



Post 9-11 Era



Desert Storm Era



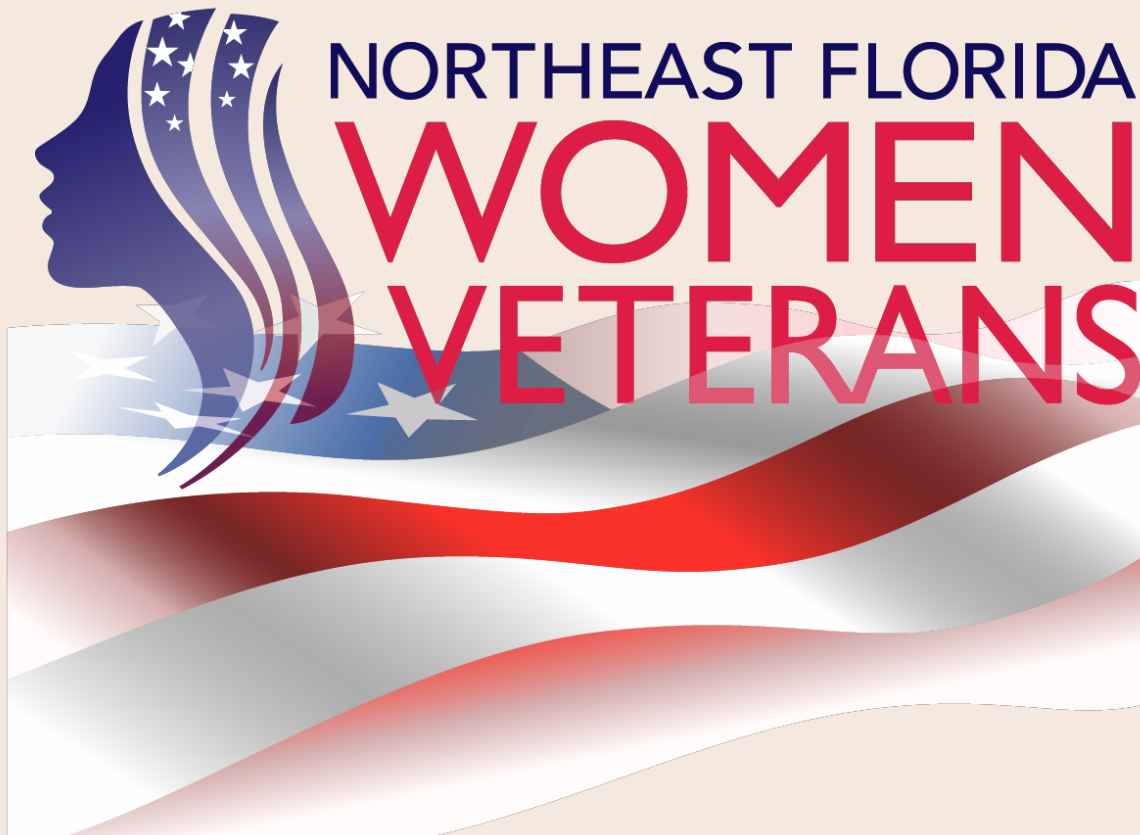
Vietnam Era



Korean War Era



WWII Era



2023 ANNUAL REPORT

FROM THE DESK OF THE CEO

Show us a need, and we will show you our work. It is something that our team understands because as we always say, “Just do the work”. It is so easy to get distracted and off course but if we focus on what is important...that is, the wellbeing of women veterans and their children, we can change lives. Northeast Florida Women Veterans continue to live by this simple rule.

We cannot do this work without your help, who see the vision and want to support it. Over the past 12 years, you have ensured our doors remain open and families are impacted. For this we are grateful.

Northeast Florida is home to more than 15,000 women veterans, representing all branches of service, every war from WWII to present, and every race and ethnicity. They are single, divorced, widowed, with and without children, and they are living in every area of northeast Florida. Many have successful careers and many are homeless, at-risk, or challenged to survive everyday living. We serve all.

We are the largest population of women veterans in the state of Florida and the second largest in the nation, representing 10% - 15% of the veteran population.

We have all decided to make Northeast Florida our home.

This booklet is designed to show you where we are, the importance of our work, and the need for your support. We hope you will continue to take this journey with us by way of financial support and/or volunteering.

