Helen Keller
From Tragedy to Worldwide Triumphs

Nolan Vondran
Senior Individual Exhibit
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I remembered the countless mentions in lectures and textbooks of Helen Keller. I knew that there was more information - regarding her tragedy and triumph- which prompted me to research more about her story. Additionally, as a training CNA, I worked with impaired children on a daily basis and wanted to gather information to express that they are not limited by their disability.

I began my research at the Helen Keller Archives. There, I found multiple photos, historical events, and important information regarding Keller. Specifically, this information allowed me to understand her tragedies and how she was able to triumph in multiple ways. I continued to expand my knowledge through books from the library, magazines, and the Proquest database, allowing me to learn who she was and how she began a career in advocating for the others. From there, I visited the Helen Keller Museum: “Ivy Green” in Tuscumbia, AL, ultimately leading me to obtain my sources needed for this project.

I chose to do an exhibit for the purpose of an appealing visual representation for the information about Keller. I began by separating my board based on this year’s NHD theme. I wanted to display informative facts and photos of her global triumphs, life as an activist, and the historical context of her journey. The left and right side of the board emphasized how Keller advocated in bringing triumph to issues in the world, as well as the impact left through her triumphs. I created a 3D effect to emphasize Keller’s unforgettable journey. Each caption and photo was numbered to assist the viewing process of the board. The timeline was created to depict the important events throughout her life. Lastly, the thesis and conclusion were enlarged to stand out and catch the eye of the viewer.
Helen Keller relates to this year’s theme because she experienced an early tragedy, yet triumphed in advocating for others, becoming well known for her successes today. Despite her physical disabilities, Helen Keller was able to triumphantly fight for the rights of others on a national and global scale. Throughout the early and mid-1900s, Keller became an advocate for monumental causes including the suffragist movement, labor reform as well as an advocate for the needs of people with vision loss. As a social and political activist, Keller was able to help others to overcome personal obstacles and tragedy, leading by example and courage. Even though Helen Keller experienced an illness that led to the tragic loss of her sight and hearing, she emerged as an advocate for others. She was committed to raising awareness for people with multiple disabilities and impairments, providing essential health care services to women, improvements in the workforce, and supporting equal educational opportunities to minorities. Additionally, the improvements in the lives of people who experienced vision loss can be attributed directly to Keller’s triumphant efforts and determination. Although Keller did not have the physical ability of vision, she was able to see potential and progress in the lives of others.
Annotated Bibliography

Primary Sources


Helen Keller was an active supporter for beneficial working conditions, and continually wanted to allow fair treatment for these labor workers. Photographed on this newspaper, one is able to see her support through the actors’ strike. The image, not only shows her ability to create a platform for these workers, but to expand on why she was the face of the Industrial Workers of the World. Her vision allowed them to gain a voice in their organization. Additionally, a correlation to the ACLU, another organization that she found, was within her speeches about child labor, and working females, which Keller actively supported with both association.


Polly Thompson and Anne Sullivan were lifelong friends of Helen Keller. These two women were constantly alongside Keller in her advocacy career. When Sullivan first came to Tuscumbia to educate Keller, she did not only teach her the basics of learning manners, and the manual alphabet, but included her in on worldwide issues. Keller develop a fascination for follow in her teachers footsteps to change the world. I included this on my exhibit, to show not only the relationship that Helen Keller developed with Anne Sullivan, but Polly Thompson as well. Thompson was important in Keller’s worldwide triumphs, because she was the one who was always along her side with her travels and speeches. Thompson would translate Keller’s speeches, and sign what was being said to her, in her hand, for communication. I wanted to use this photo because these two women were important to Helen and influential in your life.


