Empowering People, Uplifting Communities
Our Mission
Helen Keller International saves the sight and lives of the most vulnerable and disadvantaged. We combat the causes and consequences of blindness and malnutrition by establishing programs based on evidence and research in vision, health, and nutrition.

In this world:

- No one suffers from preventable or treatable blindness or low vision;
- No one suffers from undernutrition; and
- Fewer people suffer loss of their productive years due to disability and premature death.

Our Vision
We envision a world where the most vulnerable people effectively access services to prevent and treat blindness, low vision, and malnutrition.

In this world:

- No one suffers from preventable or treatable blindness or low vision;
- No one suffers from undernutrition; and
- Fewer people suffer loss of their productive years due to disability and premature death.

While the way in which we serve others has changed over the years, we remain committed to the words of our founder, Helen Keller: “The welfare of each is bound up in the welfare of all.” Helen believed that none of us can reach our full potential when our community—our family, our city, or even the current global community of more than seven billion people—is at risk.

This conviction is the core value behind all of Helen Keller International’s programs. Whether we are preventing river blindness in Sierra Leone or teaching mothers’ groups in Nepal how to provide nutritious meals for their families, our programs empower and uplift communities.

A year ago a group of us met a woman living in rural Bangladesh named Rashida. She has been participating in HKI’s homestead gardening program since 2012, and, at the time of our visit, Rashida had just been selected to manage an HKI-supported produce sales center in her community, selling fruits and vegetables from her own garden as well as those of her neighbors.

Today, the sales center is a thriving success. Instead of having to make an expensive, difficult—and potentially unsafe—trek to sell her produce at the nearest market, Rashida can do so close to home. In addition, thanks to Rashida’s sales center, the other women in her community now also have access to healthy fruits and vegetables right in their village. The children are growing up healthy and strong, rather than being plagued by blindness, immune deficiencies, and even death, as they were before. And, thanks to her income from the sales center, Rashida’s son is attending university—the very first in his family to do so.

Stories like Rashida’s demonstrate that if you give people the tools to help themselves, what they accomplish impacts their entire community. And just as Rashida is connected to her community through her sales center, you are connected to Rashida and to the millions of people we help each year through your generous support. Thank you for being part of Helen Keller International’s global community of compassion.

With deep gratitude,

Kathy Spahn
President and CEO

Henry C. Barkhorn III
Chairman

Helen Keller International was founded nearly 100 years ago in 1915.
Daw Tin Than is a 69-year-old grandmother who was completely blind from cataracts in both eyes. Her home country of Myanmar has one of the highest blindness prevalence rates in the world, and cataract is the cause of 53% of that vision loss. And yet, cataract can be treated with surgery.

But for people like Daw, especially those in rural areas, the barriers between them and restored sight are complex and multiple. Many believe they are losing their sight simply because they are growing old, and nothing can be done about it. Or, if they do know their condition is treatable, they can’t make the trip to the ophthalmologist since the vast majority of doctors are located in the two largest cities of Yangon and Mandalay. Finally, the surgery can be unaffordable for rural farmers and day laborers with very limited financial resources.

Helen Keller International’s cataract treatment program is designed to address these barriers through a community-based approach. First, we ensure people know what cataract is and that it is treatable. We train community health workers who are already visiting people in their homes and villages to identify those who may have cataract and refer them for treatment. We establish local eye health clinics to treat patients near where they live, and provide equipment and train surgeons to conduct the procedure using a modern, low-cost method. Finally, patients who can afford to pay are charged a low rate, which helps to cover services for their neighbors who can’t.

When we met her, Daw had just received surgery on her left eye. As she waited to have her bandage removed, she told us how thankful she is to have her sight restored. Before, she felt like a burden on her family. Now, she is looking forward to caring for her grandchildren. She also promised that she would spread the word about our “miraculous” sightsaving program, so no one else in her community suffers needlessly from blinding cataract.

In Myanmar—a country with one of the highest blindness prevalence rates in the world—cataract is the cause of 53% of vision loss.
**EMPOWERING COMMUNITIES to Combat River Blindness**

For more than half a century, Helen Keller International has been a leader in the global movement to control and eliminate Neglected Tropical Diseases (NTDs). These debilitating, painful diseases affect one in six people around the world, mainly in poverty-stricken areas. One of the most prevalent NTDs, onchocerciasis (commonly known as river blindness), causes devastating vision loss. Thankfully, in the 1980s, scientists discovered that river blindness could be treated and prevented with an annual dose of a drug called ivermectin (Mectizan®).

