

Episode 214-- Life After Gun Violence and Amputation

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SPEAKERS

JJ Janflone, Kelly Sampson



JJ Janflone 00:08

This is the legal disclaimer where I tell you that the views thoughts and opinions shared on this podcast belongs solely to our guests and hosts, and not necessarily Brady or Brady's affiliates. Please note, this podcast contains discussions of violence that some people may find disturbing. It's okay. We find it disturbing to. Hey, everybody, welcome back to another episode of red balloon Brady. I'm one of your hosts JJ.



Kelly Sampson 00:47

And I'm Kelly, your host.



JJ Janflone 00:48

And today we got to virtually sit down with somebody who I'm just gonna say Kelly, I think is going to end up being super famous Donnie cash. Donnie is an entrepreneur and motivational speaker, an amputee rights activist and also a gun violence survivor.



Kelly Sampson 01:05


Yeah. And in this episode, we really had the privilege of hearing from Danny about what brought him to being an amputee activist, which was being shot, how he wrestled with that and how he uses his experiences, to help other people to be able to go on to, to live and to thrive,



JJ Janflone 01:27

Donnie was so kind to sit down with us and break down how, you know, emotional, mental,

physical, surviving, after gun violence is really difficult, but achievable. And so this is definitely I think, as we head into a new year, right? The kind of motivation that I feel like I needed.

 Kelly Sampson 01:45

Yeah, same, I think listeners will, you'll probably get the same takeaway, JJ and I have, which is that Donnie is an incredible spirit, and just really, really winsome. So I think you're really gonna love this episode.

 02:01

My name is Johnny Cash and motivational speaker and beauty, mental health advocate, photographer and videographer.

 JJ Janflone 02:07

Donnie, thank you so much for being with us. Today, we're gonna hop to the question that is kind of I think, maybe emotional whiplash for folks, right. But one of the ways that you identify yourself is as a survivor of gun violence. And I wonder if you can share with folks, you know, what brought you into that space.

 02:24

So at October 19, me and my brothers, we decided to go to a bar to celebrate a friend's birthday, we showed up with like a high end Mercedes vehicle that from the shop that I work at, and we were just really nice, not realizing where we were actually going or the area that it was in. So as we were there, we were drinking and stuff without getting pretty drunk. And at one point, we decided to leave and two people decided to follow us outside of the club. And they're just asking us questions and stuff like that. And then one of them decided to attack us. So there was was q1, two, and then we were unfortunately forced to defend ourselves. But the fate kind of switched over to them from the club, and maybe 15 to 20 people came out. And we were forced to defend ourselves against a numerous amount of people. At one point, I did get away, I got to the grass, and then looked back and I saw my brother still getting beat up. So I ran back to go help him. And as I did that, I ended up blacking out, my next memory would be chasing after someone while chasing after him. I have no idea. But I was chasing after him and he decided to pull a gun out and shoot me six times. So he shot me four times my left leg once my right leg and then once my hands. And at the time, I didn't really believe that. That's what happened. I'm like, there's no there's no way there's no way and then some voice came into my head and say Kay, like you're in shock. You need to go get help. So it was like, okay, cool. So I maybe made it five meters. And I clapped to the ground like really hard the ground. And I tried to get back up and I just couldn't get back up. So I started crawling. And then this voice comes in my head again. It's like what do you what are you doing? Why are you crawling call 911 So I managed to get my phone out of my pocket, but I didn't know exactly where I was. I didn't know the intersection. So I had to put them on speakerphone had to figure out where I was. And as I'm on the phone with someone and the bystander was jogging by. So she finished the phone call for me she tied up my legs with my with my jacket to help stop the bleeding. And

