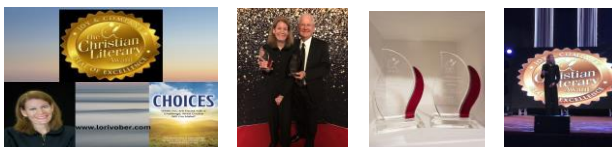


## CHRISTIAN LITERARY AWARDS

I had the amazing opportunity to travel to Dallas March 17-19 with my Dad in order to attend the 11<sup>th</sup> annual Christian Literary Awards, hosted by Joy and Company. I was so honored my first published book, CHOICES, was nominated in four categories. Those categories included CHRISTIAN LIVING DAY BY DAY, MOTIVATIONAL, INSPIRATIONAL, and TESTIMONIAL. I felt strongly that it was important to travel and attend the ceremony in person, and it maybe a “chance in a lifetime” experience. Although I plan to write and publish again, you never know if other books will be nominated also. I have had the blessed opportunity to share my story on quite a few podcasts but meeting me on screen doesn’t have the full picture. I was so thankful I chose to attend! I connected with another radio host and author who had me on his Fishbowl Radio Network Show, a stroke survivor, a cancer survivor, and a physical therapist that plans to share my book with patients! My book won 2023 Reader’s Choice Award for the Categories of CHRISTIAN LIVING DAY BY DAY and TESTIMONIAL! I was so thrilled and had the opportunity to go up on stage and share my message twice. March was disability awareness month, which made this even more special because this all goes along with my message that even in our “new normal” you can still find joy and new success. Bethany Hamilton quoted in her recent documentary that it doesn’t have to be easy, it just has to be possible. With my faith in God, family, support of friends, and therapy team, I found the possible on my journey.



## MY FIRST BOOK BIRTHDAY

It is hard to believe my book is one years old already, as of March 11<sup>th</sup>! I have learned so much this first year and feel I have grown so much as a writer, speaker, and person from my own journey and what I have learned from those around me. I made this video as part of my book birthday as a summary of my journey.

<https://www.youtube.com/watch?v=qX4TQiwK4so&t=1s> I greatly appreciate each of you for all of your support! If you have purchased my book on Amazon, read it, but have not reviewed on Amazon, I would love your help! Please encourage those you know to sign up for my monthly newsletter at [www.lorivober.com](http://www.lorivober.com). One of my FREE gifts is Chapter One!

## FEATURED AS AN “ACTION TAKER”

One of the writing/speaking tribes I am involved with is called Advanced Writers and Speakers Association (AWSA). They have a separate podcast and Facebook group called Arise Esther. I was recently recognized on the Arise Esther Movement Facebook page as an “action taker” for my volunteer activities. I serve as a Bible study leader leading three in-person and ZOOM groups weekly and had the opportunity from June-December 2022 to volunteer at The Cancer Treatment Centers of America, supporting patients, sharing my own journey, teaching about writing and journaling, and leading a Bible study.

## STROKE AND BRAIN INJURY SUPPORT GROUPS

I am so thankful to be able to use my experiences and stroke journey to encourage others with these two communities! This includes contributing to both speaking and publication opportunities at The Brain Injury Alliance Group of AZ, following several stroke Facebook groups, and speaking to stroke survivors at three different support groups.

## 25 YEARS TO FOREVER

Dainis and I just celebrated our 25<sup>th</sup> wedding anniversary on March 28<sup>th</sup> and had the opportunity to spend a week away in San Clemente, CA. We enjoyed the beach, Carlsbad, and Disneyland. We spent our actual anniversary day at the Pima Air Museum in Tucson and the evening at a Toby Mac Christian Concert. I am so thankful for Dainis, and we have weathered many trials together. I look forward to the next 25 years together.



## PODCASTS, BLOGS, ZOOMS AND SPEAKING

I continue to share my story on podcasts and blogs. If you are a host of a podcast, blog, or zoom and would be interested in connecting with 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](http://www.lorivober.com). I am also looking for opportunities to speak and am passionate about using my experiences to bring hope and encouragement to others.

## LOS ANGELES BOOK FESTIVAL

# Los Angeles Times FESTIVAL OF BOOKS UNIVERSITY OF SOUTHERN CALIFORNIA

I am so excited that Dainis is going to take me to LA soon to attend the LA Book Festival. I found a publicist's group that are vendors at the event and will represent my book. I will get a 2 hour window on Saturday to market, sell, and sign my book at Booth 955 from 11am-1pm on Saturday, April 22<sup>nd</sup>. On Sunday, April 23<sup>rd</sup>, I will have the opportunity to speak and share my message from 3-3:30. I am so excited about both these opportunities. I pray the right people come into my path and this experience helps me to connect with just the right contacts.

## VENDOR EVENT

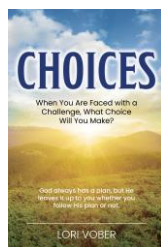


# THE GROVES

*a Senior Lifestyle community*

Although I believe the "ideal" target audience for my message is the stroke community, I believe anyone who has faced a difficult medical challenge can relate to my journey. That is why I felt like I could relate to the patients at the cancer center. I am now also targeting assistive living homes as an option to share my story. An assistive living facility located very close to my house is having a vendor event on Saturday, April 29<sup>th</sup> for their residents and the community. I have the opportunity as an author to participate in the event and am so excited. I hope I am able to connect with the right person that truly needs to hear my story and connect with the residents for future activities together. **If you are located locally and are reading this, please stop by! The event is at The Groves in Goodyear on Saturday, April 29<sup>th</sup> from 9am-2pm.**

**Address:** 2655 Pebble Creek Pkwy, Goodyear, AZ 85395 There will be four authors represented at this event, along with many other vendors. I have recently designed some t-shirts so I will have the opportunity to sell my book and shirts at the event. I will also do a drawing for a gift card for anyone new who signs up for my monthly newsletter.



## VIRTUAL CONFERENCE

GREATER  
THINGS  
TRUSTING GOD IN YOUR CALLING



MUST  
ATTEND  
>>>>>>

I am excited about any and every opportunity to learn and better my speaking and writing craft. I am so grateful for the opportunities that come that are virtual. This three day conference that I will be attending virtually is hosted by Redemption Press Publishers and will be held April 13-15. I know I will learn a lot from all of the speakers and look forward to connecting with other writers and speakers during the nightly zoom connect times. Although I love attending conference in person, travel is difficult and the virtual option allows for replays, which is very helpful. I love the slogan for the conference: "Trusting God in Your Calling". I am thankful for the amazing journey He has me on right now.

## NEW THERAPY

Although I loved my therapy team at SWAN in Phoenix, and it was a difficult transition when the owner, Dr. Kay Wing, decided to sell the rehab center and step down in her current role, I am so grateful for my new team at SWAN at their Goodyear location. Since my hysterectomy surgery last spring, I have been trying to not only improve my gait pattern, hand function, arm strength, but also keep my pain levels under control in my left knee and hip. It all started after my hysterectomy last spring and no definite solution yet. I appreciate my team's consistent help, and we have been trying strengthening exercises along with something new to me called dry needle therapy. It is similar to acupuncture. By inserting needles into the tight muscles from neuro-spasticity, it gets them to relax. In addition to therapy, I have had two rounds of cortisone shots in my hip and knee joint. We continue to monitor, exercise, and look for a solution.