For more than 25 years the pharmaceutical company Merck has given as much ivermectin as needed, and they have promised to do so until the disease is eliminated—a goal that, thanks to this program, is within reach by 2020.

In the early 1990s, in order to take advantage of this discovery and Merck’s generous commitment, Helen Keller International helped pilot community-directed treatment with ivermectin in Africa, empowering communities to lead the planning and distribution of the medicine using local volunteers and community health workers. By involving the community from the beginning, people feel ownership over the program and potential cultural or geographical barriers to successful implementation can be addressed in advance.

Today, this community-directed treatment program reaches tens of millions of people and has expanded to include drugs that treat a number of NTDs, as well as other health interventions like our signature vitamin A supplementation for children. This cost-effective, multi-layered approach gives communities the gift of hope for a healthy future free of preventable diseases.

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**CHILDSIGHT®: Giving Students in Newark the Gift of Clear Vision**

Newark, the largest city in New Jersey, is also one of the poorest. The city’s students face a variety of obstacles that limit their opportunities to succeed, and many of their families struggle to afford basic necessities, like a visit to the eye doctor.

One Newark student, Okyeie, had never been to an eye doctor. He knew that his poor vision was a problem, but he did not want to burden his family with the cost of an expensive visit to the doctor or a pair of glasses. Over the years, Okyeie began to sit closer and closer to the board to see and take notes. He often lost focus and had a hard time participating in class, completing homework assignments, and studying for tests—until Helen Keller International’s ChildSight® program visited his school. ChildSight® provided Okyeie with his first-ever vision screening and the pair of prescription glasses he so desperately needed—all at no cost to his family. Now that he can see clearly, Okyeie enjoys participating in class, and his grades are improving.

During the 2012-2013 school year, ChildSight® screened more than 90,000 students from six different states, delivering over 18,000 pairs of glasses to the disadvantaged students who needed them across the country. Thanks to ChildSight®, teachers in schools served by the program noticed an increase in class participation among students like Okyeie once they received new glasses. With clear vision, children are empowered to engage in their classrooms, their communities, and the world.
Helen Keller International fights malnutrition by:

- Empowering women to grow home gardens and raise poultry and small livestock as an important source of nutritious food and additional income;
- Providing mothers and children under five with essential nutrients to prevent blindness and boost immunity against common infections;
- Educating mothers about how best to feed their infants and young children so that they grow healthy and strong;
- Fortifying staple foods with essential vitamins and minerals; and
- Preventing and treating severe malnutrition among some of the most disadvantaged communities in the world.

Nearly half of all deaths among children under the age of five are connected to malnutrition, often because children’s diets lack essential nutrients or they simply do not have enough to eat. Helen Keller International’s nutrition programs give communities access to the vitamins and minerals needed to help children survive and thrive.

For more than 25 years, Helen Keller International’s trailblazing Homestead Food Production program has equipped women with the tools and knowledge to cultivate gardens, empowering them to feed and nourish their families and generate additional income. What started as a cluster of small plots in rural Bangladesh has evolved into a program that spans 12 countries across Asia and Africa, helping more than one million families grow thriving gardens filled with micronutrient-rich foods.

Since the first seeds were planted, Helen Keller International has adapted Homestead Food Production to reach more households in more communities and to ensure that the gardens are filled with fruits and vegetables that are healthy and likely to be eaten. Beyond the careful selection of crops to ensure high nutritional value and long growing seasons, Helen Keller International also incorporates the cultural values of each community in choosing which crops are grown, making each of our gardening programs around the world unique. The program has also expanded to include poultry farming and fish ponds.

With rising prices of staple foods and a lack of access to healthy fruits and vegetables, people in urban areas are in dire need of innovative ways to make sure their children have access to nutritious foods on a regular basis. Piloted this past year, the latest evolution of Homestead Food Production provides community health workers and mothers of malnourished children in Dakar, the capital city of Senegal, with the tools, seeds, and knowledge to grow rooftop gardens filled with nutritious vegetables. In addition, cooking demonstrations teach mothers the best ways to prepare the vegetables they grow, ensuring their children get the nutrients they need. Alongside this, mothers also learn about the importance of breastfeeding during the first two years of life.