the first people on the scene were for the firefighters and me I mean I'm always joking around and stuff like that even though it was like a severe situation. I was still making jokes and he's like He said he's asked me He's like, he's like I need to cut your pants off your belt off to the UK with them. They don't like don't cut my my Gucci belt off like What do you mean? He's like, do you want to live or do you want to die and I was like, Well, I guess I want to live he's a very very good choice. And then he Kiki cut my pants off. But next year I have was be in the ambulance with the with the officer and we're just driving to the to the hospital. I would then go to that get to the hospital I would lose 80% of my blood. I would die for two minutes and had to get second blood transfusions. The next memory I have was waking up at a five day coma to have my lit my leg missing. So I would actually go back I was strapped to the bed my own see Key because when they get rid of that state me, I tried fighting everybody. My friends like you had the you're the hottest nurse and you decide to fight her. And now he's like they had to call the security on you everything. So like, I guess I would just in the fight or flight mode when I was growing up, I was actually strapped to the bed, my arms, I couldn't move them. And I'm like, I'm like, Hey, like, Well, I'm gonna shut the bed. He's like, it's for your own safety. And I'm like, I don't even know what's going on. I have no idea. I kind of remember getting shot, but I still don't know like the ticket, like how severe it is. And he's just like, he's like, can I remove these? I'm like, Yes, please. And so he removes them. And then I had like a foot against the back of the bed. And I'm trying to get my left foot trying to get my left foot and he's like, What do you try and do right now? I'm like, I wanna get my left foot against the back of the bed. Is that okay? Music slips out music, you remember? Do you remember what he's like? Your brothers just told you like 10 minutes ago? I'm like, I don't know what any idea you're talking about. So he starts flipping my bed forward. And he said, Please don't when I show you this, please don't freak out. And I was like, okay.



JJ Janflone 05:50

Oh, and I feel like that's never a good sign when a doctor says that. So that's got to be terrifying for you.



05:56

No, not at all. So yeah, he lifts it and I'm looking at three quarters of my leg. And I would just like it was, so it was huge. It was swelling, it was all bandaged up. And I was just like, Oh, my God, like either missing my leg, and another voice came in. And it was like it was a really good voice, because they can guide me through the rest of my time in the hospital was basically like, you have two choices right now. And you can either be miserable and sad, or you can be happy and see where this goes and see where it takes you. And obviously we know the direction I took. So that's what, that's what happened to me that night.



Kelly Sampson 06:26

I mean, first of all, just wow, I'm thank you for your sharing your story. And it's just so wild in the fact that you were just doing something totally normal and fun with your friends, which is something that we all you know, do and then to have this sort of life altering event happen. And

then you land in this place where you've lost part of your leg. And you you had this choice, like you said, and so we're wondering what, after you kind of have that moment of realization of I have this choice, what am I going to do? What was the initial recovery, like from there.



07:01

So recovery took about three to three and a half months before I was actually like, oh, like, oh, the hospital. But I wouldn't even say that it was bad. It was more like I was trying to just so happy to see people visiting me and just to be alive. And just this whole experience, like, I'm okay, I'm still talking, I'm still doing these little things. But it just like there's just a little part of me that's missing now. And we gotta we gotta figure that this out, while I'm healing what I'm going to do, and how we're going to how we're going to take this to the recovery took quite a bit, you know, just being in the hospital eating hospital foods. It was like just living in one room living out of a bag. You're being everyday your bandages are getting redone, you're you're giving you like a wheelchair, so you can maybe get around the hospital a little bit. And you're just taking it really day by day to see where it's really going to go. And then eventually, after you're done with it with kind of the recovery a little bit, they they bring you to physio. So you stay in the hospital still, but you're doing physio and occupational therapy every day. And that was really cool experience just to be able to like, work out a little bit and just like get physical and stuff like that, because like I've always been a gym person. So being stuck in a bed for this length of time, if you really got to me a little bit, but I just did my thing, you know, I really did like a lot of exercises and just really stayed focused on my healing. And then at one point, I was looking around my room and I was wearing a sock. And I guess I should have been doing that certainly on my one leg. And I slipped and fell. And what that did is actually it opened up my wounds, which made me actually be in the hospital for next year, I think three, three more weeks, because they had to put a vacuum pump because then after that, it opens and everything else field around, you can't close it back up, you do it, it just keeps getting infection and stuff like that. So I was on the air pump for a little three weeks. Well, it's pulling on my pulling it from cleaning from the inside out. So that was a little bit a little bit longer. And then eventually I would get my leg and like learn how to walk. And that was that was beautiful. That was really amazing. I end up being able to walk into four hours with no bars and assistance. So that was really cool. And then after that I was able to go like go home and just like try to like live for it to get what I was gonna do with my life. No, I



JJ Janflone 08:58

think that that transparency, especially the work that you do on social media is so important because like Grey's Anatomy and television lied to us, right?