Margaret Bayldon was the Public Relations director for the Helen Keller International organization. Working on a global scale, the HKI center is dedicated to saving and improving the sight and lives of causes and consequences of blindness, poor health conditions, and malnutrition. Bayldon created a pamphlet in 1977 to express their works, which included pictures of Helen Keller with these children, and was sectioned into different categories to raise awareness to the general public. I wanted to display this on my board to express how they took Helen Keller’s worldwide impacts, and under Keller's cooperation with this association, are continuing to promote good health.
Confederate Captain, Arthur H. Keller, was Helen Keller’s father. As a confederate soldier, Mr. Keller was an apologist on slavery, this meaning that he defended slavery as something that the community, “had to have.” Once they moved to Tuscumbia, AL, Arthur and Catherine had Helen Keller. However, Captain Keller saw no potential in “fixing” his daughter’s condition at an early age, and pushed for sending her into an institution. He explained how feeling pity for Helen was not going to cure her, and he could not bare to see his daughter suffer anymore. However, upon communication with his wife, they found a solution to not send her to an asylum. I wanted to include this in my exhibit, to show the contradiction and irony behind Helen Keller's advocacy for African-American rights, as well as, explain how Keller would not be known for her successes if she had been sent to a psychiatric hospital.

When learning about the birthplace of Helen Keller, I was able to pull the image of her main living cottage to use on my board. Helen Keller grew up in this home until the age of seven. A family friend, Alexander Graham Bell, told Catherine Keller to hire a teacher to educate their daughter. So the Perkins School for the Blind sent their best student, Anne Sullivan, to teach this defiant child. In displaying this photo, I was able to show a deeper comprehension on how this defiant child’s tragic illness was turned into a triumph right on her childhood property.


During the early 1900’s, many people, including Ida Tarbell, Thomas Nast, and many others, were targeting big corporation owners like Rockefeller. This newspaper clipping expressed Helen Keller’s perspective on these big name corporations. However, it was her speech on the wartime efforts under President Roosevelt that shocked the nation. I included this newspaper on my board to show how Keller was not afraid to express her opinions, and voice her stance in public. Furthermore, I wanted viewers to be able to see how this social activist was active in politics to better the United States and create “peace” amongst everyone.
I used this photograph on my board to show how Helen Keller was born with the tragedy of becoming blind and deaf at the age of 9 months, but in 1887, when she turned seven years old she was able to turn that tragedy into a triumph and began to learn sign language, braille, and even speak under the instruction of Anne Sullivan.

Traveling as a social activist, Helen Keller would give 12 speeches to the public, meet with various international presidents, check-in on local hospital and rehabilitation centers, and educate the children and community, with Polly Thompson along her side. This image on my board exemplified the moment Helen Keller arrived in India. I wanted to include this to show, how in just a week and 3 days of visiting foreign nations, Helen Keller accomplished her goal to shape global policies on issues within society. It mostly with vision and hearing impairments. In doing this, Keller was able to give hope and inspiration in their time of tragedy.

The Helen Keller Birthplace Museum: Ivy Green, located in Tuscumbia, Alabama, gave me a great insight into how the family lived. It was explained that Helen Keller had two other siblings, but she was the defiant one of the group. She continually got her way no matter what. She would eat directly off other people’s plates, tipped her baby sister out of the crib and onto the floor, would hide in places, and throw tantrums when she did not get what she wanted. I was able to view newspaper articles written about Helen Keller, her books that she wrote, games that she used to play when she learned braille, and other memorabilia of her life. We toured the rooms in the house and the cottage, where Anne insisted that her and Helen live there, so she could teach her. The guide explained how her parent’s put Keller into a carriage, rode around for almost 2 hours before stopping, so that Helen would think she was far away from home. Additionally, I also got to see the kitchen, which was separate from the main living quarters. The kitchen had a small bedroom, where the slaves lived. The slave children were close playmates with Helen Keller. This showed that Helen, because of her vision loss, viewed everyone as an equal to her.

This image depicts Keller's challenge, on herself and others, to triumph over their adversities. Helen Keller did not let, what others considered a tragic illness, define who she was. She pushed her limits on what she could do, as seen by her rowing a boat, along the shore of the lake by herself.
Helen Keller met with various presidents from a young age up until her death in 1968. Calvin Coolidge and first lady Grace Coolidge were special to Helen Keller. Grace Coolidge was a former teacher for the deaf and blind. In working with President Coolidge, Keller was able to not only get a more exemplified voice in politics, but have Grace Coolidge to support her in her rights for women as well.

Helen Keller Film Corporations. “Deliverance” Helen Keller, Miller, 1918.

Co-Directed and featured, Helen Keller created a documentary about overcoming her tragic illness and told about her life story growing up. This silent film, which Helen was pleased about, was realistic to the silence she experienced and those who viewed it would be able to experience that as well. Her 1955 documentary film, “Deliverance,” was awarded an Oscar. She became Hollywood's most unique and remarkable recipient for an Oscar award.