Thanks to a successful test run—the rooftop gardens flourished with carrots, orange-fleshed sweet potatoes and other nutrient-rich vegetables—we plan to expand the urban gardening program.

By the year 2017, Homestead Food Production is expected to reach an additional 300,000 households. Over the next three years, Dakar’s skyline will be getting a lot greener as more than 1,800 families will have access to healthy fruits and vegetables right from their own rooftops.

PLANTING GARDENS, Reviving Communities

MORINGA: The New Superfood?

Superfoods like avocado and acai berry are popular around the world because they are filled with nutrients and taste great, too. But have you ever heard of moringa? A tree native to Asia and parts of Africa, moringa is packed with protein, vitamins A, B, and C, and other essential nutrients. Every part of the tree is usable and can be prepared in a variety of delicious ways. Moringa is also easily cultivated in a variety of climates, making it an ideal food source. Helen Keller International has started incorporating this healthy food into our gardening programs. With so many uses and nutritional benefits, it may not be long before moringa appears on a grocery shelf near you!
Parvati Lawang lives in Far Western Nepal, an area with some of the highest rates of chronic malnutrition in the world. Her small plot of land did not provide enough food for her two growing children, and she was worried that they were at risk of hunger and illness as they did not have enough to eat.

Helen Keller International has long been on the forefront of combating malnutrition: we teach women how to grow nutritious fruits and vegetables and to raise chickens and other small livestock for their families. We also educate mothers about best practices for feeding and caring for young children. To address the crisis of malnutrition in Nepal, we created a program called Action Against Malnutrition through Agriculture, or AAMa, which means "mother" in Nepali. The program brings mothers together into groups where they share their challenges and learn skills they need to raise healthy children.

Thanks to this program, Parvati is now a leader in her community. She has a thriving garden that includes a variety of produce, and she also raises chickens so she can feed her children nutrient-rich eggs. Parvati even sells the surplus produce and eggs, providing extra income for her family and nutritious food for her neighbors. Through the mothers’ groups, she teaches her neighbors about good nutrition, including the importance of eggs and vegetables for children, and for women who are pregnant and breastfeeding. She now has high hopes for her children’s future, and feels empowered to improve life for her family—and for her entire community.

Each year, as many as 500,000 children go blind due to a lack of vitamin A. Not only is vitamin A crucial to preventing childhood blindness, but children also need it to develop healthy immune systems to fight off common childhood illnesses, like measles and diarrhea.

A pioneer in vitamin A supplementation, Helen Keller International has been delivering sight and lifesaving vitamin A to children in some of the world’s most disadvantaged communities since the 1970s. And yet, as every community is different, we use a variety of customized and innovative approaches to ensure children have enough vitamin A to survive and thrive.

Two tiny, high-dose vitamin A capsules each year can save a child’s sight and life at an annual cost of just $1 per child. The challenge lies in making sure that millions of children receive one of these crucial supplements two times each year. One of the ways we do this is by hosting Child Health Days, biannual free events where children receive vitamin A supplements—and a variety of other high-impact treatments tailored to each community’s specific needs—to keep them healthy and strong. We use multiple tactics, including sending text messages to parents, so that they know when Child Health Days are taking place.

Another way Helen Keller International makes sure that children receive the vitamin A they need is by providing mothers with agricultural training to cultivate home-based gardens filled with nutrient-rich fruits and vegetables, including orange-fleshed sweet potato. Just one tiny potato, about 100-125 grams, gives children their daily vitamin A requirement. We teach mothers to prepare these sweet potatoes in a variety of ways so children receive their vitamin A and enjoy the way it tastes, too.

Each year, up to 500,000 children go blind due to a lack of vitamin A.
Helen Keller International saves the sight and lives of millions of people living in 22 countries around the world.

UNITED STATES
We provide the gift of clear vision to tens of thousands of children every year by providing free school-based vision screenings, prescription eyeglasses, and referral for further care through our innovative Childsight® program.

California
Connecticut
New Jersey
New Mexico
New York
Ohio

AFRICA
We alleviate malnutrition in Africa through a range of programs, including Vitamin A Supplementation, Homestead Food Production, Food Fortification, and Essential Nutrition Actions. We also combat Neglected Tropical Diseases—including the blinding conditions of trachoma and onchocerciasis—through drug treatment and promotion of improved hygiene and sanitation.

