

NOVEMBER/DECEMBER 2022 NEWSLETTER

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NAU STROKE CAMP IN FLAGSTAFF

I had the great opportunity to attend the stroke camp at NAU in Flagstaff for 3 days the first part of November for the second time. The camp is put on by PHD students studying occupational and physical therapy at the college and a great opportunity for both students and stroke survivors. The last time I had the opportunity to attend was in 2008 before we adopted the kids! I decided as part of Stroke Awareness Month in May and World Stroke Day in October to raise money for scholarships to the camp and some of you helped with contributions, which I was so grateful for. The cost per participant was \$300 and you helped me raise \$1675! That was 5 scholarships!

Not only did I learn some new things and I had the opportunity to jump back into therapy, I had the opportunity on the last day of camp to talk to the therapy students as an author/speaker, share my story and book, and express how important their future career is and how much my therapists have truly contributed to my recovery. Overall, it was a wonderful experience!



CANCER TREATMENT CENTERS OF AMERICA (CTCA)

When I first received the possible diagnosis of ovarian cancer early this year, I had no idea what the journey would be like. I am thankful after a full hysterectomy that my cyst was indeed benign and not cancerous. I am also incredibly grateful for the opportunities I had to volunteer and serve there at CTCA after my surgery recovery. The patients I met, friends I made, and experiences I gained were life changing. It is an amazing hospital and the amount of compassion and care the medical professionals show each patient is top notch.

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.

CHRISTMAS GIFTS



As many of you know, my first book published in March titled *CHOICES: When You Are Faced with a Challenge, What Choice Will You Make?* I had the opportunity to be a compilation author in this amazing second book that published in October titled *RADICAL ABUNDANCE: More Than All We Can Ask or Imagine*. It is made up of over 50 devotionals by 33 different authors. If you are looking for a Christmas gift, ordering links are available on my website at www.lorivober.com or please reach out to me directly today. I would be happy to mail you a signed author copy of either book and accept a variety of payment options.

ZOOM ADVENT BIBLE STUDY

I had the opportunity for the second year to facilitate the Advent Study on Luke as a Zoom during the months of November and December with Bible study friends. The book is titled *Seeking JOY through the Gospel of Luke* by a friend and fellow author, Christine Trimpe. It is a great way to stay connected with friends and engaged in God's Word during the busy holiday season.

GOODBYE 2022...HELLO 2023

As we say good-bye to 2022, we truly have so much to be thankful for. This year was filled with both blessings and challenges. It didn't turn out at all like we thought it would! When I picked the word "Purpose" for my 2022 Word, I had no idea what God's plans and purpose would completely entail! I learned so much though about keeping my faith strong, my eyes on Him for opportunities, even in the face of a great challenge.

As we say hello to 2023, it will be our year of celebration as we celebrate Lori's 20th anniversary of her stroke in January and all she has overcome, our 25th wedding anniversary in March and the many challenges we have journeyed through together, the first anniversary of my book, *CHOICES*, in March, Stroke Awareness Month and a special book re-launch in May, and my 50th birthday in July!

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.