
R[4] Retreat Center

Vision and Case Statement



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Case Statement & Vision

Mission:

R[4] Retreat Center is a Bible based organization that creates retreat opportunities to encourage, inspire and empower persons with special needs and their caregivers.

This mission is fulfilled in two ways:

1

R[4] Retreat Center currently provides retreats for families who are caring for children with disabilities and helps them find rest, restoration, renewal and rapha (Hebrew for healing). We celebrate and serve one another as a whole community. We create unique retreats in which families of every kind (typical and those with special needs) can come together and bond over common experiences and struggles. Where families who have kids with special needs can find respite and support. Where families of “typical” kids can join in and create lasting bonds with families with whom they normally would not have the opportunity to meet and share life experiences. *Families from all backgrounds, ethnicities, and religious preferences are welcome! Though we are Bible based, **we do not limit our mission** to only those who believe the same way we do. Everyone is welcome.*

2

The second way that we are fulfilling our mission is by developing a unique program for adults with disabilities. This program will provide a safe place to call home, life skills training and fun employment opportunities for adults with disabilities right on our campuses. This provides yet another avenue of “retreat” for families knowing that their adult children are safe, provided for, cared about, valued and pursuing their passions for the rest of their lives.

Vision:

To be the ultimate respite destination in the United States providing continuous support and community for families struggling with the ongoing challenges of caring for a person with special needs.



The plan is to purchase existing properties with large homes or existing camps in strategic locations around the United States. We will renovate them into fully accessible, multi-functional campuses that will meet the needs of all our campers and residents. By making these campuses multi-functional, we will provide our residents many opportunities for employment and create multiple streams of revenue, thereby creating a financially sustainable organization for years to come.

Our campuses will give us the opportunity to provide, not only meaningful retreats and respite opportunities for families, but also affordable housing, education, services, therapies and jobs for adults with special needs. This is a very unique model because it gives us the ability to meet the needs of families from the early years with respite and community and continue serving them long into the future by providing a future for their children when they become adults.

Why (Part 1):

Meet the Smith family; George, Amy and their three kids. On the outside, they appear to be a normal young, growing family. But the reality of their lives is very different than what people expect.

Amy is so tired of being exhausted. She can't remember the last time she felt relaxed and at peace. As she looks back at her kids' lives, she cannot remember a day when she didn't feel stressed out or sad. Two of her three kids have disabilities.

She loves her kids more than life itself and she fights hard for them daily, but her emotions still bubble up like a pot about to boil over. Some days bring triumphs as her kids reach goals in their therapies. Other days, she would like to just hide because she feels like a huge failure as a mom.

Now her kids are older and she hoped things would be easier, but they are not. Her kids are no longer "cute" kids with special needs, they're big kids who are often loud, hard to "control" and always misunderstood. She longs for the world to embrace her amazing kids just as they are but that has yet to happen. And now that her kids are growing up, there are more important things that keep her up at night and those things scare her to death. What will the future look like? How will they manage?

She wishes she could remember some happier days so at least she'd have something to hold on to. But the stress of caring for her kids 24/7 with no break, darkens any recollection of good days. In the silence of the night time, she collapses in tears wondering if she will ever get her life back.

George watches his wife struggle. He wants to help but doesn't always know how. He sees his wife's tears but never seems to have the right words to console her. Amy is consumed with caring for their kids and he tries to support her as much as he can. But he's tired. Tired of not being sure the best way to help his wife and kids. Tired of his life being scheduled around his kids' insane school schedules, therapy sessions and doctor appointments. He's tired of the constant demand of his job and his family. He feels like he is being pulled apart one limb at a time....and he's sure that his wife feels the same way. He can't remember the last time they actually had time to have an uninterrupted conversation. All he knows is that he can't fix it and that sometimes makes him feel inadequate and lost.

He misses Amy. They used to laugh and have fun together, but those days seem like a distant memory now. He's tried to plan date nights with his wife so they could just get away, but something always happens with the kids and they end up cancelling. And honestly, his biggest wish is to just

THE PROBLEM

**1 in 5 households
in the United
States are caring
for a child with
special needs.**

*Long term support
and respite options
for caregivers are
minimal, leaving
parents and families
exhausted, isolated
and hurting.*

have a simple conversation with his son, but because his son is non-verbal, that conversation has never happened. He feels very alone and isolated even in the middle of his crazy life. This is not the life he imagined for himself. As much as he loves and adores his family, he longs for something more and is really scared of the future.

He's looked into summer camps for their kids. He's heard of some really great ones that he knows his sons would enjoy. He's even committed to saving money for them to go. Amy was so excited about the idea of them going to camp because it would give her a break and hopefully her boys could make some friends. George loved seeing the light in Amy's eyes again just with the prospect of life being somewhat "normal" for a week while the boys were away. But as usual, those plans failed too when the car broke down and they had to empty their savings to get it fixed. George was devastated when he saw the crocodile tears roll down Amy's cheeks when he told her they couldn't go.

Since they couldn't send the boys to camp, they decided to do a staycation and just go places near home where the kids could have some fun and they could get a short break. However, the constant fear of meltdowns and misunderstood behaviors kept them from leaving the house after the first outing. Things didn't quite go as well as they had hoped. George and Amy need a chance to breathe but there just doesn't seem to be anywhere for them to go to do that.

George and Amy desperately need a break; an opportunity to get away and regroup. A chance to be with other families who understand and support them. A place where their kids will be loved and accepted and included in everything. But where can they find a place like that?

