



Vietnam Era  
U.S. ARMY  
U.S. AIR FORCE



Desert Storm Era  
U.S. NAVY



Korean War Era  
U.S. MARINE CORP



Post 9-11 Era  
U.S. MARINE CORP



WWII Era  
U.S. NAVY RESERVES

# SERVING

## 2024 ANNUAL REPORT

## ***FROM THE DESK OF THE CEO***

What's in a name? If you want to show who you really are, the name should reflect it and your work should display it. Over the past 13 years, our work has impacted the lives of over 4000 plus women who served our great nation. We have provided services to women veterans in northeast Florida and their children and each year, it seems the demand increases. With that local demand, we are seeing an even bigger demand throughout the state of Florida and other states. We realize we cannot serve everyone with limited resources and funding, so we have decided to offer services to women veterans throughout the state of Florida. We know those services are going to be limited but we will do what we can with what we have and do it without decreasing the quality of services provided in northeast Florida. With all this going on, we've decided to change our name to reflect a wider reach. "Women Veterans Ignited, Inc." will be our official name going forward. "Ignited" means we are motivated, determined, ready and willing to do greater work. We are growing in our services, our staff, and our responsibility to our community.

We cannot do this work without your help. Over the past 13 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 second largest population of women veterans in the state of Florida and 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

# Our Staff



**Sandra Boyd**  
Office Manager  
U.S. Army Retired



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



**Courtney Griffin**  
Chief Operating Officer  
U.S. Air Force Veteran



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



**Amanda Conley**  
Social Worker  
U.S. Army Retired



**Amy Collins**  
Case Manager  
U.S. Navy Veteran



**Elaine Spencer**  
Case Manager  
U.S. Army Veteran



**Kela Chatman**  
Business Developer  
U.S. Army Veteran



**Li'Andra Smith**  
Program & Training Coordinator  
U.S. Marine Corps Veteran



**Shirley Brown**  
Receptionist  
Military Spouse

# Board of Directors



**Penny Justice, Board President**  
Florida Employment Support Program (ESP)  
Support to National Guard & Reservists  
Interactive Government Holdings (IGH)  
Contractor



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Contracting Specialist, U.S. Navy  
LCDR, U.S. Navy



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



**Katrina Lewis, Board Secretary**  
Talent Acquisition Manager  
Medtronic



**Teresa Dickerson**  
Retired IRS Officer  
Tax Preparer, United Way



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



**Onitay Ford**  
Project Coordinator IV  
Medtronic  
U.S. Navy Veteran



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



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



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

## ***OUR VISION***

Northeast Florida Women Veterans, 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***

### **Impactful Resources**

- Provide one-on-one and group counseling.
- Direct Services (Operation HandUP - financial assistance, clothing, food, transportation)
- Workshops
- Host programs (HerTOTALWellness, HerBIZ, HerHEALTHYLife, HerTIME)
- 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.

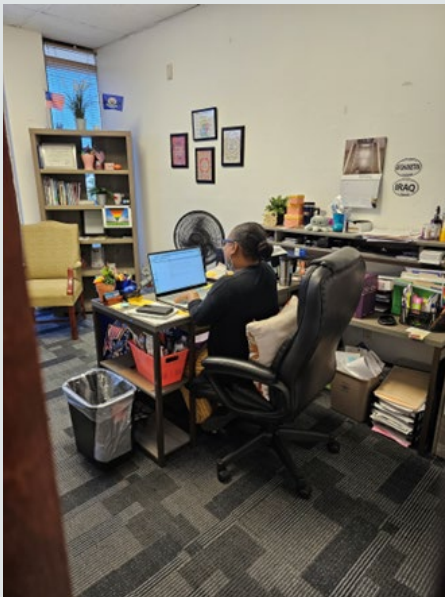


## OUR PROGRAMS

*All our programs are available to women veterans and daughters of veterans (18-24) including those who served in the Reserves and National Guard. We welcome participants of all types of discharge statuses.*



**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 241 **NEW** clients in 2024.*





**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 2024, HerTOTALWellness had 6 graduates!*





**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.

*There were 6 Graduates in 2024!*



**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 2024 due to funding. It will restart in 2025.*



**Facilitator:**  
**Pinky Uttayaya-Andrews**  
Owner, Zenery 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, offering the public a glimpse into the lives and experiences 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 and to help those dealing with depression, anxiety and other emotional challenges. 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 was 1 retreat in 2024 with 19 participants. The retreats are done in small groups on purpose.*