Thank you for your partnership and friendship!

Dee Quaranta
CEO/President

Penny Justice
Chair, Board of Directors

www.forwomenvets.org

Our Staff



Sandra Boyd
Office Manager
U.S. Army Retired



Dee Quaranta
CEO/President/Founder
U.S. Air Force Retired



Amanda Conley
Social Worker
U.S. Army, Retired



Sharleen Deary
Outreach & Grant Coordinator
U.S. Air Force Veteran



Tina Medina
Program Coordinator
U.S. Navy Retired



Amy Collins
Case Manager
U.S. Navy Veteran



Natalie Marciano-Sidberry
Lead Case Manager
U.S. Navy Veteran



Elaine Spencer
Case Manager
U.S. Army Veteran



Tiffany Lawrence
Operations Program Assistant
U.S. Army Veteran



Shirley Brown
Receptionist

Board of Directors



Charles Fields, Vice Chair
Branch Manager,
Westside Wells Fargo Bank
U.S. Marine Corps Veteran



Penny Justice, Board President
Florida Employment Support Program (ESP)
Support to National Guard & Reservists
Interactive Government Holdings (IGH)
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LCDR, U.S. Navy



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Patricia E. Wolfe, Governance
Rear Admiral Supply Corps,
U.S. Navy



Teresa Dickerson
Retired IRS Officer
Tax Preparer, United Way



Onitay Ford
Project Coordinator IV
Medtronic
U.S. Army Veteran



Abbey Martin
Market Manager, AVP - Retail
Florida/Georgia
Woodforest National Bank



Dr. Charlotte Blanding
Licensed Mental Health Counselor
U.S. Army, Retired



Calendula Sanders
Business Owner
LSCM, U.S. Navy Retired

OUR VISION

Northeast Florida Women Veteran, Inc is the “voice” of women veterans. We help them excel beyond their own expectations.

OUR MISSION STATEMENT

Northeast Florida Women Veterans, Inc. is focused on ensuring women who have served on active duty, National Guard, or Reserves transition into the civilian community with the tools they need to become self-sufficient. We operate a resource center to provide supportive services and resources to women veterans and advocate for and promote community awareness of their challenges and accomplishments at the local, State, and National levels ensuring each has a voice.

VALUES STATEMENT

Our Core Values are the foundation we stand on and are exemplified in:

Integrity – Be true to what we say we are.

Commitment – Following through with what we say we will do.

Ownership of Process – Staking our name on what we do.

Collaboration – Working internally and externally as a team to accomplish what we do.

Accountability – Being responsible for what we do.

Communication – Being clear and concise about what we do.



OUR FOCUS

Resource Center

- Provide one-on-one and group counseling.
- Direct Services (Operation HandUP - financial assistance, clothing, food, transportation)
- Workshops
- Host programs (HerTOTALWellness, HerBIZ, HerHEALTHYLife)
- HerSPACE (Emergency Shelter/Transitional housing)

Advocacy

- Participate in conferences, panels, and other events to speak on behalf of women veterans.
- Partner with other groups with similar interests on behalf of women veterans.

Community Outreach

- Host events that connect veterans to their community.
- Host events that celebrate the accomplishments of women veterans and bring awareness to the many challenges they face.
- Attend events that promote community, collaboration, and awareness.

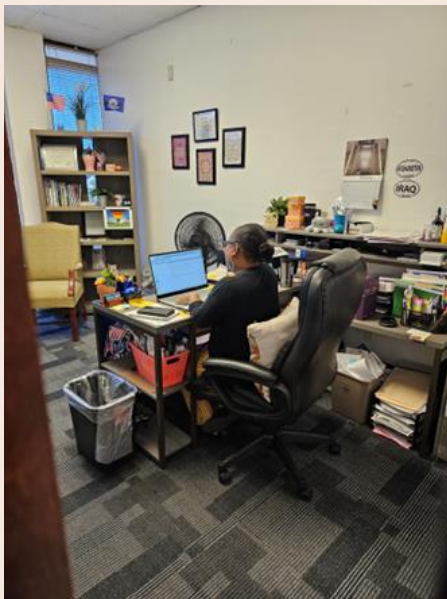


OUR PROGRAMS

All our programs are available to women veterans and their daughters (18-24). This includes reservists and national guard members. We also accept all types of discharge levels.



