ANNUAL REPORT 2019

Where we work

ZANSKAR
GREECE
MEXICO
Hands On Global celebrates 5 years in 2020. As I look back I am amazed at what has been accomplished, the work that has been done. We could not have done this without the generosity and trust of OUR DONORS. There is magic surrounding Hands On Global. The right people show up at the right time to VOLUNTEER and the funds show up to do it! Our team is graced with International partners. One of the greatest gifts is how providers from many countries join Hands On Global to work together with great humanity.

We began with H.H. the Dalai Lama asking us to work on the healthcare delivery in Zanskar, India, a remote Himalayan region. It is home to the “last authentic Buddhist Culture.” We collaborate with the Zanskar Health Committee to improve a limited health care system with minimal resources. We have made great progress integrating allopathic and traditional medicines. Each year our relationships with the Zanskari providers grow as we share our knowledge of modern techniques with them. We continue to improve their ability to provide improved healthcare by bringing needed medical supplies, equipment and medicines. 2020 will be our 5th year of month-long medical camps. We have developed deep and trusting relationships and have learned so much from our Zanskari friends and colleagues.

Our refugee work has become a main focus. Our teams travel to the Greek Islands, Texas and Mexico. We witness a humanitarian crisis of historic proportions. Global solutions are needed which seem far beyond reach. Our team delivers healthcare. We collaborate with existing NGOS both working in camp clinics and setting up mobile medical camps. Within the framework of our medical service, our team truly works hand to hand and heart to heart. We let refugees know they are not forgotten, they are not invisible and we see them as fellow humans. We are connected to them, treat them with dignity and offer hope for one more day.

As the refugee crisis continues to grow on every continent, we need your support to help them survive. It seems like a bottomless pit of funds is needed and it is. Refugees are the victims of global chaos, war, poverty, power and environmental disasters. They have no choice. The conditions they survive in are deplorable. Basic human needs are not met on a daily basis. It is heartbreaking.
We continue to bear witness. Returning to our countries we do public presentations, sharing their stories.

I want to take this opportunity to THANK YOU ALL who support Hands On Global. This work is not possible without you. I always tell those we serve the funding comes from real people in the USA and other countries who care about them. This always brings a smile. It gives hope that they are not forgotten by the world. This is your direct connection to these people, your support. THANK YOU for helping us to help them!

Valerie Hellermann
Executive Director
Together

In 2019, we raised over $122,000 and $15,000 in donated medical supplies. We provided healthcare to underserved communities and REFUGEES, serving over 6,000 people.

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

Hands On Global incorporated as a non-profit in 2016 and keeps growing thanks to YOU.

In 2019 the team provided medical care …

on Samos Island, Greece where refugees from over 30 countries await asylum…

on the Texas/Mexico border to migrants seeking asylum…

and in Zanskar, India where we provided a month long medical camp for the fourth year.

We THANK YOU, OUR DONORS FOR YOUR TRUST AND SUPPORT.
Hands On Global has provided yearly medical camps to ZANSKAR, a remote, isolated region of the Himalayas. 2020 will be our 5th medical camp.
Our INTEGRATED medical camp provides allopathic medicine, massage, physical therapy, herbal and traditional Amchi medicine.
Bringing ultrasound directed treatment to injuries and arthritis and teaching technique to Zanskari Doctors.
HEALTH SCREENING AT 8 ZANSKAR SCHOOLS

DELIVERING & TEACHING OB/GYN CARE and CERVICAL CANCER SCREENING
DEC 2019 - On Samos Island, Greece there are over 7000 refugees living in simple tents without heat, electric or running water. On Lesvos Island, Greece there are over 18,000 living in similar desperate, deplorable conditions.

Many refugees are children.

With YOUR DONATIONS Hands On Global brings medical care to these refugees.
We bring skilled medical providers, needed supplies and medications. The camps are overcrowded and basic human needs are unmet daily. Healthcare delivery is difficult and follow up is extremely limited. Impossible decisions had to be made everyday.
SAMOS, “the JUNGLE”

**March 2019** There were over 4000 refugees, the majority living in the “jungle” overflow area. Coordinating with the Medequali Clinic, we set up a mobile medical clinic for a month serving over 1650 refugees.

**October 2019** There are over 7500 refugees and boats continually arriving. We again set up a month long mobile medical clinic and served over 1700 refugees.
MEXICO/US BORDER

Due to the violent cartels and the current political situation no images are available.

Our team worked with the Rio Grand Valley Catholic Charities shelter delivering medical care to migrants.

A Hands On Global medical team is preparing to be in Matamoros, Mexico in January. Due to current US immigration policies many thousands are stranded and living in makeshift tents as they await asylum hearings.
JOIN US * VOLUNTEER * DONATE
Change a life. Change your life!
**Humanitarian Projects**

- India - Zanskar $35,515
- Greece - Samos/March $24,699
- Greece - Samos/October $24,510
- Greece - Refugee Support $13,496
- Mexico - Border Project $2,942  **Total $101,162**

**Percentage of total expense - 88%**

**Administrative Costs**

- Business Expenses $5,091
- Salary $2239
- Insurance $1648
- Taxes $743
- Office Supplies $409
- Fundraisers $2301
- Professional Svs $1799  **Total $14,230**

**Percentage of total expense - 12%**

Hands On Global is a registered 501(c)3 non-profit organization.
In 2019 Hands On Global launched an e-commerce page to support our efforts. An amazing team of NAPA VALLEY VOLUNTEERS designed beautiful products from the life jackets worn by refugees crossing the Aegean Sea. The profits from these products goes directly to Refugee Support. Please visit our web page to order and support REFUGEES in crisis. handsonglobal.org