

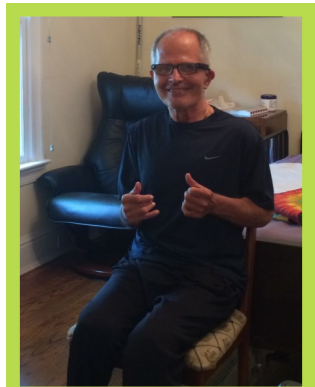


HELPHOPELIVE™

Vince's Story

FOR VINCE YACKERY

To Benefit the Northeast Spinal Cord Injury Fund



A WORD FROM VINCE

As Forest Gump said, "Life is like a box of chocolates, you never know what you are going to get." I saw myself finishing out my active career for at least another ten years, and never had the thought of falling victim to such a catastrophic injury.

Feeling InVINCEble, I never purchased disability insurance at work, thinking nothing could ever happen to me. I have always been independent, feeling I could deal with anything on my own. Ironically, to my surprise, I became entirely dependent on the help of others.

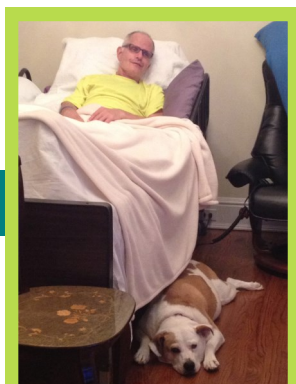
It has been only through the support of my family and friends, and the outpouring of generosity from the community, that has made it possible for me to persevere and thrive.

I am grateful to all of the people who bring family dinners to our home, the dedicated crew of 6am "bed flippers," my bible study companion, my book club members, all of the ladies who participated in the winter paddle tennis fundraiser, the summer stand up paddle boarding fundraiser, all of last years walk participants, the Obie Harrington-Howes foundation, and especially all of the kind thoughts and prayers from friends.

I have made much progress in my physical therapy, and my goal is still to walk again, leading an independent lifestyle. All of these goals would not be attainable without the help of the community, my dedicated family, especially my two daughters Christina and Claire living at home, and my aid Andrea.

Finally, I am deeply indebted to my loving wife, Caroline for sticking with me for the last thirty years, and especially for her efforts during the last two, keeping it all together. If it weren't for her, I don't know what I would have done.

So what I have learned through all of this is, "If your life flashes by you, make sure it is worth watching."



IF YOU WOULD LIKE TO MAKE A DONATION TO ASSIST VINCE WITH SOME OF HIS UNINSURED REHABILITATION EXPENSES, PLEASE VISIT: [HTTP://BIT.LY/HHLCAMPAIGNPAGEVINCE](http://bit.ly/HHLCAMPAIGNPAGEVINCE)