Operation HandUP – Operation HandUP provides direct services to homeless and at-risk women veterans. The services include emergency shelter, financial assistance, clothing, food, and transportation. *Case managers assisted 238 NEW clients in 2023.*





HerTOTALWellness (HTW) – This 6-week program is designed to empower women veterans on their path to self-sufficiency by addressing their holistic needs. HerTOTALWellness is focused on three primary domains of wellness: Body, mind, and Economic Empowerment. *In 2023, HerTOTALWellness had 21 graduates!*



Coordinator: Tina Medina





HerBIZ – This is a 6-month program designed to walk women veterans through the process of starting their own business. They receive hands-on assistance in creating a business plan, setting goals, establishing personal financial stability, and applying for needed funds, licensing and registrations as needed, to name a few. The expectation is that each participant will have opened or be ready to open their business at the end of six months.

HerBIZ has 2 cohorts with a 12-month period. There were 9 Graduates in 2023!



Facilitator:
Demika Jackson,
Owner, ReInvetU, LLC



HerHEALTHYLife - This 6-month program help women veterans realize the benefits of wellness. They are taken through workshops and exercise focusing on nutrition, stress management, self-care, and physical movement. *HerHEALTHYLife was not offered in 2023 due to funding. It will restart in 2025.*



Facilitator:
Pinky Uttayaya-Andrews
Owner, Zenenergy Fitness & Performance, LLC



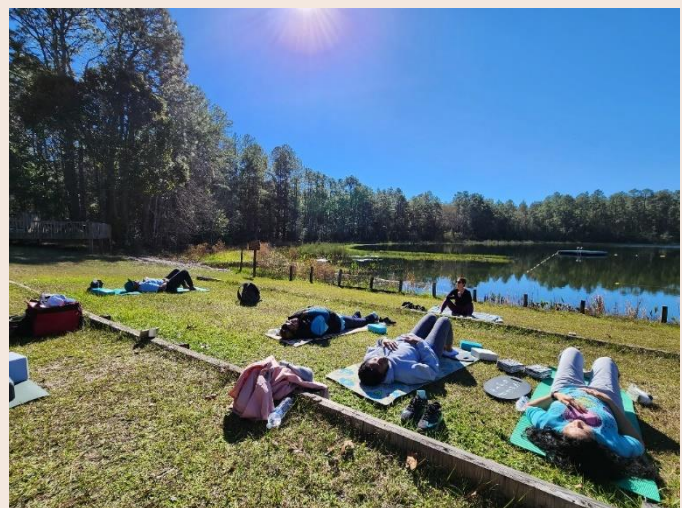
HerVOICE – HerVOICE allows women veterans the opportunity to tell their story of military service, transition, and where they are now. This documentary will be available on YouTube and other media platforms to share with the public the lives of women who served. The intent is to educate the public concerning the accomplishments and challenges of women veterans.





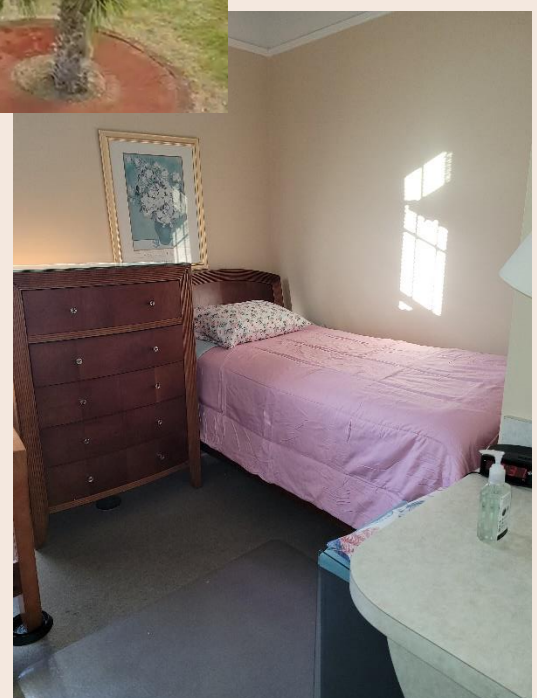
HerTIME – HerTIME was created in response to the growing suicide rate among women veterans. The retreat provides 2 nights and 3 days of peace, reflection, and connection. It is intended to restore mind and body, reconnect to self, and connect with other women veterans while disconnecting from technology and getting back to nature through mindfulness and resiliency workshops, therapeutic art, positive affirmations, and fireside group sessions. *There were 5 retreats in 2023 with 22 participants. The retreats are done in small groups on purpose.*

Our Social Worker also provides counseling in-house. In 2023, 448 individual counseling sessions and 21 group sessions were provided.





