MARCH 2026

HELPING HANDS FOR HEROES

HELPING HANDS HORIZON

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This February, we are proud to introduce **Operation Nourish**— designed to fuel bodies, strengthen community, and directly support our mission. We believe real change starts with real nourishment and our food truck will serve **real ingredients, real food, and create real impact—one meal at a time.**

Operation Nourish will make its debut at our upcoming Hands for Restoration event, where we will provide hair cuts, showers, clean clothes and proudly serve free meals to at-risk and homeless veterans.

After the event, Operation Nourish will be available to local business communities, offering employees the opportunity to purchase fresh, high-quality lunches that directly support Helping Hands for Heroes and future restoration events. Every meal purchased is more than lunch—it helps provide life-changing services for the veterans we serve.

In the coming weeks, we'll begin scheduling veteran interviews, ensuring that the voices and stories of those we serve remain at the heart of this initiative.

Operation Nourish is more than a food truck. It is a mobile extension of our mission—meeting people where they are, inviting the community to participate, and transforming everyday meals into meaningful action. Be part of something bigger and contact us to come to your office starting in April!

MISSION BRIEF FROM THE CEO

As we begin a new year, I am filled with gratitude and optimism for the meaningful progress taking place at Helping Hands for Heroes and True Vet Solutions. What began as a mission rooted in dignity, service, and compassion is quickly becoming a growing movement—one that is meeting veterans where they are and restoring hope in tangible, lasting ways.

Here in Jacksonville, our Hands for Restoration program is actively taking shape. Through our mobile barber and shower unit, food truck, and hygiene essentials, we are bringing care directly to homeless veterans—reducing access barriers and reminding them they are seen, valued, and worthy of respect. In partnership with community leaders and agencies, this work represents more than services—it represents restoration and stability at critical moments.

At the same time, our Heroes Transport Unit continues to ensure veterans do not miss essential medical appointments due to lack of transportation. This program is built on reliability and trust, honoring the sacrifices of those we serve by removing one of the most common barriers to consistent care.

Together, these efforts form a coordinated support system designed to meet immediate needs while opening pathways to long-term stability. Soon, our food truck will expand this impact even further—providing nutritious meals, meaningful connection, and moments of dignity for veterans who need it most.

Beyond Florida, our mission continues to grow with the launch of our Helping Hands for Heroes office in Las Vegas. This expansion reflects both growing need and strong community partnerships, allowing us to thoughtfully extend our model of care into a new region. As we build our team there, we are committed to listening first, learning deeply, and responding with intention and measurable impact for homeless and at-risk veterans in the Las Vegas community.

As we look ahead, we invite you to be an active part of what comes next. Your financial support allows us to expand services, invest in mission-critical resources, and deliver care with consistency and excellence. Your time as a volunteer brings heart and human connection to every program we operate. Whether you give, serve, or share our mission with others, you are helping move this work forward at a moment when it matters most.

Together, we are not just launching programs—
we are restoring dignity, rebuilding trust, and creating pathways to hope for veterans who need it now more than ever. Thank you for believing in this mission and standing with us as we continue to grow.

With gratitude and determination,

Tracy "TJ" Glover
CEO

OUR STRENGTH COMES FROM THE TEAM DRIVING OUR MISSION FORWARD

We are proud to announce our Jacksonville team has grown with each member bringing a unique set of skills, experience, and passion, ensuring we are equipped to create meaningful impact for the veterans and communities we serve.

Katie Wood Director of Development leads our fundraising strategy with expertise and vision, ensuring we have the resources to expand programs and deepen our impact.

Sephanie Borros Community Fundraising & Brand Engagement Manager connects with our local community, building relationships and partnerships that amplify our reach

Paulina Fluehr Digital Engagement & Fundraising Manager will drive our online presence and digital campaigns, making it easy for supporters everywhere to engage, give, and spread the word.

Lace Smith did an excellent job with our Run Up for Heroes 5K video footage and has now officially joined the team to capture the stories, events, and faces of our mission, turning moments into compelling narratives that inspire and mobilize support.

Lucretia Johnson serves as a direct link to the veterans in our programs, coordinating outreach and care services to ensure no hero is left behind.

Together, this team combines many years of non-profit strategy, community connection, digital expertise, outreach, and storytelling. Their collaboration ensures that every initiative—from events and programs to fundraising campaigns and veteran care—runs smoothly, creatively, and effectively. With this powerhouse team at the helm, Helping Hands for Heroes is poised for a year of growth, impact, and real change.

COMMUNITY EVENTS

Stay Connected With Us in the Community

SCAN ME

Did you know you can **follow our community outreach efforts right on our website**? It's the best place to see where we'll be next, learn more about our mission, and discover new ways to connect and engage.

Whether we're hosting an event, partnering with local organizations, or showing up to support our veterans, you can stay in the loop and come say hello in person.

You'll also **find us at every Jacksonville Icemen game** throughout the season next to the pro shop and when you make a purchase you have the opportunity to give back in a simple but meaningful way—by adding a $1, $2, or $3 donation to Helping Hands for Heroes.