*Our Licensed Clinical Social Worker also provides counseling sessions. In 2024, we provided 450 individual counseling sessions and 21 group sessions, totaling 482.5 hours of support for women veterans.*





**HerSPACE** – HerSPACE provides emergency shelter and temporary housing for women veterans and their children. During their stay, each veteran is assigned a case manager who helps them set goals and prepare for permanent housing. Residents also participate in our HerTOTALWellness program to support their transition. *In 2024, 8 women and 1 child found refuge at The Lighthouse, with 4 successfully transitioning into permanent housing, 1 receiving a HUD-VASH voucher and awaiting stable housing, and 3 actively searching for a home.*





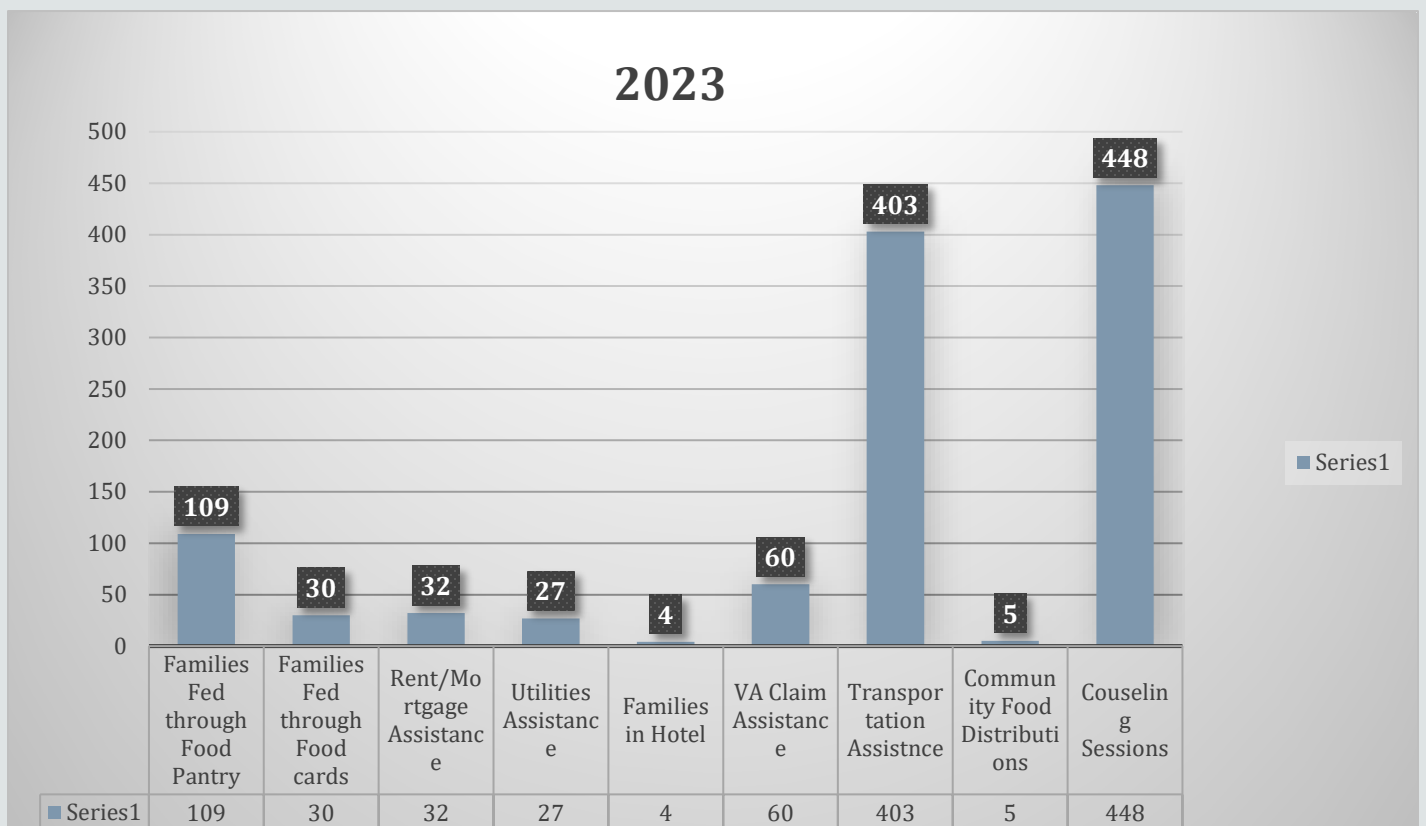