Burkina Faso
Cameroon
Côte d’Ivoire
Democratic Republic of Congo
Guinea
Kenya
Mali
Mozambique
Niger
Nigeria
Senegal
Sierra Leone
Tanzania

ASIA-PACIFIC
We pilot innovative programs to prevent vision loss caused by cataract, diabetic retinopathy, and refractive error. We also improve the health of mothers and children through Vitamin A Supplementation, Homestead Food Production, Food Fortification, Essential Nutrition Actions and Neglected Tropical Disease control.

Bangladesh
Cambodia
China
Indonesia
Myanmar
Nepal
Philippines
Vietnam

PROGRAM KEY
Eye Health
Nutrition/Vitamin A Supplementation
Neglected Tropical Diseases
Childsight®
THE SPIRIT OF HELEN KELLER GALA

On May 22nd, 2013, at the famous Christie’s auction house in New York, the Helen Keller International raised more than $1.1 million to support our sight and lifesaving programs at our eighth annual Spirit of Helen Keller Gala. Longtime trustee and Helen Keller International advocate, Kate Ganz, received the Spirit of Helen Keller Award, and Lions Clubs International received the Helen Keller Visionary Award, celebrating their long-standing dedication in global eye health. In addition, Former Secretary of State Hillary Rodham Clinton was honored with the Helen Keller Humanitarian Award. Secretary Clinton gave a captivating speech, applauding Helen Keller International for our “smart and sensible, results-oriented” programs “aimed at really making a difference, person by person, village by village, country by country.”
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Xing Zheu

### FUNDs FOR THE FUTURE: NAMED FUNDS

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Susan Mary Hannam Fund (2000)  
Charles B. Harding Memorial Fund (1995)  
Raimo Inso Memorial Fund (1993)  
Henry R. Labouisse Memorial Fund (1993)  
Thomas Moore Memorial Fund (1999)  
Alice C. & Benjamin W. Morris Memorial Fund (1994)  
Daniel C. Scott Memorial Fund (1994)  
Anne Sullivan Memorial Fund (1993)

### Vision for the Future: Legacy Society

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### Statement of Activity

**Revenue**  
Contributions, Legacies, and Trusts: 35.0%  
Government Grants: 64.4%  
Other: 0.6%

**Expenses**  
Funding: 13.1%  
Prevention of Blindness and Malnutrition: 84.8%

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The pie charts represent the fiscal year ended June 30, 2012. The pie charts do not include gifts in kind. If included, gifts in kind would represent 57% of total revenue, and program expenses would be 90%. “Other” revenue includes program revenue, dividends, interest, and miscellaneous income.
THAnK Y o U for making a difference

Helen Keller international will soon celebrate 100 years of saving sight and lives in the world’s most vulnerable communities. We would like to thank all of our donors and partners for helping us achieve our mission. It is truly because of your dedication and commitment that we are able to provide critical services to communities in need worldwide. We hope that you continue to stay involved and engaged with Helen Keller International’s work.

How can you stay involved?

DONATE
Your gift to Helen Keller International supports programs that save sight and lives around the world—including right here in the United States. Please use the enclosed reply form to send your generous gift today. You can also donate online at: donate.hki.org.

OTHER WAYS TO GIVE
Join the Visions for the Future Legacy Society by naming Helen Keller International in your will or as a beneficiary of your life insurance policy or remaining IRA funds. Your legacy of compassion and generosity will live on in millions of children and families around the world.

For questions about donating to Helen Keller International, please contact our development team at 877-535-5374 or giving@hki.org.

JOIN THE HELEn KELLER INTERnATionAL COMMUnITY
Get to know our organization and experts, sign up for our monthly newsletter, and take action by visiting our website at www.hki.org.

CONNECT WITH HELEn KELLER INTERnATionAL
on social media for up-to-the-minute news and updates:

OUR OFFICES
Helen Keller International
Global Headquarters
352 Park Avenue South, Suite 1200
New York, NY 10010

Africa Regional Office
BP 29.998
Dakar-Yoff, Senegal

Asia-Pacific Regional Office
P.O. Box 168
Phnom Penh, Kingdom of Cambodia

Helen Keller International Europe*
34-36 Rue Guernaz
75017 Paris, France

*Helen Keller International and Helen Keller International Europe are affiliated non-profit, non-governmental organizations registered in the United States and France respectively and are united in a common mission to prevent blindness and reduce malnutrition.