Every small contribution adds up to big impact for the veterans and families we serve.

Please **come to our table and say hello** to our team members and learn more about upcoming events where you can volunteer and get involved. We'd love to see you!

It is because of partnerships like the Jacksonville Icemen who make our work possible!

ICEMEN JACKSONVILLE

Donate to Serve Veterans!

Fund Showers, Meals, and Rides

DONATE TODAY!

Choose Your Impact:

$ 10 provides essential hygiene kits for veterans in need

$ 25 delivers a hot meal and a warm shower

$ 50 covers transportation to a medical appointment

$100 funds a full Hands for Restoration transformation experience

BETTER TOGETHER - LAS VEGAS PARTNERS HAND IN HAND

The Las Vegas team has hit the ground running in its first full month since opening the office. To date, we have **reached over 460 individuals at our events and connected with 20+ organizations** and to share our mission and dedication to bringing meaningful assistance to our veterans here in Vegas Valley.

Our team has attended events that focused on outreach to veterans and the unhoused community and already **started working with two veterans who need assistance** with navigating the system in order to gain access to necessary support through the VA. We are honored to be a part of their journey and look forward to sharing their successes along the way.

We are excited about our new partnership with Sandra Lambert a local organization called **Feed My Sheep Homeless Outreach**. Sara Lambert and her team are already out there doing the hard work of providing dignity, stability, and hope to those who need it most.

NEW

BRAVE HEARTS & WAGGING TAILS

This new program will offer free pet screenings by volunteer veterinarians and include a free pet wash at a mobile location.

Pets often provide a social bridge for veterans, aiding in reconnecting with loved ones and integrating more comfortably into their communities. They help improve emotional well-being and better social engagement for their owners. For those who have a pet but may not having a permanent residence, it can also be a barrier to obtaining housing as they will not leave their loyal companions behind.

We are partnering with local organizations to host events where we can make the greatest impact in our low-income and unhoused communities. By showing care for the dogs that mean so much to our veterans, we create meaningful connections and open the door to offer real support reinforcing our commitment to long-term stability. We look forward to sharing more about our first event in the coming month.

FINANCIAL SUPPORT

UNRESTRICTED GIVING

Unrestricted gifts provide the greatest impact by giving Helping Hands for Heroes the flexibility to respond to urgent needs, strengthen core programs, and sustain daily operations. This support ensures veterans receive help exactly where and when it's needed most.

EVENT SPONSORSHIP

Event sponsorships elevate your brand while empowering HHH to host high-visibility outreach and fundraising events. Your support helps create meaningful community moments that raise awareness, deepen engagement, and directly benefit veterans in need.

TVS: HELPING HANDS FOR HEROES PRESENTS
RUN UP FOR HEROES 5K & 10K
October 10, 2026

REACH OUT FOR SPONSORSHIP OPPORTUNITIES!

MATCHING GIFTS

Matching gifts double (or even triple) the impact of employee generosity. By participating in matching-gift programs, companies empower their teams to support veterans while amplifying the total contribution to HHH's mission.

PROGRAM SPONSORSHIP

Supporting a program such as Hands for Restoration, Mission 82, or Operation Nourish allows your company a high-visibility branding opportunity combined with community engagement. You'll be supporting dignity, hope, and stability while also experiencing scalable and year-round exposure to the local community.

IN-KIND PARTNERS

In-Kind Donations allow us to maximize the efficiency of financial donations and keep our overhead low. We are committed to being responsible stewards of the generosity shown by our communities.

Printing services
Branded merchandise
Office supplies
Food/menu ingredients
Clothing, shoes, & hygiene products
Tools & equipment
Memberships & subscriptions
Venue/event space
Land & real-estate acquisition

We are a 501(c)(3) nonprofit organization.
EIN: 33-3953199

Additional Opportunities

- *Exclusive volunteer activities*
- *Team-building events*
- *Corporate Social Responsibility Initiatives*

ARE YOU A COMPANY, ORGANIZATION, OR FOUNDATION THAT OFFERS GRANT OPPORTUNITIES?
Please let us know at katie@handsforheroes.org.

JOIN OUR VOLUNTEER BATTALION WE NEED YOU FOR THE FIRST HANDS FOR RESTORATION EVENT!

We are building a dedicated battalion of volunteers. Whether you can give a few hours or ongoing support, we will match your skills, interests, and availability with meaningful opportunities. We are currently recruiting volunteers for event support and outreach assistance.

SCAN HERE TO GO TO OUR WEBSITE AND SIGN UP!

SUPPORT THE MISSION!

Become a monthly partner and help deliver consistent care to our veterans.

DONATE TODAY!

$ 10 provides essential hygiene kits for veterans in need
$ 25 delivers a hot meal and a warm shower
$ 50 covers transportation to a medical appointment
$100 funds a full Hands for Restoration transformation experience

STAY CONNECTED!

Facebook *Instagram*

Thank you for reading this edition of the Helping Hands Horizon Newsletter. Our mission is stronger when it is shared. Please pass this along to a friend, family member, or fellow service member. Together, we can spread awareness, build community, and bring hope to every hero.