HerSPACE – HerSPACE provides emergency shelter and temporary housing for women veterans and their children. During the veteran's stay, they are assigned a case manager who helps them in setting goals and prepared them for permanent housing. Women are required to attend our HerTOTALWellness program depending on the week it starts. *In 2023, eleven women and 1 child were residents at the Lighthouse. 5 went into permanent housing, 3 moved in with friends, 1 into medical rehab, and 2 have HUDVASH vouchers and awaiting stable housing.*





Women Veterans Recognition Week (WOR) is celebrated every year during the month of June to align with Women Veterans Day, also referred to as Women Veterans Recognition Day and Women Veterans Appreciation Day. It marks the anniversary of the day the Women's Armed Services Integration Act (Pub.L. 80-625, 62 Stat. 356) was signed into law by President Harry S. Truman on June 12, 1948. In 2014, Jacksonville celebrated its first Women Veterans Recognition Week to help bring awareness to the accomplishments of women who served, as well as the challenges they face in transitioning from uniform to civilian life. This week-long celebration was, and still is, the only one of its kind in the country. It draws women from other parts of the state and has prompted others throughout the state and country to celebrate as well.



MILESTONES

2012

- Established
- Held first Women Veterans Roundtable at Florida State College at Jacksonville
 - Sponsored by Jaguars Foundation and FSCJ
- Special coverage with First Coast News on creation of organization

2014

- Created First in the country, Women Veterans Recognition Week
 - Received proclamation from the city of Jacksonville.
 - Held Mental Health Forum and Health Fair.
 - Military Display in City Hall of Women Veteran Period Uniforms
 - Through HandsOn Jacksonville, created documentaries on women veterans to be maintained at the Library of Congress.
 - Created “Traveling Stories” where women veterans visited school aged children to share their military stories.
 - Held first Women Veterans Recognition Gala that honored WWII women veterans.

2015

- Launched “RestorHER research with a grant from Women’s Giving Alliance to assess the needs of women veterans in Duval County.
- Second Annual Women Veterans Recognition Week
 - Held Recognition Gala which now included Korea and Vietnam era veterans.
- Gathered women veterans and their families of all services to march in the Veterans Day parade for the first time.

2016

- Moved into a city owned building on Broadway Ave.

2017

- Held first HTW Cohort.
- Held first community food distribution event.
- Held first Children’s Christmas party at VA Clinic.

2018

- Held First Women Veterans Thanksgivings luncheon.

2019

- Received a 3-year grant from Florida Bue to fund the HTW program.
- Moved organization to a new facility.
- Officially opened food pantry through grant from Feeding NE Florida. Received commercial freezer and refrigerator.

2020

- Launched three new programs, HerBIZ, HerHEALTHYLife, and HerSPACE.
- HerBIZ – A program that helps women veterans start their own business.
- HerHEALTHYLife – Encourages women veterans to live a healthier lifestyle.
- HerSPACE - A 4-bedroom home was donated to us for transitional housing,
- Purchased equipment to host virtual meetings through Care Act funds.
- Held the first virtual HTW cohort. Cohort 14.

2021

- HerSPACE program opened its doors to 5 homeless women veterans.
- Launched HerTIME program with 10 participants.
- Signed a SAM agreement with SBA.
- Appointment to the FDVA Fact Finding Committee
- Held the first virtual “HerVOICE” 3-day series.
- Received funding for HerSPACE Case Manager and a vehicle from Wounded Warrior Project.