09:08

Definitely did this. Yeah,



JJ Janflone 09:09

this is a belief that you get shot you survive, you're fine. And clearly that's that's not just the case, right? There's this long road that that comes right after

case, right? There's this long road that that comes right after.



09:18

If only it was that way if only it was that way.



JJ Janflone 09:21

And kind of to that point, I wonder if you could share with us some of the things that that folks you know, not just the media but everyday folks maybe get wrong about being a survivor of gun violence being an amputee, you know about life after a gunshot.



09:36

I feel like people don't they don't understand literally the process because they It's the feeling of them going through the burning sensation. Like when you when the bullets like go through me like it's not like just like you prick your finger. You feel the burning sensation through like every single part of the body went through. So like it just that part and then also like just like the recovery and just trying to figure out what you're doing. A lot of people just think like, oh, he's talking about he's out of the hospital. He's good. He's walking in He may be going back to work but not realizing what they they're dealing with still physically, certain things they do does change you, the bullets go for you, they change how your body works sometimes, and how the feeling is that they're there you have scars, whatever it is, but it's also the mental part of it, because that's a traumatic situation. No matter how you want to look at it, it's traumatic, some people are able to get over those traumatic situations and go forward, what some people hold on to those traumatic situations, and they let that traumatic situation dictate their life. And like that's now who they are not realizing that they can overcome those things. I feel like a lot people just don't understand what people actually have to go through fully. It just they kind of see the the beginning and the ending, but I don't see the like the actual story in the middle part of everything.



JJ Janflone 10:40


And that, you know, so traumatic for you. And then also just even for, you know, the folks that responded that day that the woman who called them women, like, no one expects that to happen to them, right.



10:51

I think as I've talked to her too, and she's still like, it still gets to her, sometimes they can talk to her on the phone a couple times. And she's not as open about it and talk but as I am. So just study even shows that each person even though she didn't see witnessed it, she helped me, it's still bothering her in a different way than you would think she'd be bothered.



 Kelly Sampson 11:08

I mean, I'm sure I can only imagine, you know, like you say you're jogging, and then boom, you're kind of in the situation is traumatic. And one of the things you talked about how people have misconceptions about what it's like to be an amputee, and because you experienced it firsthand, you're now running an organization, you know, for amputee survivors, which is amazing. And so can you tell us a little bit about that?

 11:33

So MPT motivation came basically, when I was in the hospital, I was first got my phone back, I was searching ways how to how to walk questions, all these different things that you want to know, because this is, this is your new life now. So you really want to know all the answers right away and stuff like that. And there was a very lack of information that I could find, personally. And just seeing how the beating the house was gonna walk, what was it going to look like? What was my leg gonna look like? Because a lot of these companies, they put these ads out. So you've seen these expensive legs, but you may not even get because you have the funding for it, you don't have or you don't have like the insurance for it. So it was just like, yeah, so you may not have necessarily the funding for it. And then and stuff like that. So like it just like it's like, I created this organization, just so that people could talk to each other. And people could ask each other questions, because there's still questions that I had to that, you know, the hospital doctors not necessarily understand because they're not an amputee, the nurses not going to sound like they could ask questions. So the amputees but they're not going to fully understand what the question is how the question is. So I created this group is for was just actually started as a group like five, six of us, every week, we get on a phone call, we would set goals with each other. And this ask questions of like certain things we go through because one of them was a hip amputee, one of them was a below knee amputee, one of them was a good doc, he lost his leg because like a car accident, they we are amputees but we all have different experiences. So I thought it was very crucial for myself and other people just to be have be able to message these people and like know who they are and feature them on my page and just show people that are amputees are out here we're doing it, we're still doing amazing things, we're not letting it stop us. And that we can basically do anything we put our mind to. So I just created that group just so and that page just so people can see the motivation and understand it a little more deeper and stuff like that. And it's mainly for me to just so I could ask them questions and find out what's the hardest part of being an amputee for them. Because what I may find as hard as amputee, they may not find just because we're everything's very different. But even though we still have missing limbs,