Financial Statement

<table>
<thead>
<tr>
<th>OPERATING SUPPORT AND REVENUE</th>
<th>2013</th>
<th>2012</th>
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</thead>
<tbody>
<tr>
<td>Support</td>
<td></td>
<td></td>
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<tr>
<td>Contributions – corporation, foundations, and individuals</td>
<td>$ 20,529,504</td>
<td>$ 15,458,829</td>
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<tr>
<td>Contributions – medical supplies, medicines and other (in-kind)</td>
<td>77,876,062</td>
<td>161,128,000</td>
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<td>Legacies and trusts</td>
<td>254,611</td>
<td>273,557</td>
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<td>Grants – U.S. Government agencies</td>
<td>23,424,294</td>
<td>22,478,410</td>
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<td>Grants – Non U.S. Government agencies</td>
<td>14,727,842</td>
<td>13,684,654</td>
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<td>Net assets released from restrictions</td>
<td>-</td>
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<td><strong>TOTAL support</strong></td>
<td><strong>136,812,313</strong></td>
<td><strong>220,023,450</strong></td>
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| Revenue                        |      |      |
| Program and other revenue      | 312,877 | 136,561 |
| Dividends and interest income  | 25,286 | 24,907 |
| **TOTAL revenue**              | **339,163** | **161,468** |

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<tr>
<th>TOTAL OPERATING SUPPORT AND REVENUE</th>
<th>2013</th>
<th>2012</th>
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<td><strong>137,151,476</strong></td>
<td><strong>210,184,918</strong></td>
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<tr>
<th>EXPENSES</th>
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<tr>
<td>Program services:</td>
<td></td>
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<tr>
<td>Childsight®</td>
<td>1,352,784</td>
<td>1,602,492</td>
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<td>Trachoma</td>
<td>1,121,390</td>
<td>971,898</td>
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<td>Famine and Other Relief Services</td>
<td>3,016,657</td>
<td>4,02,416</td>
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<td>Nutrition, including Vitamin A</td>
<td>28,089,535</td>
<td>25,901,647</td>
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<td>Onchocerciasis</td>
<td>66,178</td>
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<td>Eye Health</td>
<td>1,259,469</td>
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<td>Neglected Tropical Diseases</td>
<td>10,150,318</td>
<td>9,490,613</td>
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<td>Distribution of medicines and other (in-kind), primarily for blindness prevention</td>
<td>77,841,354</td>
<td>161,106,500</td>
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<td><strong>TOTAL program services</strong></td>
<td><strong>122,897,685</strong></td>
<td><strong>210,292,464</strong></td>
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| Support services:                  |      |      |
| Management and general             | 6,964,424 | 6,670,126 |
| Fundraising                         | 1,131,381 | 1,062,092 |
| **TOTAL support services**         | **8,092,805** | **7,732,218** |

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<tr>
<th>TOTAL EXPENSES</th>
<th>2013</th>
<th>2012</th>
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<tr>
<td>Excess (deficit) of revenue over expenses</td>
<td>6,160,986</td>
<td>2,220,236</td>
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| Other Changes                      |      |      |
| Net realized and unrealized gains on investments | 38,721  | 19,794 |
| Change in perpetual and restricted trusts | 46,699   | (53,226) |

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<th>CHANGE IN NET ASSETS</th>
<th>2013</th>
<th>2012</th>
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<tr>
<td>Net Assets, Beginning of year</td>
<td>14,555,364</td>
<td>12,368,560</td>
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<tr>
<td>End of year</td>
<td>$ 20,801,770</td>
<td>$ 14,555,364</td>
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</table>
Co-founded in 1915 by Helen Keller, one of the most inspirational humanitarians of our time, Helen Keller International is among the oldest international nonprofit organizations devoted to preventing blindness and reducing malnutrition worldwide. We work in 21 countries in Asia and Africa, as well as in the United States. Each year, our programs improve the lives and health of millions of women, children and families across the globe.

“When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.”

—HELEN KELLER