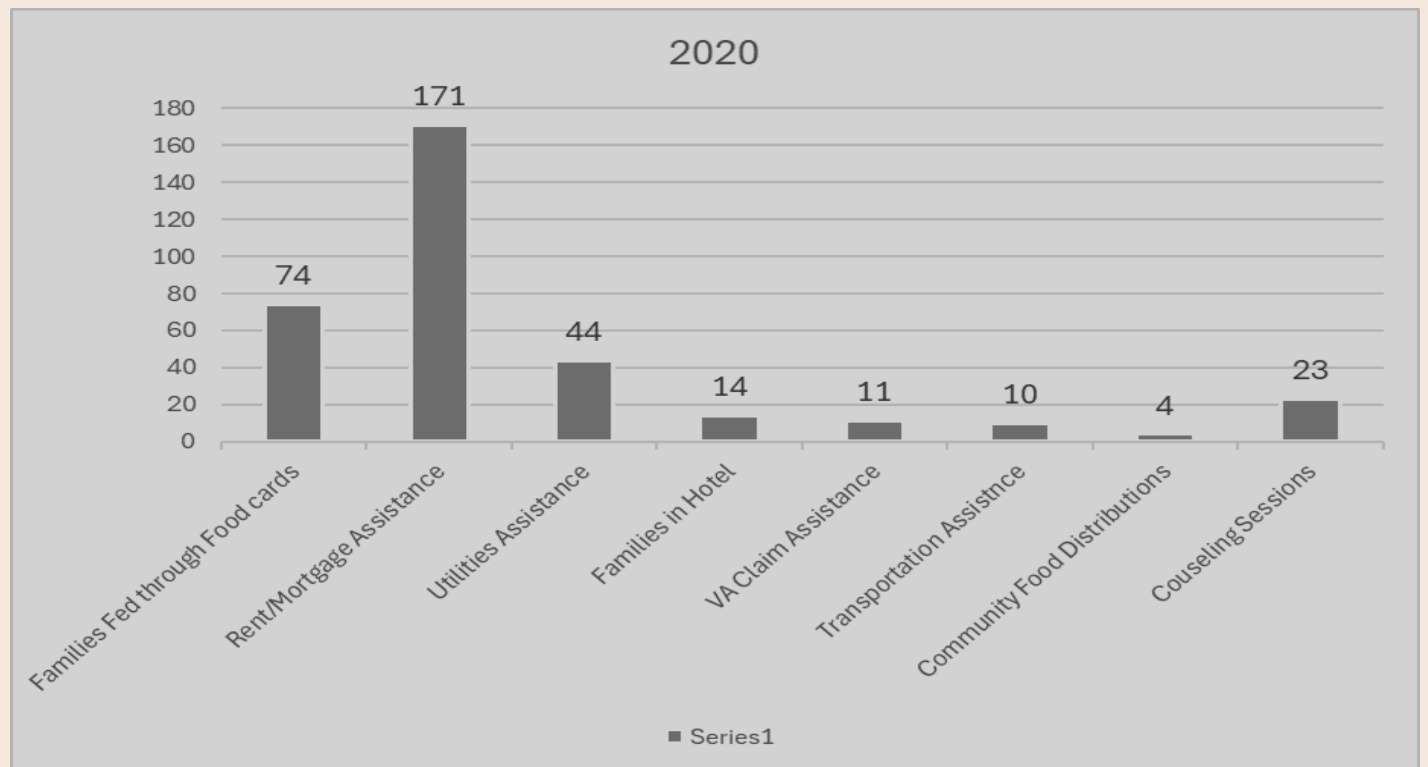
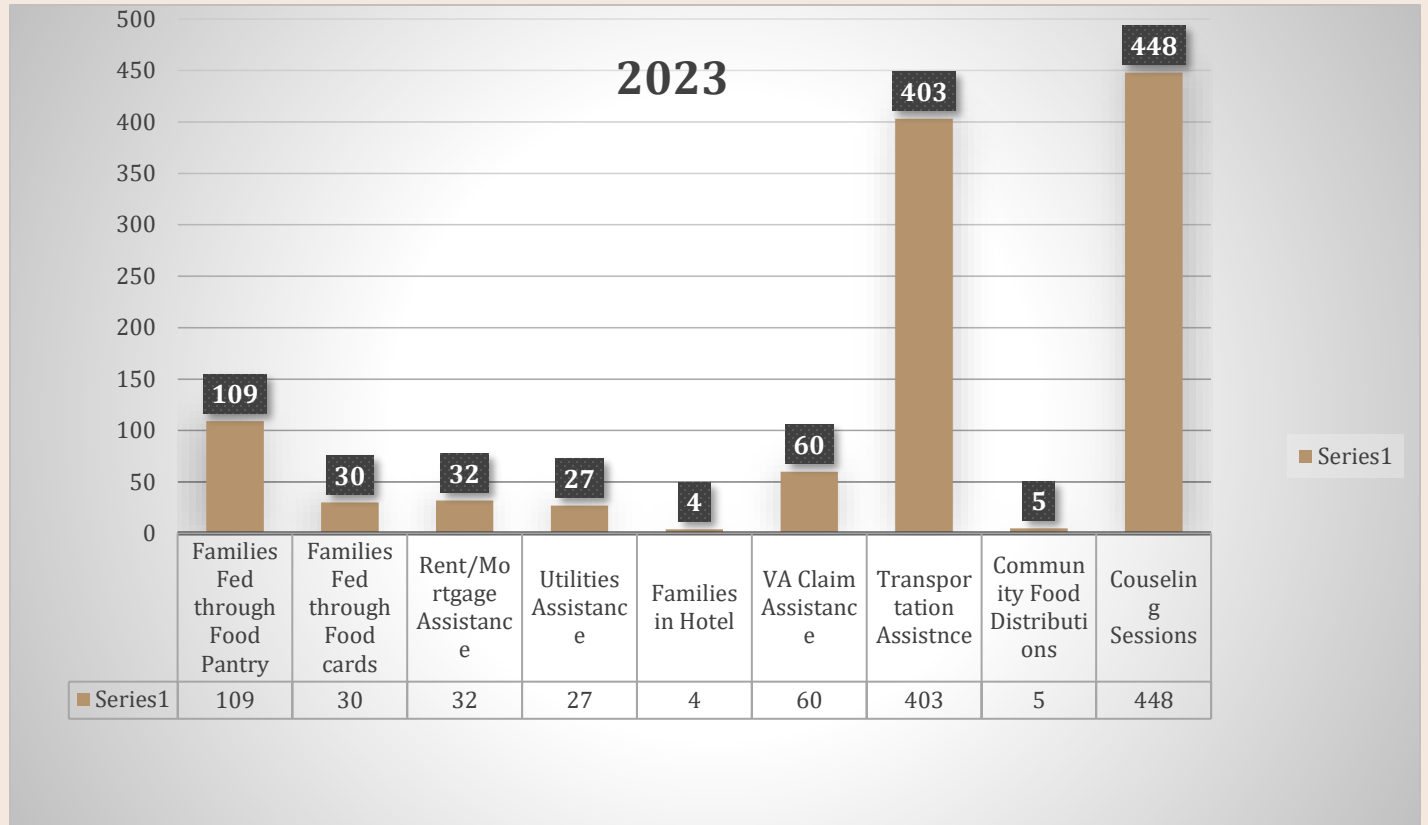
2022