 JJ Janflone 13:25

and I really want to commend you one for sharing, and then also being so open. I don't I don't know how you do it. Because somehow even like on Tiktok, Instagram, you've managed to be funny and inspiring, at the same time really telling us these really important truths that I think people get uncomfortable talking about, I try

 13:44

to do a mix, I try to do a mix of just like you know, like we're it's good information, but it's also you can make I can make a joke about it. I can be funny about it. So people are more

you can make I can make a joke about it, I can be funny about it. So people are more comfortable around these situations. And just in being able to ask me questions and stuff like that, too. I really encourage people if they would, if you're listening to this message me you have any questions, I'm very open, because I just want to teach people and I want to let people know what we're dealing with and like what goes on in people's lives. I think



JJ Janflone 14:07

too, it's it's really difficult probably, especially for folks who are amputees or who African violence have maybe a visible difference that wasn't there before. Right? That's another thing that maybe folks get, you know, when things deviate from the norm folks get uncomfortable and then when they're comfortable, they don't know how to talk about it. So either they they do it badly or even worse, probably you know, they don't talk about it at all, and then we don't come together right?



14:32

So you get like you get a mixture especially when I go to the gym and stuff like that. And the thing is like when people are watching you don't know what they're viewing or they like wow this guy is is this guy's really killing it. He's out there or they are they just are like just curious, you know, and they get certain reactions from certain people. And some people are really curious about it and some people are like, Hey, I don't want to bother you but she's which is very respectful. Where there's one time it was it was a little kid I was at the mall. And this kid was like looking up and he looked down and he looked my leg and he just screamed he was I like it. Maybe you feel like oh my god, like, I might die. Like, I might scare you don't let that scare you, like his parents obviously apologize. But again, it's just it's different perspectives and stuff like that and how you people view things based on how they were raised and all that other kind of stuff that they're around.



Kelly Sampson 15:14

Yeah, little kids are always a wild card. You know, we've been talking about the length of recovery and how it's not just how it shone on TV. And one of the things you talked about very openly is how the pandemic was difficult for you and your health, because especially you were going through recovery from surgery at the time. So, you know, could you share with listeners a little bit about what that was like?



15:37

So what that was like, for me, it was, it was a beautiful thing, in the very beginning, I am falling, being able to get to the hospital, I get to go home, sleep in my bed, I get to wake up, you know, I can maybe now I can play video games, do whatever I wanted to do that I couldn't do in the hospital. So I was very excited. And then like, and then a couple of weeks go by and COVID happens. I'm like, Oh, what's this, and then then we started researching and things are getting locked down and you can't leave the house was and you start being cooped up, because and I think it was also because as well as when I was in hospital, I got messages every day. You know, everybody's messaging me every single year, the hospital, people can see that you're