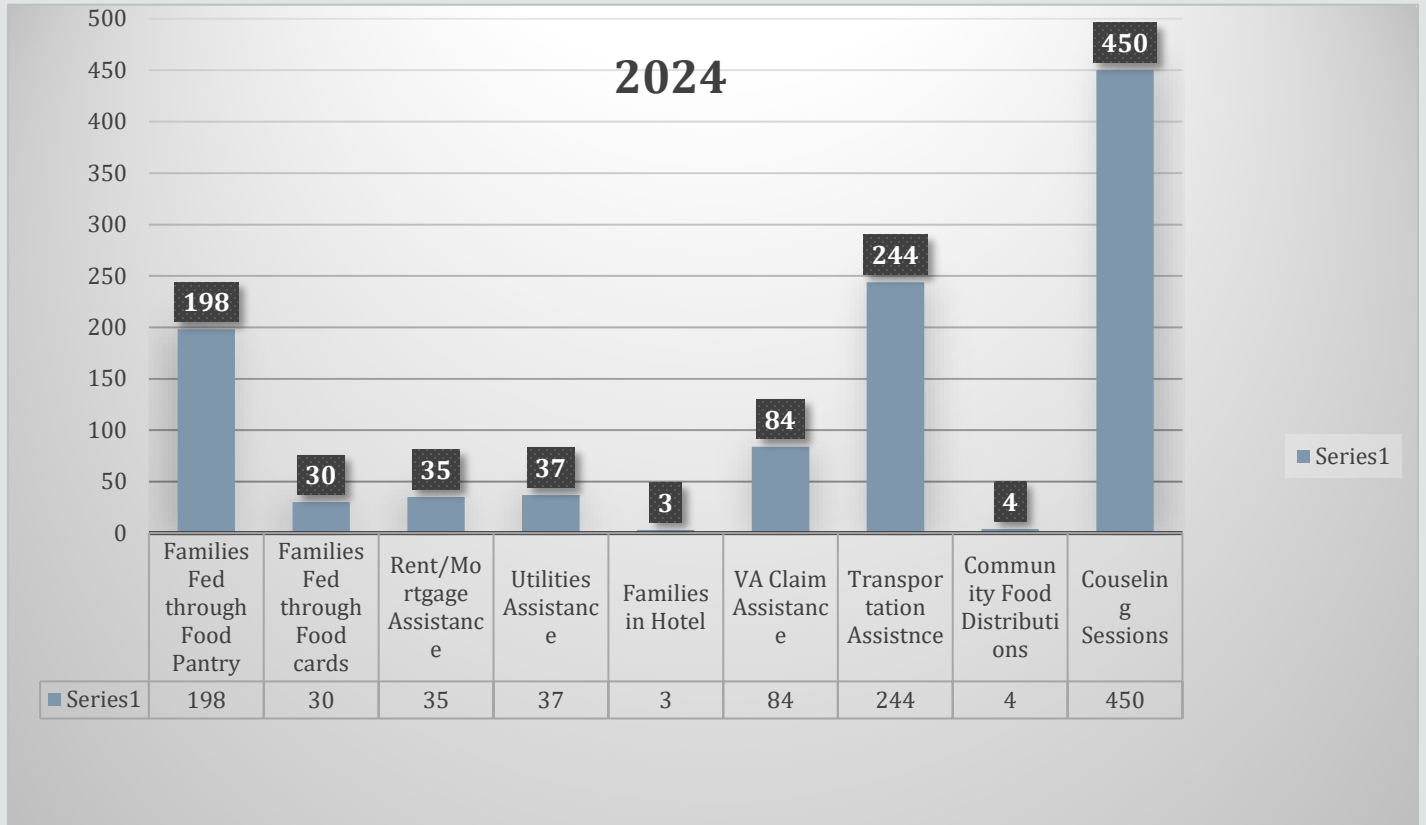
Women Veterans Recognition Week (WOR) is celebrated every year during the month of June to align with Women Veterans Day, also referred to as Women Veterans Recognition Day and Women Veterans Appreciation Day. It marks the anniversary of the day the Women's Armed Services Integration Act (Pub.L. 80-625, 62 Stat. 356) was signed into law by President Harry S. Truman on June 12, 1948. In 2014, Jacksonville hosted the first Women Veterans Recognition Week to honor the achievements of women who served and raise awareness of the challenges they face transitioning from military to civilian life. This week-long celebration remains the only one of its kind in the country, attracting women from across the state and inspiring similar events nationwide.