- Received State of Florida funding.
- Hired Additional staff to manage outreach.
- Featured as the TPC 2022 Red Coat Charity. Received \$50,000 grant.

2023

- Received State of Florida funding.
- Became members of the FDVA State of Florida Women Veterans Advisory Council.
- Completed Cohort 30 of HTW.
- Held/attended first outlying county resource fairs in Baker, Nassau, Putnam, St Johns, and Clay counties.
- Hosted FDVA Women Veterans Conference in Jacksonville.

Service Comparison



FINANCIAL SUPPORTERS

We would like to thank the following financial supporters for making sure our programs and services continue meeting the needs. **Contributions are cumulative from 2012 to 2023.**

FOUNDATIONAL CONTRIBUTORS (\$500,000 & up)

STATE OF FLORIDA

CORNERSTONE CONTRIBUTORS (\$200,000 & up)

FLORIDA BLUE FOUNDATION WOUNDED WARRIOR PROJECT
DELORES BARR WEAVER FOUNDATION

ANCHOR CONTRIBUTORS (\$100,000 & up)

THE WOMEN'S GIVING ALLIANCE

DIAMOND CONTRIBUTORS (\$75,000 & up)

COJ CARE ACT FUNDS
THE COMMUNITY FOUNDATION

PLATINUM CONTRIBUTORS (\$50,000 & up)

UNITED WAY CARE ACT FUNDS SELAH FOUNDATION
THE PLAYERS' CHAMPIONSHIP
DISABLED VETERANS' NATIONAL FOUNDATION

GOLD CONTRIBUTORS (\$25,000 & up)