good. Oh, he's good. He's, he's happy. So they don't, they don't tend to message you as much and stuff like that. So it was a lack of people reaching out to me and messaging me. And then also being stuck at home. And it's like watching TV every day and playing video games every day. And then eventually, not necessarily eating the right things and stuff. And also your sleep habit, you're waking up and waking up and going to bed at like five in the morning and sleeping throughout the day. And then I basically, I'm open about this to was like I got addicted to Xanax for a bit when I was when I was one of the hospitals. So those little things and just it really got to me and it came to a point where like, I just I just I was really done. I just feel like no one really cared about me. And this maybe was not the life that I wanted to live anymore that you know, I had a good run with it. This was fun. I tried. But this wasn't it and getting him to a point where I was started. I started researching and figuring out date and things like daily figuring out like, what was the best way to the best way to kill myself? Was it with the medication that I had? Do I Do I go somewhere and jump off something and it's just really, really documented. I just didn't want to do anything with my life. And I was also still doing outpatient therapy. So I was still doing like, like the physio and still doing my occupational therapy. And I just started I said, I'm done. Like I might want to, I don't want to do this, I guess they'd be like, four to five appointments. And after that, after you register my appointments, they kick you out of the program. You can't even you can't even do this now. And I'm just I just started the program. So I was just very honest. And I was like, which is why I feel like a lot of men aren't they hold things in they think that maybe that's their friends that want to talk to me more their friends, their families, they leave them I was just such a low point. I was like, What do I have to lose? So I opened up about my my depression opened up how I wanted suicidal thoughts. And she said basically, are you willing to talk to someone? I was like, again, what do I what do I really have to lose right now? So I started talking to someone Her name was Rodney. Thank you so much, Ronnie. But she got me into like a certain mindset. We're just like she like look how far you've come. And she came to my mom or mindfulness and just saying like, there is more. And you just like this is just the beginning. Like she's like, Girl, you're not even a full year out of this. But you can't take it you can't stop now like this. You're just getting started. And then she like she didn't you kind of knew like my stories like You're like mom told me how motivating there was. I'm like, You know what, let me try this. And I started doing little different things here and there. And I just started seeing like, a lot of benefits from it. And my overall happiness was there. And I was willing to go on medications that like I wish I had before I was like no, I don't want these number. I'm not I don't need these. But I should realize it you know what, maybe let's just let's just see where this goes. So I tried taking antidepressants. And after a couple of months of just changing my life and doing little certain little things, my life became very more beautiful. It wasn't the best in the beginning, still. But it was still seeing showing me hope and showing me like looking back now I'm like, Well, I haven't had a suicide thought in three days. Just speak but being able to do that for yourself and understand that because what people don't they don't do that. So I went through it. But then I eventually got myself out of it, which became very beautiful. And now I'm doing what I am now just helping people and just showing people that they can get past their traumas, they can become a different person than that. Whatever they're going through is not that see the person they're going to be in two years and three years from now that you have so much time to grow and just be happy with his growth and just everybody wants things right now. But the thing is, like, you just gotta love the story of your doing and the road that you traveled and stuff like that. So I'm very happy where I am now. I'm just very appreciative that I'm able to do this for people.




JJ Janflone 19:27

Again, Donnie, I feel like I'm gonna say this a lot. But thank you for being so open about not just

your experience, but your struggles. I feel like it's really hard to be so forthcoming with all of this and this is so going to be so helpful for folks who are kind of going along the same journey that you are to see someone saying, you know, this is where I was, this is what happened. This is where I'm going and I think it's so unique your story at least for our podcast because typically we focus on US based on violence US based for Folks, right, and you're in a slightly different scenario and that you're Canadian. So you're operating under a slightly different system. You know, I'm just I'm so excited that you had these resources, particularly hospital based ones, that I'm guessing for a lot of our listeners who are here in the states, like, you know, that's simply not available to them.

 20:18

Yeah, it's a little different. Because the thing is, like, I feel like I guess, and again, I'm very happy that Canada has, we have like disability funds, where we can get funding for our legs, we can get certain fundings that are gonna help us with our living our home, and just certain medications that we didn't already certain women, and you can, but I couldn't imagine if you if someone being the statements like this happens to them, and they don't, they have to put everything out of pocket, which would be just super unfortunate, because it's gonna put your life a little bit harder, it's gonna put more stress on you, especially mentally and stuff. So it's definitely a blessing for me to be in Canada. But again, I guess I do feel for the people that are still going into that stuff, and still having to find their own funding and figure everything out almost for themselves.