Proving her intelligence, Helen Keller, being deaf and blind, was able to go to college with the help of Anne Sullivan by her side. However, in order to graduate, Keller had to take and pass her exam with no aid from Sullivan. I included this image on my board, because it shows the triumphant moment of Helen Keller defying the odds of being the first deaf-blind to graduate from college.

A photograph, from the Helen Keller International Foundation, of Helen Keller and a malnourished child from Haiti, are seen together. I wanted to utilize this on my board to show the impact that Keller had on these developing countries and the efforts that she was doing to improve their tragic living conditions, proving that their mission is still in place to this day.

I used this image on my board to show how far Helen Keller had come in her triumphs for her fight for rights that she continually sought to improve.

Helen Keller International organization released a pamphlet to show their international plans, and what they have done in improving conditions amongst these nations. Included in this pamphlet, was pictures of Helen Keller, divided into sections explaining their process. For instance, one portion, included on my exhibit, was entitled “Education of Blind Children.” With Keller’s continual promotion for equality amongst minorities and impaired people, this portion allowed me to visualize how she triumphed, not only in actions for equality in the United States, but worldwide as they exhibit racism and similar tragedies in their education systems as well.


Providing readers with an understanding of how blindness can be altered to better a person’s lifestyle, the Helen Keller International wrote a report entitled, “Prevention of Blindness,” utilized by Keller in one of her speeches. In doing this, Keller was able to explain to the public and families, who have suffered a tragedy similar to hers at an early age, that they were not limited to this disability. Keller’s accomplishments in her life, were an inspiring example for them of how they could triumph and be the person they have always wanted to become.


Helen Keller was known for her travels aboard, she would advocate for problems and issues in countries in hopes to resolve them. To show this I wanted to incorporate her visit to Japan on my board. Upon her arrival, Keller would translate letters that she wrote into their native language paying respect and developing better communication with the public. In these crowds, they would collect donations and even play her music to honor her arrival. Throughout her visit, she would meet with the president for various causes and like always make sure that their healthcare facilities were working properly showing her triumphs on a global scale.


In correlation with her graduation picture, this newspaper article expressed the moment before Helen Keller graduate from Radcliffe College, labeling her the most wonderful of girls because of her triumph to disregard what people said about her disability, thus opening the opportunity for her to become the first deaf-blind graduate.
As a platform in her efforts to confront the issues of the nation and fight for their rights, Helen Keller visited with every president from Grover Cleveland to John F. Kennedy. Additionally, I wanted to utilize this on my board to show how she was able to gain a voice in legislation and politics, later receiving the Medal of Freedom from President Johnson.


Keller always received great joy although she could not see them every time she fought for a cause. This newspaper expresses her efforts to promote women’s rights. I wanted to include this onto my exhibit, to show the importance of her worldwide triumphs and express to the community that everyone should be treated equal.

In her efforts to help the impaired learn braille if needed, sign language, make sure that they were taken care of, and provide essential healthcare, Keller would continually travel to General Armed Forces Hospital to support the wounded soldiers. Photographed here, Helen Keller is seen walking with a soldier who has lost his eye and left surgery. This image was important, because I wanted to expand on how her career began with the works of helping these wounded soldiers and improving their conditions before she began advocating for bigger and more controversial issues.

“Helen Keller Would be I. W. W.’s Joan of Arc,” *New York Tribune*, January 16, 1916, Special Feature Section, p. 5. [34]

Becoming the face of the Industrial Workers of the World, Helen Keller promoted how to improve working conditions and gave various speeches on these circumstances. By doing this, she became every active in the support for strikes, court cases on discrimination in the workforce, and enforced no child labor policies in corporations. Including this on my board allows one to see how Keller was able to triumph in benefiting these companies and left her lasting impact on the workforce and aiding them, which is still shown today with the ACLU cofounded by Keller.
Helen Keller's career was very close to her in that she started working with the military who became blind or deaf in war, teaching them and helping them communicate the same way that she had to learn as well. One patient explained how she was a light in the room and would continually bring joy to everyone, and always making sure that they were getting the proper care and treatment that they were needed before leaving to go help a better cause.


