

MAY STROKE AWARENESS MONTH AND AMAZON EBOOK SPECIAL THROUGH JUNE 1ST!

May is Stroke Awareness Month, and I try to post memes on my social media weekly through the month of May to educate my followers on the important signs and statistics of stroke. As a younger hemorrhagic stroke survivor at the age of 29, I did not know the signs like I should have when I had mine and I want others to be more aware than I was. We all get so busy with our daily schedules that we often neglect our health, and it is important. I don't believe you hear enough about stroke and especially as it relates to all age groups!

As you all know, my first book, *CHOICES: When You Are Faced with a Challenge, What Choice Will You Make?* published last March 2022. In conjunction with May Stroke Awareness Month, to continue promoting my message, and to promote more Amazon reviews, my book is on special in ebook format through June 1st for only 99 cents. If you have not read my book and like ebook, please grab it now while it is on special. If you have read it and have not yet reviewed it on Amazon, please take the five minutes to do that. As an author, Amazon reviews are very important and I could really use your support in this area. The Amazon link is: <https://rb.gy/qnevc> If you purchased my book directly from me, please consider purchasing the ebook for only 99 cents and writing a review today! My book won the 2023 Readers' Choice Award for Christian Living Day by Day and Testimonial categories by the Christian Literary Awards earlier this spring. Thank you for your help and support!

Therapy is not cheap, and I am raising money once again for the NAU Stroke Camp. This is a great opportunity for survivors to get therapy and PHD students to have hands on practice with real patients. My goal is to raise \$600 which is 2 scholarships. Any contribution would be greatly appreciated! Link to contribute: <https://gofund.me/390dd91d>

RADIO STATION OPPORTUNITY

When Dainis and I went to LA last month to the LA Book Festival, my goal in attending was to share my book, my postcard with my story, my message with a speaking opportunity, and make new connections. I did thankfully have the opportunity to do all of those things and incredibly grateful for Dainis's willingness to take me. One of the connections I made was with a radio station manager of a LA radio station. After several conversations since the event, he has presented to me an opening for a health segment during a late night programming time. I am currently working on recording some audio segments to present to him on signs of stroke, stroke statistics, recovery/therapy, patient advocacy, and more. I am very excited about this opportunity and possibility of educating others based on what I have learned from my own journey as a young stroke survivor and epileptic from the stroke!

OUR CELEBRATION EVENT

We had our celebration event on Saturday evening, May 6th and enjoyed celebrating with all those who were able to join us! We know life is busy for everyone and there is never an ideal time but wanted to celebrate all God has blessed us with from my stroke recovery 20 years ago and my ability to not only survive but thrive in this "new normal". We also wanted to take time to celebrate God's blessing on our marriage as we recently celebrated 25 years. We have journeyed through lots of challenges and have a lot to be grateful for. In July, I will celebrate my 50th birthday and don't take for granted that I am a walking miracle and God gave me a second chance.

NEW STROKE SUPPORT GROUPS

I truly want to use what I have been through to help others, whether that is in the form of my writing or in speaking opportunities. In June, I will have the opportunity to start speaking to two new stroke support groups, and I am so excited! I believe it is in our vulnerability and willingness to share our own personal journeys with others that we can help, connect, and learn from one another. One group is located at St. Joseph's Hospital in Phoenix and one is associated with a group from UCLA that I met in LA.

VIRTUAL CONFERENCE NEXT WEEKEND

I have the opportunity to share my message CHOICES: Don't Get Stuck in Your Challenges next Saturday morning, June 3rd at 8am with the Clarity Confidence Connection Summit. The conference is this Friday and Saturday and features over 50 speakers. The cost is only \$5 and you get a FREE gift from each speaker. The sessions are recorded if you miss any, and I need your help registering! I need to sign-up 25 people so will you consider registering today? It will be a great opportunity to learn and connect with others. Please register with this link today for only \$5!! <https://clarityconfidenceconnection.mykajabi.com/a/2147546901/j7bMwTLD>

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. I am also looking for opportunities to speak and am passionate about using my experiences to bring hope and encouragement to others.

SWAN REHAB AND MONTHLY STROKE SUPPORT GROUP



I am so glad to have therapy assistance from my new team at SWAN Rehab in Goodyear. We continue to work both on my upper extremity range of motion, gait pattern, and knee/hip pain. We have found good results from the dry needling procedure, and I am amazed at both medicine and what the latest discoveries are and the body and its reaction to the different things we try. I continue to work at SWAN twice a week for two hours a time and then on my own home therapy program.

The Goodyear location started a stroke support group that meets for about 45 minutes once a month. This support group is so good for survivors to have the opportunity to connect with other survivors, gain information from professionals that come as speakers, and have a safe place to ask their questions outside of their therapy program. This is such an important and needed resource and I am thankful the clinic started this group.

VENDOR EVENT



I recently had the opportunity to participate in their first vendor event at a local assisted living home and met some new "friends". One of my new connections is a resident there and also an author. She gifted me her book, and I am excited to continue our relationship. Although my target audience is the stroke community, we all face challenges on our journey, and I think we can learn so much from each other and what we have been through. I love the older generation and community and connecting with them because they have journeyed through so much and truly have so much that we can learn from based on their experiences. If you are reading this, local to the Phoenix area, and have additional connections to other assisted living homes or hospitals where I can share my message and story, I would love to connect.



VIRTUAL CONFERENCE / NEW DEVOTIONAL OPPORTUNITY



I recently had the opportunity to attend a 3-day virtual conference hosted by Redemption Press Publishing with a focus on devotional writing. Because the current plan for my next book is a 52-week devotional, I was very excited to learn more during this conference. As always, I not only learned new material but also was blessed with new connections. At the end of the 3-day event, Redemption Press offered us a publishing opportunity I decided to take advantage of. They are putting together a 30 day devotional made up of 30 devotions from the prompt of fear. I decided to write a devotional on the fear of belonging and finding your place after a medical challenge. I am always very thankful for every virtual learning opportunity!

NEW STROKE COMPILATION IS PUBLISHED

In my first book, I wrote about all of the blessings and challenges we have persevered through from medical, life, adoption, to parenting. I recently had the opportunity to participate in a new compilation book with five other women stroke survivors and our book is publishing this week! We each have our own unique journeys through stroke and although our journeys are very different, our passion to use our experience to encourage others is the same. Our hope is our stories will help others, and I am so excited I had this opportunity. Each of us tells in a chapter what our life look liked before our stroke, our stroke recovery, and our life since the stroke. The book is titled *Girl, Get Your Life Back*, and it is so important for those that go through tough medical challenges, whether it is stroke or another disease, that it is a choice to keep persevering forward rather than get stuck in our trials. As a stroke survivor, I have learned so much on this journey and am passionate about using my experiences to encourage others. We can still find hope, joy, and success in our "new normal" and it is a choice we make. You can purchase this book directly through me for \$15 so please reach out to me today for your signed copy!