THE JAGUAR FOUNDATION
THE VYSTAR FOUNDATION
THE VYSTAR TRUST FUND

SILVER CONTRIBUTORS (\$10,000 & up)

K-9's FOR WARRIORS THE FIRE WATCH
CSX BAPTIST HEALTH
BOOTS ON THE GROUND
FIREWATCH

BRONZE CONTRIBUTORS (\$5000 & up)

JACKSONVILLE MARINE CHARITIES
DELTA SIGMA THETA
COMCAST NBC TPC STORYTELLERS
DAUGHTER OF THE AMERICAN REVOLUTION

COPPER CONTRIBUTORS (\$2000 & up)

ENTERPRISE HOLDINGS

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MICHAEL FLEMING

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PILOT INTERNATIONAL

FIRST COAST MORTGAGE FUNDING

JOSH & KATIE MARSCHKE

MEDTRONICS

WALMART

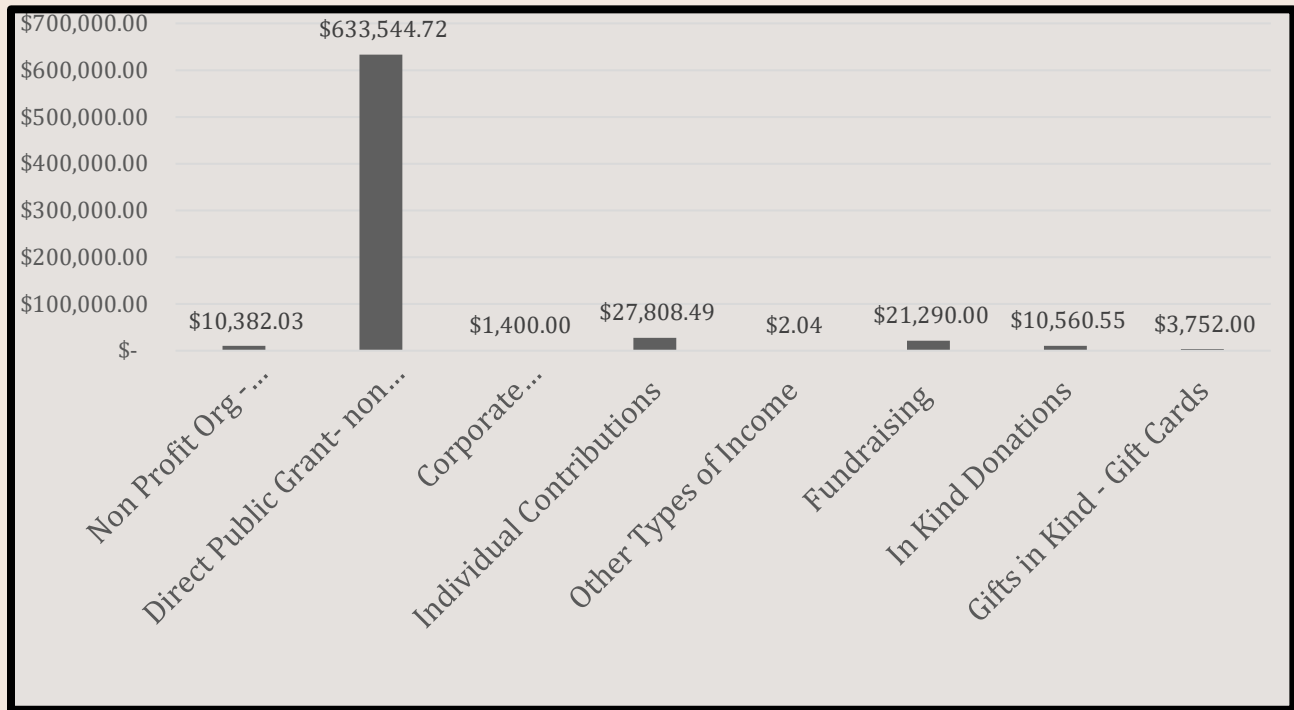
CHAMPION CONTRIBUTORS (\$1999 & under)

“Thank you” to the many champions who support our work. Your giving not only adds up, but sustains us. We are forever grateful.