## ADVOCACY & COMMUNITY ENGAGEMENT



## Services Comparison



## ***2024 FINANCIAL SUPPORTERS***

We sincerely thank the following financial supporters for helping us continue providing vital programs and services for women veterans and their children in 2024.

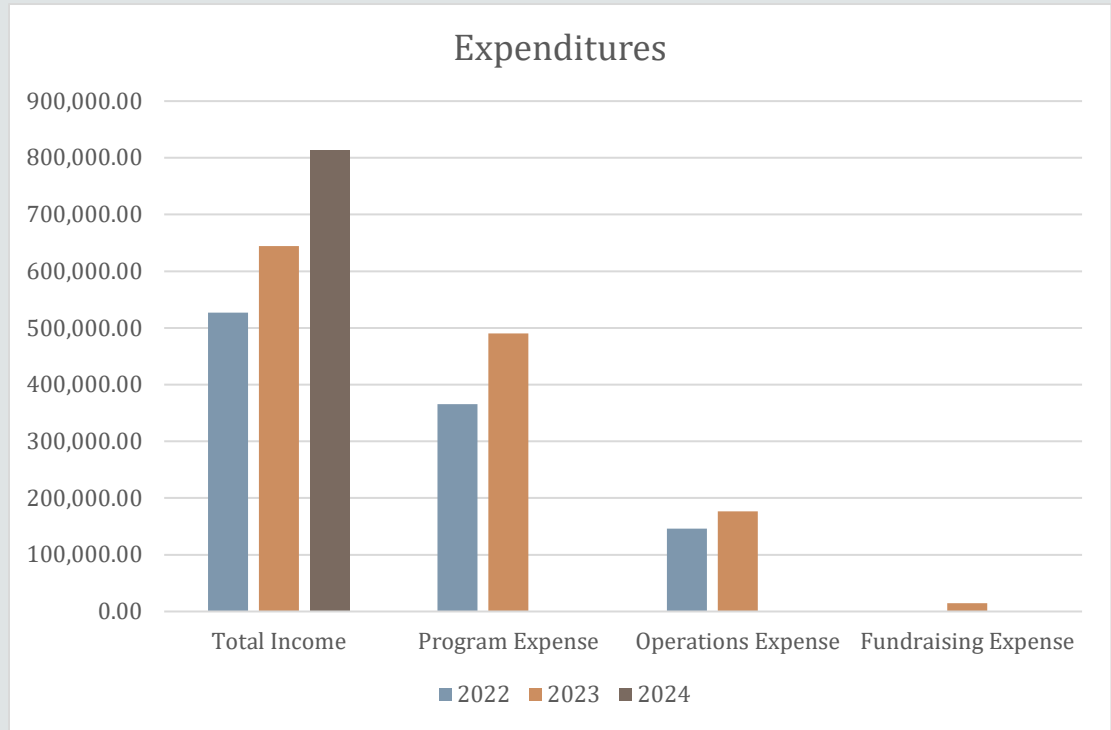
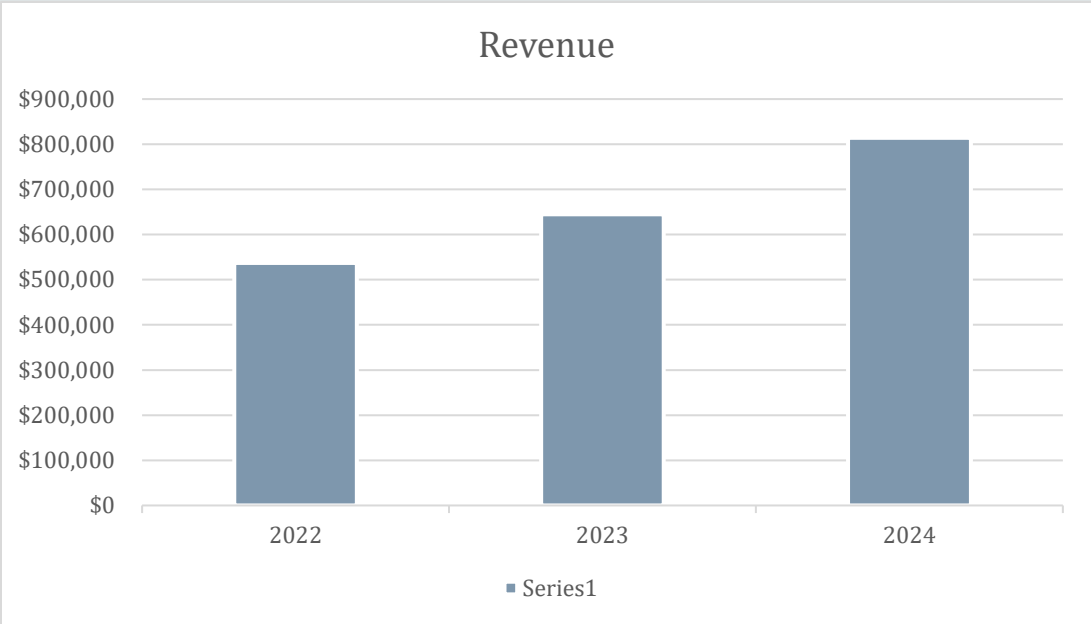
STATE OF FLORIDA  
DELORES BARR WEAVER FOUNDATION  
DAUGHTERS OF THE AMERICAN REVOLUTION  
FLORIDA BLUE FOUNDATION  
THE VYSTAR TRUST FUND  
The HATCHETT FOUNDATION  
THE COMMUNITY FOUNDATION  
WOUNDED WARRIOR PROJECT  
THE JAGUAR FOUNDATION  
CBV CARES, INC  
CHRIS AUSTIN  
FIRE WATCH  
ECLECTRIC FITNESS  
THERESA MELTON  
AARP  
THE WAWA FOUNDATION  
VYSTAR CREDIT UNION  
PATRICIA WOLFE

