



HELP KEVIN RECOVER WHILE HE SUPPORTS HIS FAMILY

On **September 24, 2026**, I was away from my own home helping my mom through one of the hardest periods of her life.

My stepdad passed away in July, and I had taken about two months away from my normal routine to help my mom handle everything that comes after losing someone you love, including paperwork, accounts, and preparing for his memorial.

That afternoon, I was heading to the pharmacy to pick up prescriptions for elderly people my mom helps care for when I was involved in a serious accident.

I was taken by ambulance to the hospital, where doctors discovered that I had **fractured the C7 and T1 vertebrae in my spine**. I also suffered **severe pain in my left shoulder and ribs, along with abrasions to both knees**.

Doctors have told me that the fractures should take about **eight weeks to heal**, but I have to be extremely careful with my movement. I cannot lift anything with my left side, and my shoulder is still a major concern.

After being released from the hospital, I had to return to the emergency room the very next day because the medication made me so sick that I could not keep food or fluids down. I became severely dehydrated and needed additional treatment.

I came here intending to take care of my mom.

Now, life has thrown us another challenge. Just days ago, **my mom fell and dislocated her shoulder**, so suddenly we are both injured and trying to help each other through recovery.

I also spend time riding with **Spokane Combat Vet Riders**, an organization whose members support veterans through fundraising and outreach. I am not a veteran myself, but I have become close friends with members of the group and regularly support their rides and events.

Right now, I am focused on healing while still doing everything I can to be there for my mom and family.

Funds raised through HelpVy will help with **my medical and everyday living expenses** while I recover.

If you are able to donate or share my story, I would be sincerely grateful.

Kevin Days ☐☐

HelpVy



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