 Kelly Sampson 20:57

Yeah, and I'm super curious, if you have any thoughts on sort of the level of gun violence in the United States versus Canada, if you've had any thoughts about that before or after, as you sort of watch, things play out

 21:12

100%, just like, obviously, we have very more strict rules. And you guys, even though they are still on the streets, you're not gonna like run into everybody, especially with like Florida, our everybody can have the gun and stuff like that, you gotta be more careful who you're talking to, and what you're doing, because anybody can have it on them. So it's a little, it's a little more like a safety risk for certain things in certain places you go and like, you don't may not go, you might be there, first time you've been there, and you go down the wrong street, you know, I mean, so anything can really happen. And like the thing is, like, even like, last night, an artist to take off, he was shot at 28 years old. And it is it's super unfortunate that this is able to happen. And this has happened to people, you know, and some people are just trying to live their lives, they maybe have high class celebrity and stuff like that. And you still have to like be on your ones and twos and just know where you're going and who may be around you. Because anything can happen really in the States I feel is because of the gun laws that are out there.

 Kelly Sampson 22:04

And a personal sort of experience of this because I grew up in Detroit. which is like right on the

border. And it was always kind of wild, because right across the river for people don't know is Windsor, Ontario, and they had some vital but it was just like a totally different experience in Windsor versus Detroit. And the only thing that really changes, like you say you just cross countries, and just the loss have a big impact. Very true. But yeah, one of the things that I would love to hear from you, we always I find that sometimes survivors can speak to survivors, like no one else can. And someone is there something that you like listeners who've been personally affected by gun violence to know,



22:46

I'm definitely one that you know that Congratulations on surviving, you know, calculations on still being here, because a lot of people get shot and they're not still here. So that's a very beautiful thing that you have with you. Another thing is basically just not allowing what happens you carry as much as you want to hold on to things. Learn to let go learn to heal yourself and learn to know that we happen to you whenever it was three years, two years around, it's not we are now and it's not who you can become, you can become something very beautiful. As long as you learn to you know, he'll also get forgiveness a lot of people they don't learn how to do that is giving forgiveness, you know, what happened, you happen, but you can't, again, hold on to it. So forgiving is a very beautiful thing. Because it allows you to carry on and go forward with your life and know that just like it isn't your life, you know, something that happened to you and spread spread your what your story, you know, be proud of your story that you're able to you go through this and like, be able to help other people go through the situations that you've gone through. So luckily, we got the situation they don't have, they don't again, they don't have the answers. So be that voice for a lot of people that are out there and just like gone through those situations and just know that this you have such a more beautiful life ahead of you. And this evening, you just got it you just gotta go after and take care and take care of yourself whenever the Senate



JJ Janflone 23:56

well on them for folks who haven't been impacted, you know, directly or indirectly, how can they be better allies? Do you think,



24:04

um, I feel like the best way to do that just, you know, understand a little bit as much as you can from that. And like, ask questions. People may not be comfortable to questions, but some people are, but you never know until you ask those questions. So get get familiar of what they're going through, and what they've may have gone through, whether it was that night, or less like their process and just say have a very deep understanding of what those people have gone through. And just like know, like, they're, they're very beautiful people just for being here, like they're on this planet still. It's so just the support and just understanding and just allowing them to be themselves, they may fall out of character. You know, I mean, they may not be the person that they are, but just knowing and guiding them knowing that they Hey, you're not that I know you're not the person you are where you want to be right now or you're not the person that you thought you're going to be. But the time you can heal in time always heals. So just

being there and that support system for them just again, understanding of what they've gone through and just allowing them to be them, but not allowing them to get into that deep, deep depression and just get to that point where it's it It is too late for them, you know? I mean,



JJ Janflone 25:01

well and absolutely to folks need to keep listening to people like you if you're a company. And on that note, you know, what's what's next? where can folks find you? What projects are you working on, you know, what's what's happening in 2024.



