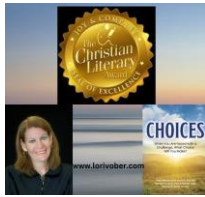


MY BOOK NOMINATION – PLEASE VOTE TODAY!!

In July, I had the opportunity to share my book with Joy and Company in the studio at Fishbowl Radio when I was in TX for my speaker conference. Throughout the year, Joy and Company interviews different authors on their radio show and then there is a contest among all the books discussed. My book was recently nominated for four categories for The Christian Literary Awards, and I am very excited about this opportunity. The four categories it was nominated in was CHRISTIAN LIVING – DAY BY DAY CATEGORY, INSPIRATIONAL – STORIES OF HOPE CATEGORY, MOTIVATIONAL CATEGORY, and TESTIMONIAL CATEGORY. I believe this nomination corresponds to my message that when we are faced with challenges, we have a choice of how we react to our circumstances. Even when life doesn't turn out as we pictured it would, with the right attitude and perspective we can still find hope, joy, and success. I hope this will be an encouragement to others, especially in the brain injury and stroke communities. My dad will be going with me to the award ceremony on March 18th but the next step is to get everyone to vote! You can vote daily until this Sunday, February 19 at midnight. I would love your help and support. If you know of anyone who could benefit from my story, please encourage them to subscribe to this monthly newsletter on my website. They will receive Chapter One as one of their FREE gifts. The link to vote TODAY is: <https://form.jotform.com/230236400855146>



OPPORTUNITIES TO SHARE

I have felt very strongly over this past year that part of my purpose is to use the challenges and experiences I have gone through to help others. I am always searching for opportunities to share my journey with others and one organization I have had the opportunity to get more involved with is the Brain Injury Alliance Group of AZ (BIAZ). Another organization that works closely with BIAZ that is new to me is The Arizona Statewide Independent Council, which is an organization that promotes resources, opportunities, and experiences to empower people who have disabilities live independently. They host a monthly panelist discussion called Candid Conversations, and I had the opportunity to serve as a panelist this month. Topics focus on different emergency preparedness each month and this month's topic was "Living with a Brain Injury and Navigating Emergencies". I love connecting with others and sharing our experiences to learn together.

NEW COMPILATION IS COMING THIS SPRING!

I am very excited to come together with 8-10 other women stroke survivors and publish a compilation of our stroke stories in order to encourage others. I met the project lead on a Stroke Facebook group and am very excited to be a part of this project. Our target publish date is May 26th! Each survivor will tell in a chapter what their life looked like before the stroke, their recovery process, and what their life looks like after their stroke. We are all on a different journey with different experiences but all motivated to thrive in our survivorship and encourage others to do the same.

LOOKING FOR A SPEAKER IN 2023?

As I have persevered through medical, life, adoption, and parenting challenges, I have learned a lot on my journey and want to give hope and encouragement to others based on my experiences. If you are looking for an in person or virtual speaker, I would love to share with your group. Many times, we do not have control over the challenges that come our way. However, we have a choice how we react to our circumstances. You can find more on my website under the Speaking tab.

NEVER TOO LATE TO RE-LEARN

I am thrilled to be back in therapy and have a team to consistently work with me again. Over the past year since my hysterectomy, I have developed both knee and hip pain on my affected side so having this routine therapy and new exercises has been important. I am also receiving cortisone shots from an orthopedic doctor to alleviate discomfort. We are kicking off our Stroke Support group again at the end of the month and this is a much needed resource for survivors. I am thrilled to be a part of SWAN Rehab again as a patient and also help gather resources for the support group.

PODCASTS, BLOGS, ZOOMS

I am still sharing my story and book on podcasts and blogs. If you are a host of a podcast, blog, or zoom and would be interested in speaking to me, I would love to talk to you and have your help, marketing my message. You can find examples of my podcasts, my 3-minute video reel, and speaker one-sheet on my website at www.lorivober.com.