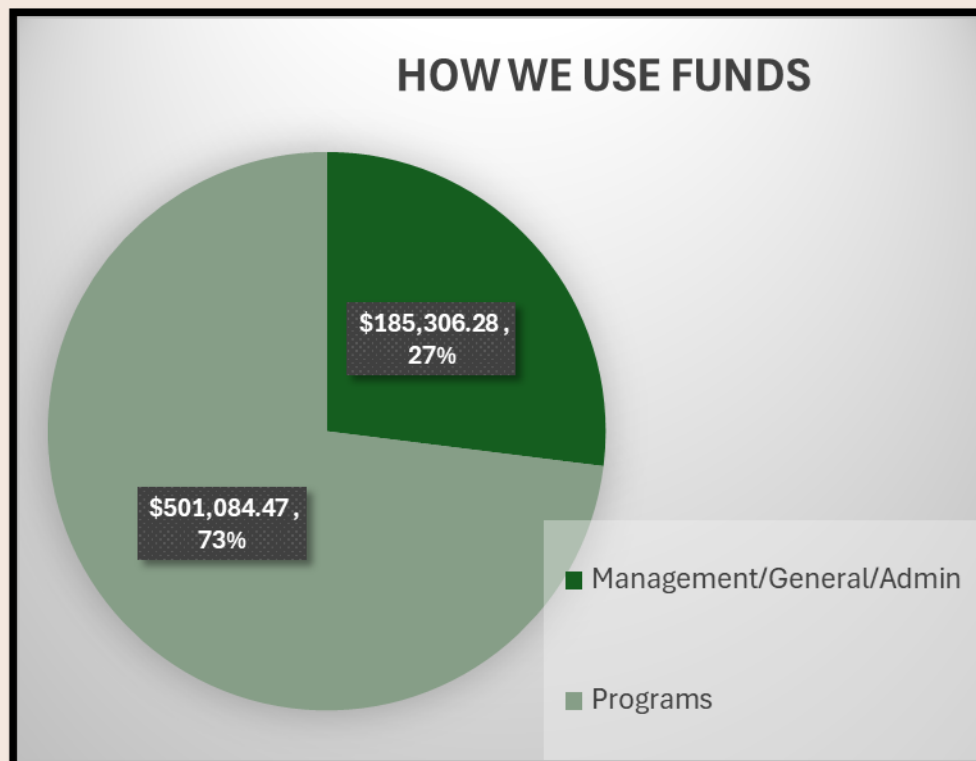
We received many in-kind donations such as cleaning supplies, personal hygiene items, toys, volunteer hours, and the list goes on. We know that without you, this organization could not stand. We are forever grateful.



OUR FUNDING



HOW WE USE FUNDS



Advocacy



Community Engagement



OUR NEED

Do you have a family member who serves in the military or have plans to go? Do you know someone who has served? Did you know that not everyone who served will come out ok? Did you know that transitioning from the military into civilian life has its own challenges. Couple those challenges with trying to manage invisible wounds of military service and what you get is a person having difficulties managing life altogether.

We are meeting a need that has long been overlooked. Our desire is to continue to create a safe place for women to come and talk about the things that are of concern to them.

Our desire is to:

- Provide programs that address the needs of women veterans on a national level.
- Share our template of work with other cities and states.
- Advocate for women veterans to have an official week of recognition nationally.
- Own a building for our organization to operate in.
- Increase the staff to 12 to support all functions.

Our Invitation:

Our nation has come a long way in supporting its veterans who sacrificed so much for the country. We invite you as individuals and as corporations to become the lead in recognizing the needs of women veterans. Your support will provide for the basic needs of women veterans of all ages and branches of service. Become a partner. Go to our website and give or mail checks to the below address.

103 Century 21 Drive, Suite 201
Jacksonville, Florida 32216
904-862-6039
www.forwomenvets.org

Ways to Help:

- Suggest our organization to others who want to donate.
- Set up a payroll deductible pledge.
- Donate a car.
- Donate real estate.
- Add the organization as a beneficiary to your estate.
- Volunteer your time to be an ambassador.

WE SERVED



Thank you for your support! Sign up for our monthly Newsletter and/or follow us on social media to stay current!

Newsletter: bit.ly/womenvetnews

@Northeast Florida Women Veterans, Inc.



@nefl_women_veterans

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