Member and founder of the ACLU, Helen Keller would fight against discrimination in the workforces, and aid alongside court cases, vouching to legislation for equal rights. Thus, explaining why I used this image, to emphasize how she was under surveillance from the Federal Bureau of Investigation throughout her lifetime for her views and support towards the unthinkable.

Mrs. Catherine “Kate” Adams Keller’s, Helen Keller’s mom was born to the Adams family, relating her to former president John Quincy Adams. When she married Captain Keller, he already had a son, Phillips Brookes, who was Helen Keller's older brother. Catherine Keller had a very close relationship with her daughter, which was the main reason as to why she got most of her way around the house. Mrs. Keller was also hesitant in letting Anne Sullivan keep her away from the home. However, in an article Catherine wrote before she died, she stated that her daughter has come a long way and she was very proud of her success.

Written by Helen Keller this newspaper was about the courage that these soldiers have, and how she is helping to improve their stability and get them back to the “normal” lives that they deserve even if it is not under the same conditions. She explained how she just wanted them to leave proud of their accomplishments and know they are not limited to there impairment or wounds.

This visitation planner of Helen Keller's was used to emphasize the amount of Military Hospitals she was visiting in a short time frame to make give speeches and check on their well-being.


One of Helen Keller's major targets in advocating was the segregation of African-Americans. Helen Keller continually wrote to legislation demanding the right for equal education not only for the deaf and blind but for the African-American children as well. She would use her personal accounts to show how she was discriminated against and what she has done today. She also explained how it was in her heart that she felt these kids should have the same opportunities that everyone else in the nation was receiving.


Helen Keller was a cofounder for the American Foundation for the Blind, with this, she continually worked with the wounded and impaired military as well as promoting public efforts to help their circumstances. This letter that she wrote was “praising” the organization for there efforts. By working with this organization, Helen Keller was able to open a rehabilitation center under her name, and they have performed multiple surgeries and are continually helping the wounded military in order to carry the impact that Keller left through her lifetime.


Helen Keller was not one to back down on legal situations. As shown in the letter on my board for Emma Goldman’s Arrest. Keller sent a letter to the senator, judge, and other politicians in the city to release Ms. Goldman for teaching about the contraception explaining how she had rights and that they were needing to be heard. Keller emphasized the issues that society has imposed on women in her letter and even wrote heartfelt statements about Emma Goldman.


As a member of the socialist party, Helen Keller was eager to join the Industrial Workers of the World, where she promoted and supported strikes, encouraged shorter work days, and even became the face of it all. In this letter, Keller wanted to explain to the public what the Industrial Workers of the World were about, and expose the conspiracy that society had on this organization claiming they were mostly false accusations.

Helen Keller was a sponsor of the National Association for the Advancement of Colored People, in her efforts for equality she wrote to politicians, talked to presidents, and even attended hearings on African-Americans to give them their right which were being taken away. In this letter on my board, Keller was explaining her gratitude towards the NAACP for allowing her to support and expressing her gratitude for their efforts to support these minorities as well.


Helen Keller's letter was used on my board to show the effects she had in advocating for women, one being their right to healthcare services like birth control endorsed by Margaret Sanger, a close friend to Helen Keller. This letter shows how proud she was of their efforts to create an education for women and explain the benefits and efforts to them not only for birth control but other controversial topics and medicine ideas.


I included this letter on my board, as it was a speech written by Helen Keller about the rights for women and how they have a voice that needs to be heard. At this meeting, Helen Keller talked about how they are entitled to gain more equal opportunities, and should not be silenced.


Helen Keller published this book, her autobiography, in 1902. I wanted to read this book to get Helen’s perspective of her life. She expresses her thoughts on the tragedy of losing her sight and hearing, as well as, her triumphs of learning to spell words, read, write, and speak. I felt like Helen wanted to draw the reader into her world, guiding them through each event in her life. People criticized Helen’s writing because she would be so descriptive, which they would question because she was blind and deaf. Helen explains that she could see, hear, and speak for a brief time before her illness, so she does have memories of that, but books were in her words, “Literature is my Utopia. Here I am not disfranchised. No barrier of the senses shuts me out from the, gracious discourse of my book-friends.” Helen was frustrated, as a result of her tragedy, but became famous worldwide when word of her triumphs spread. Helen Keller credits that to her friends. She says, “My friends have made the story of my life. In a thousand ways they have turned my
limitations into beautiful privileges, and enabled me to walk serene and happy in the shadow cast by my deprivation.” I enjoyed reading Helen Keller’s autobiography for my exhibit. It allowed me to see her view of what she lived through.