25:16

So for me, I got I'm right now I'm running up and writing a book, you know, just like my full story. And like, even a deeper detail than I gave to you guys have this like, really stuff I really went through. And then just, it's a book basically about all the steps that I took to get there, whether it's changing my environment, eating the right amount of food, of meditating, getting the right amount of sleep, drinking the right amount of water. So it's a basically a step by step book of what I did. And not actually what I did, but what those benefits do for you, why you should drink, what's your mental water, all the different things. So it's really a step by step guide of how to heal yourself, and how to get yourself to the next place that you want to be. Other things just like me, I've been doing a lot of different law podcasts and some of that log lots of more different content to this tiktoks. And stuff like that, just you know, making people laugh, and just getting that information out. So people are just more aware of what's going on to these certain people that are into like, disabilities and stuff like that, you know, just making disability a cool thing, basically, that's what I want to do, you know, I just want to make it just, you know, just a very normal thing, or people look at the person like, wow, that guy's amazing. Look what he's doing. Where you can find me, you can find me as Donnie cash on Instagram with a K in two H's, and then also tick tock Johnny Cash as well. And then if you want to follow my FET page where they do daily quotes, and feature other amputees, it's I think it's called the NPT motivation.



Kelly Sampson 26:31

I mean, you definitely have a gift, I think, for being able to do everything that you said, you want to like balancing the motivation with the humor and honesty. It's not everybody can do what you do. So I'm glad that you're here and you're using all of your talents in that way.



26:48

So the one thing I really want to get across in law, people's you can, you are not your past, you can heal yourself, you can become the person that you've always wanted to be, it may take may not happen right away, it may take some time. But if you put the work in, like there's nothing that really can stop you, there's nothing that can stop you from being the person that you want to be. And to heal yourself. Please do yourself a favor and heal yourself for your past traumas. Because you're going to benefit it's so much more in your life. And like this means so

much more joyful and more beautiful. So I think just heal your traumas, you know, get forgiveness become the best version you can and just know that you are now your past, and you can be any person that you want to be.



JJ Janflone 27:25

Oh, Danny, that's beautiful. Can I ask a non beautiful question, though? That's been haunting me. Yeah, go right ahead. How's the belt? Did the Gucci belt survive?



27:35

No, it didn't survive. I had to go buy one. My thing is, I tried giving him the bill. I'm like, This is what you owe me for my new belly. You didn't want to pay it. So like, I'm stuck there. But I'll get a new one.



JJ Janflone 27:46

No, I need to know I do I need to start looking on the real real it is the holiday season do we need to send a Santa's gift? Well, thank you so much, Donnie, you, you were phenomenal. And I highly encourage that our listeners, go check you and your workout. Thank you so much for sharing with us today. What? You know what life is like, for a lot of



28:09

folks, I really appreciate you guys. Thank you so much. Thank you guys, for having me. Thank you for taking your time out for me, I really appreciate it. I really appreciate it just to really get my story out. And just to maybe inspire the other one, two people, you know, I mean, if I got to one more person, I did my job.



JJ Janflone 28:24

Alright, so Kelly, like something, I think you and I and folks who work in this area have seen again and again and again and again, which is that, you know, survivors come out of these incredibly traumatic, incredibly serious situations. And almost it seems so many of them go, okay, cool. Let's form a community like how what can I do to better serve the people around me in a way that is really inspiring, and really heartening to me like they work so hard to help other people and, you know, even just make other people laugh or stories about belts, right. Yeah.



Kelly Sampson 28:59

Yeah, I think on that note, one of the things that I think Donnie sort of illustrates, unfortunately, because I wish he didn't have to illustrate this. But it's the ways that when you are shot, it's not like, Oh, well like cool like you if you survive that somehow that's just like a past thing. But this

is something that will impact the rest of his life, mentally and physically and emotionally. And because he's so humorous and honest, it might be easy to just be like, oh, cool, like he's over it if he weren't so willing to share his story and what it took for him to kind of get to this point. And I think in all conversations we have about gun violence. There are so many people who are killed, and we rightfully focus on those numbers. But then there are so many people who are injured and they're with us and they're walking wounded, physically and mentally. And that scope of harm is just like, it's just hard to even comprehend how many people are carrying that weight. So I think Danny's life really sort of makes that real.



JJ Janflone 30:20

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Kelly Sampson 30:36

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