## **CHAMPION CONTRIBUTORS**

Thank you to the many individuals who provide both financial and volunteer support. Your generosity not only adds up but sustains us. We are truly grateful.

We also received countless in-kind donations, including cleaning supplies, personal hygiene items, toys, and invaluable volunteer hours. Your support is the foundation of our organization, and we couldn't do this without you. Thank you!

***FINANCIAL FITNESS***



## ***OUR NEED***

Do you have a family member currently serving in the military or planning to enlist? Do you know someone who has served? Not everyone who serves comes out unscathed. The transition from military to civilian life brings unique challenges, and when combined with the invisible wounds of service, it can make everyday life difficult to navigate.

We are addressing a need that has long been overlooked. Our mission is to provide a safe and supportive space where women veterans can openly share their concerns, find community, and receive the support they deserve.

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 the national recognition of an official Women Veterans Week of Recognition.
- Acquire a building for our organization to operate from.
- Expand the staff to 12 to support all organizational functions.

Our Invitation:

Our nation has made significant progress in supporting the veterans who have sacrificed so much for our country. We invite both individuals and corporations to take the lead in recognizing and addressing the unique needs of women veterans. Your support will help provide for the basic needs of women veterans from all ages and branches of service. Become a partner in this important mission. Visit our website to give, or mail checks to the address below.

103 Century 21 Drive, Suite 201  
Jacksonville, Florida 32216

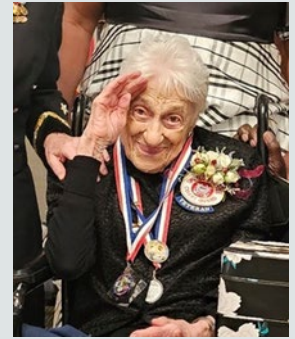
904-862-6039  
[www.forwomenvets.org](http://www.forwomenvets.org)

### **Ways to Help:**

- Recommend our organization to others who may want to donate.
- Set up a payroll deduction pledge.
- Donate a car.
- Donate real estate.
- Include us as a beneficiary in your estate plan.
- Volunteer your time as an ambassador for our cause.



# 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](https://bit.ly/womenvetnews)

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@RestorHER



[www.forwomenvets.org](http://www.forwomenvets.org)