 5 more days. We quickly headed back to the camp to see patients, so grateful to YOU!

These donations in response to a situation are where YOU get to directly change a person’s life. Their karma and yours has intersected in a very positive way. Maybe that is what it is all about, that direct connection with a person in need. At Hands On Global we work hand-to-hand and heart-to-heart one by one by one. Together we can change the world. Thank you for your trust and thank you for allowing us to serve. Please continue to support us.

Valerie Hellermann
Executive Director



2018 Teams





Together

In **2018**, we raised over \$116,000 ...
provided healthcare in 3 underserved global communities...
and served over **6,000** people.

As a DONOR based non-profit, we share our successes with **YOU, OUR DONORS.**

Hands On Global incorporated as a non-profit in 2016 and we have grown tremendously. In 2018, the team provided medical care at the Moria Refugee Camp in Lesvos, Greece for a month in February and again for a month in October. The team went to Zanskar in June, providing a month long medical camp for the third year. In December we began providing medical care on the US Southern border.

Our Projects

REFUGEES

**PROVIDING
MEDICAL CARE TO
REFUGEES AT
MORIA REFUGEE
CAMP**

ZANSKAR MEDICAL CAMP

**BRINGING
INTEGRATED
SUSTAINABLE
HEALTHCARE TO
ZANSKAR**

SOUTHERN US BORDER

**MEDICAL
CARE ON
US - MEXICO
BORDER**



We deliver healthcare.

At Moria Refugee camp we served over 2,500 people working in a mobile medical clinic van and inside the wire in a medical clinic. We worked with Refuge4Refugees and Kitranos Clinic, two NGO's with a continued presence on the ground. The conditions are difficult. The camp houses over 9,000 refugees with an overflow of 3,000 people in the Olive Grove Camp. This number is in constant flux as refugees are moved to other locations and more arrive. Refugees are from over 60 countries but mainly from Syria, Afghanistan, Iraq, Palestinian territories, DC Congo, Somalia, Ghana, Sudan and Eritrea.

The camp is overcrowded and basic human needs are unmet daily. Healthcare delivery is difficult and follow-up is extremely limited. Impossible decisions have to be made everyday.

Hands On Global team brought skilled medical providers and needed supplies of medications. Our team continues to work with Kitranos Medical Clinic and Refuge4Refugees, to maximize services for the refugees.

The needs are so great.



“ I volunteer because it allows me to be part of a team that is not afraid to look at the suffering of the world and become a part of the humanity that teaches us resilience and love in the face of profound loss. It is an opportunity to work with people on a profound basis that transcends the ordinary life and propels me into the realm of altruism and compassion.” ~ Dr. Georgia

We witness.



2018 Moria Refugee Camp, Lesvos, Greece



We show up in friendship.



Why?



“Because we want to make empathy great again.” ~ Dr. Mark



We collaborate.



In collaboration with the Zaskar Health Committee and at the request of H.H. the Dalai Lama, Hands On Global provides a yearly medical camp and assists in creating an integrated health care system in the region.

In 2018 we served 1728 patients, provided lab equipment, taught Zaskari providers ultrasound, purchased a digital colposcope for cervical cancer screening, provided a microscope and taught parasite testing. Our integrated medical camp provided allopathic, herbal and traditional medicines, massage, acupuncture and cupping.



We show up where needed.



Southern Border Project

November - December 2018

Team One delivered healthcare during a flu epidemic at a Migrant transit shelter in McAllen Texas, often treating over 100 really sick people a day.

December 2018

Team Two provided healthcare at the transit shelter and at a mission safe house in Reynosa, Mexico, treating an average of 65 persons a day.

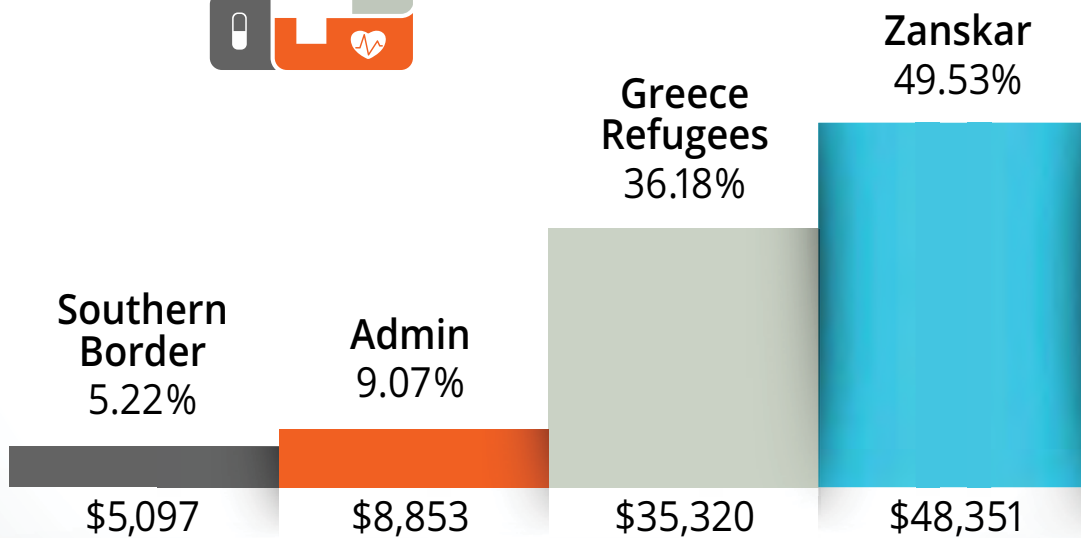


“ What better way to do something good, something useful with my life. If I can bring happiness, kindness and compassion to other people, then I can find meaning in my life! ”

~ Karen, Massage Therapist



2018 EXPENDITURES



The Board & Staff



Valerie Hellermann
Executive Director



Dave Anderson
Board President



Mark Ibsen
Treasurer & Medical Director



Judy Paton
Secretary

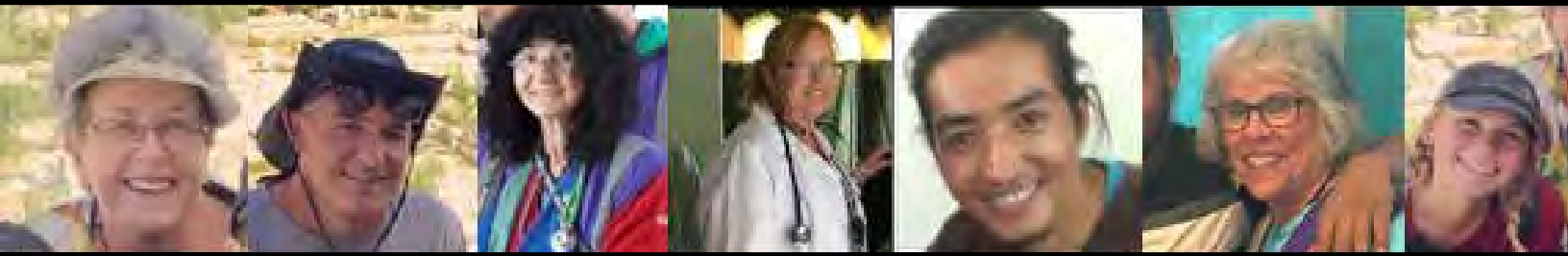


Barbara Schwartz
Photographer
Graphic / Web
Designer



Tama Adelman
Administration

The Teams



Join Us In 2019!
www.handsonglobal.org