This Documentation explained the efforts of Helen Keller with the American Civil Liberties Union and emphasized what was being done within this organization.


Within this letter, it explained what the American Civil Liberties Union (ACLU) was, and specific cases that they have worked with, including many that Helen Keller was alongside and wrote speeches about.

[President Lyndon B. Johnson and Helen Keller]. Photograph. c1964. From American Foundation for the Blind: Helen Keller Archives [50]

This photograph shows the moment Helen Keller received the Medal of Freedom. I placed this next to the Telegram of Lyndon B. Johnson to show how far she came, and how she was able to receive this highest honor achievement.


Johnson explains how in order to receive the Presidential Medal of Freedom, candidates must exhibit characteristics that follow achievements such as, the national interest of the United States, cultural diversity, or even public changes. As an activist, Helen Keller emphasized her support of numerous cultures, providing people with fundamental public care, and allowing an understanding of rare impairments. She triumphed through her tragedy and helped others to do the same.


I used this image to show where Helen Keller first learned to connect her words. Anne Sullivan Macy took countless hours and days working to have Helen Keller sign the word to everyday things Keller would come in contact with, but Keller could not make the connection between them and signing the words to communicate what she wanted. Sullivan knew the potential Keller had and wanted to continue education her but could not figure out how she was be able to connect these words. So when Anne Sullivan was able to finally get her to connect words with meaning, water being the first one, Helen was able to learn 30 more words later that day and further her education under Sullivan to learn. This image exemplified the water that Helen Keller felt pouring out of the pump leading to a triumphant breakthrough out of her tragic dark and silent world.
I used this invitation notice in the tragedy section of my board to show the importance that Anne Sullivan had in her life. For example, when Keller was asked to be buried at the National Cathedral, the only way that she would honor this invite was if Sullivan and Polly Thompson were able to be buried there with her.

Weary, Leslie A. Leslie Weary to Helen Keller Condemning her Support for the NAACP, 1956. Letter. From American Foundation for the Blind: Helen Keller Archives. [38]

I used this letter on my exhibit to show the support that members of the NAACP had towards Helen Keller, and how they were by her side for her fight amongst equality.


Helen Keller’s efforts in promoting her work with the suffragist movement was shown in this newspaper, explaining how she wanted to create a purpose for women to gain equal opportunities.
Secondary Sources


This website allowed me to achieve a logo of the American Civil Liberties Union to display on my board, and emphasizes the efforts that Helen Keller made as the co-founder to improve the workforce with the documentations under that corresponded.


The A&E Television Network made a short documentary on Helen Keller and her accomplishments in her life. They explained how her life was not limited to her disability or where she lived, because she was always working to help others before herself. They even explained how she loved to joke with her family and do little things like where different to give them a laugh and see if they would notice.


From this webpage, I was able to retrieve information on her childhood and how she grew up as well as her lasting legacy. In reading this I even gained insight on influential people in her life, who inspired her to began her career.


I wanted to display this magazine at the front of the board, to show how Helen Keller’s life started from a tragedy and was later turned into a triumph once she began to learn. It was explained in this article the works that she did as a deaf-blind person worldwide, and I wanted to incorporate that into my board to emphasise what she was all about.


This movie allowed me to see how Helen Keller grew up. Although some things were not accurate, the movie did remain relatively close on how Anne Sullivan helped educate Keller.

This short chapter book, gave me pictures of Helen Keller and important events in her life that I was able to help contribute to my timeline. Additionally, I also got to see written letters from Helen Keller personally.

Haitch, Nancy. Personal Interview.

Public Relations officer for Helen Keller International, Nancy Haitch, gave me a short interview on what their organization was, and how they do not just travel internationally, but also have efforts in the United States to improve the treatment and cares for vision and hearing impaired, as well as helping to give the community an affordable essential health care to keep our country healthy and happy.


This website allowed me to see how Helen Keller lead various reform movements to benefit the people, but also how she used politics and legislatures to help solves these issues.


