



HELP NAVY VETERAN ZACHARY RECOVER AFTER HIS SERIOUS ACCIDENT

On **September 30, 2026**, I was involved in a serious accident that left me injured and suddenly unable to do many of the things I normally take for granted.

I suffered a **broken left thumb, severe road rash on both arms and both shins, a large hematoma on the right side of my pelvis, and possible ligament damage to my right knee**. I also aggravated a previous right shoulder injury that had required surgery and a titanium plate. Since the accident, that shoulder has been causing me significant pain and still needs further evaluation.

The road rash is especially painful. Some of it is so severe that I described it as feeling comparable to a serious burn.

Right now, even basic daily activities are difficult. My wife, **Jonni**, has been helping me shower and dress my wounds because I cannot manage everything on my own.

I am a **retired navy veteran**, and after my military service I built a livelihood working with my hands. I own my own LLC and work as a **motorcycle builder and fabricator**, while also contracting my skills to other shops.

That work is a huge part of who I am. But with my thumb broken, my arms injured, and my shoulder and knee hurting, I simply cannot do the work I normally depend on for income.

Jonni and I have been married for three years. Our family includes **three stepchildren**, along with four horses, three dogs, and four cats. There is always someone or something depending on us.

I have always been the person who would stop and help someone else. I am much more comfortable being the **first person to help and the last person to ask for help**.

But right now, I need some help myself.

Funds raised through HelpVy will help with **my medical and everyday living expenses** while I recover and work toward getting back to the trade and family I love.

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

Zachary Long □□□□

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