

HELP LIZ AND KEITH RECOVER AFTER A LIFE CHANGING ACCIDENT

My name is **Liz Holden**, and last Friday, November 6, 2026, my husband, **Keith**, and I were involved in a serious accident in Galveston, Texas that changed our lives in seconds.

We had just finished dinner and were heading back to our camper when the accident happened. What had been an ordinary evening together suddenly became an ambulance ride to the hospital for both of us.

Keith suffered several serious injuries, including a fractured pelvis, fractured arm and humerus, fractured right shoulder, and fractured wrist. He remains in the ICU, and at this point we do not know how long his recovery will take or when he will be able to return to work.

I was also injured and suffered significant pain in my left ribs, left ankle, left foot, neck, and pelvic area. I was discharged from the hospital last night, but even basic movement has been difficult, and I am still trying to manage the pain while being there for Keith.

We had only recently gotten married, so this is not how we imagined beginning this chapter of our lives together.

Between us, we have six amazing children and six grandchildren who mean everything to us. Our family is incredibly important, and right now we are leaning on each other as we try to understand what comes next.

Keith has worked as a truck driver with FedEx Freight for approximately 14 years. He loves his job and the people he works with, but with the extent of his injuries, we do not know when he will be able to return or what his long term recovery will look like.

I work as a clinical liaison and am hoping to return to work when I am physically able, but right now even getting around is difficult.

Keith is one of those people everyone describes as kind, honest, and willing to do anything for someone else. He is the man who will stop on the side of the road to help a stranger simply because they need it.

Now we are the ones who need help.

Funds raised through **HelpVy** will help with our medical and everyday living expenses while Keith remains hospitalized and we both work through our recoveries.

If you are able to donate, pray or share our story, we would be deeply grateful. Every donation and every share will help ease some of the financial pressure while we focus on healing and finding our way forward together.

Liz, for Keith and our family □□

HelpVy



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