In this newspaper, the author explained how Keller’s tragedy did not define who she was. This creating a compelling point that I wanted to display on my exhibit. I considered it to be interesting how the author talked about at a young age she began her career in advocating for simple causes and as she got older she expanded her horizons, and will be remembered for her global fight.

Helen Keller Birthplace Tour Guide. Personal Interview

I conducted a short interview with our tour guide at Ivy Green, to learn more about Helen Keller and discuss topics that I found in my research. I learned that the Keller’s owned slaves, but they were treated very respectfully and most of them were dismissed when Helen Keller became deaf and blind. However, some stayed to cook and clean, and Helen Keller even made a playmate with one of the little slave girls.

Helen Keller Channel. “Captioned, Helen Keller visits Philippines” HKC. 2018 [https://www.youtube.com/watch?v=djjr20LAXX0 (accessed 1 Mar 2018)]

This video is displayed in front of my board, it explains her travels abroad and shows what she accomplished during that period.
http://helenkellerfoundation.org/ (accessed 6 Dec 2018) [78]

I heard about the Helen Keller Foundation in my medical classes, and even interviewed with a family who was sponsored by the Helen Keller Foundation with surgery on their son’s eyes to improve his partial blindness. This organization's mission is to continue Keller’s works by improving the conditions of everyday people and changing lives.


I was able to gain pictures of the work that they were doing in Africa, and what their mission was and a brief history of the organization, to contribute to the impact that Helen Keller left on society.


This webpage allowed me to receive background information on Helen Keller, and learn about her childhood, and life as an advocate. On this website, it also included information on her efforts in the wars and expressed her lasting impacts on the community.


This webpage allowed me to achieve a photo of the Helen Keller Rehabilitation Center and what they were able to do as an organization and carry on working with our wounded and impaired adults and children.


The international socialist review webpage allowed me to see what Helen Keller did as an activist and give me specific explains of her efforts in events like labor force improvements and women's rights. I used this as a guide to help me write my captions for my board.

Klemm, Rolf. Personal Interview

Rolf Klemm is the malnutrition advisor for the Helen Keller International Organization, when interviewing him I learned that there is multiple research in the diseases that can result from lack of food intake and how harmful malnourishment is. He explained that they are constantly presenting their findings, and are flying out to help the developing countries and continuing the works of Helen Keller and making sure that each person has a smile on their face and when they leave they feel that they have left an impact on the community and have improved their conditions.

This magazine article is displayed in front of my board, it gives information on the achievements of Helen Keller and how she changed the world through her triumphs.


This website gave me personal letters that Helen Keller wrote, including many to the presidents, state attorneys, judges, and others. Additionally, I was also able to see some of her speeches including some about her efforts to improve not only the united states but the world.


At the National Women’s History museum I was able to obtain the plaque of Helen Keller in the Hall of Fame, which i displayed on my timeline, as well as learn about how she shaped and changed the world through her advocacy.


This webpage gave information on who Helen Keller was, and provided me with an understanding of how she was able to make it through school and her childhood stories.


The Miracle Worker play starring Patty Duke, allowed me to see the childhood of Helen Keller and how much of a defiant child she was. The play was filmed on the property, so I was able to see specific from the museum, and I even learned that every summer at the birthplace a Miracle Worker play is put on to educate the audience on Helen Keller through a series of events. Additionally, this play won an oscar award, and Patty Duke was the only person who ever received an oscar for only saying one word in a film, “water.”


The Points of Light Monument is a walkway in Washington D.C. that honors the accomplishments and actions taken to better our world. Helen Keller is featured in this walk explaining how she devoted her life into advocating for others, and I wanted to include this on my board to show how her actions affect America.
Williams, Kendall. Personal Interview.

Kendall Williams is the mother to a child who I cared for while training to become a CNA. The Williams family son, experienced a tragedy like the Keller’s did, and they sought to improve this. Their son went partially blind at a young age and gradually progressed more. After many hospital visits, they met with the Helen Keller Foundation. I conducted this interview to gain insight on what the foundation did to help improve their son’s condition. She explained how he went under multiple surgeries and has vision but in low lights so has to wear something to dim the lighting so it does not harm his eyes. In doing this, I was able to gain a validation on the efforts of this foundation and how they are continuing the works of Helen Keller to this day.