And what about their "typical" child? She always seems to get left behind or their plans have to change because of her brothers. Their daughter is full of grace and is fiercely protective of her brothers. But it breaks George and Amy's hearts that they cannot give her the time, energy and resources they know she needs and deserves. How will they ever be able to express to her what she means to them and how proud they are of her? And who is out there to help and support her? Does anyone even understand what she goes through as a sibling? Where can she go to vent? Who can she talk to who will love her through it?

Sadly, this story is not the exception to the rule in society today. It is becoming very normal. However, families like these have become the hidden and forgotten ones. They suffer silently because no one knows how to help, what to say or, more often than not, even knows there is a need.

And that is why R[4] Retreat Center exists! R[4] exists to provide hope and respite for those who feel unseen and unwelcome in most places. R[4] exists to give encouragement and inspiration to those who are exhausted and have nowhere to turn. R[4] exists to empower those who feel forgotten by giving them a safe place to go with their families where they are seen, heard, loved, supported and understood. That is why we do what we do. RETREAT!

R[4] Family Retreats:

Parents who attend our retreats come away with a new sense of belonging and refreshment. They get an opportunity to breathe knowing their kids are well taken care of and accepted just as they are. They get the chance to hang out with other parents and develop special relationships and memories that last a lifetime. The bonds our parents create at R[4] retreats are something incredibly unique.

Finding Your Tribe

"I want to talk for a moment about "finding your tribe." I work from home, so I sometimes go days without seeing a human being outside of my immediate family. I long for companionship. I yearn for social interaction. It's easy to just feel...alone. But, with my unique family, I always worry. Are they judging my parenting? Will my kids say something inappropriate? Will there be a meltdown? Will we fit in? Do they even want us here?"

But [the retreat] was such an amazing, abundant blessing in so many ways! Because I'll tell you this...I found my people. The adults in the group got kid-free time to talk, to ask questions, connect, and commiserate. Guys, it made my soul so happy. To hear other parents who also struggle....to hear I'm not the only mom who sometimes cries in the closet...to be in a safe space free of judgment. I left with phone numbers of new friends and a renewed sense of purpose and belonging." – Brandi W.

I Came Away Refreshed

"My boys are high energy we go very, very few places...especially with all three of them. They were accepted and when one started being aggressive later in day, his buddy stepped in to lend a helping hand without judgement. I feel blessed that we got to take part in this. I came away refreshed from having some time off. I was really wondering when we signed up if the boys would be accepted, if they would fit in, etc. but it was such a wonderful experience." – Diane H.

I Was Welcomed with Open Arms

"My family and I were welcomed with open arms and felt at home with people we never met. Everyone was gracious and willing to assist from the minute we parked our car." –Latunya M.

And what do our kid campers think about our family retreats?

My Sons Had a Blast!

"My sons had a blast and wanted to go back the next day. The boys came home full of stories about their day. They have talked all week since the retreat about the fun they had." –The Hall Family

This Was the BEST Day Ever!

"This was the BEST day ever! My favorite part was the talent show. I got to do a song with my friend Zane. When do we get to come back?" – Chase S.

And siblings are not left out. R[4] has special activities for siblings during our retreats as well. They have an absolute blast as they are given special one-on-one time to enjoy with their parents and with siblings from other families who understand the struggles they go through each day. These siblings are fiercely loyal and protective of the brothers and sisters with special needs, so it is nice for them to just relax and enjoy some fun with no need to defend their siblings or feel stress of any kind.

Siblings Become Future Volunteers

"As one of the families was leaving the retreat, they stopped and flagged me down. David, their oldest son (12 years old), rolled down the window and couldn't stop talking about how amazing his day was. He went on to tell me that he loved every part of the day and couldn't wait to come back. He then asked if he could be a volunteer at the next retreat because he loves helping people and he really wanted to come help R[4]'s campers in the future. That was such a blessing to hear that from one of our sibling campers." - Jamie Koesema, R[4] Executive Director

What Our Volunteers Say

We Connected On So Many Levels

"I will say that our family was blessed hugely. We met another family and connected on so many levels. Our kids have become fast friends and we will continue getting together all because God put both of our families together while you were planning a retreat to bless so many." - Melanie O.

It Was Truly a Meaningful Experience for My Whole Family

"I just wanted to say thank you so much for the opportunity to serve the special kids and their families on Saturday. It was truly a meaningful experience for my whole family. Since the event, my middle daughter Eva has turned a corner with a little boy with autism and ADHD that she has had struggles with since September. She sees him in a new light now and is trying harder to see his special qualities as special rather than "annoying". It made my heart so happy when she shared with me her new perspective and I know it has a lot to do with her experience at the retreat on Saturday. You are doing amazing work and I know the effects are far reaching! God Bless you! Please keep us in mind when you are in need of volunteers in the future." – Heather M.



Why (Part 2)

Remember the Smith family? For George and Amy, the present is perplexing and lonely, but the future is frightening. As they attempt to prepare their kids for the future, whatever that may look like, they both feel stressed and frustrated. What is going to happen if they die before their kids are ready and/or able to be independent? Who will care for them? Will they be treated with respect as valued members of society?

They've asked around in their Special Needs Groups to see if anyone knows of a good community for adults with disabilities, maybe even housing and jobs for them. No one seems to have a good answer. They've heard of a few places around the country where they may be able to go, but they are few and far between and extremely expensive. They wonder if places like that are only created for the rich. How can it be that there is no place to call home for their precious boys? No place with a secure and healthy future?

They try desperately not to lose hope, but each day brings new challenges, fears and stresses as adulthood creeps closer and closer for their children. And they know that once their kids "age-out" of school at 22 years old, they will lose access to some of the services that they've grown accustomed to. And then what?

There are thousands of families perplexed by these same issues ... walking that same scary tightrope. One of R[4]'s [visions-beyond-our-resources](#) is to bridge that gap and provide not only housing for adults with special needs, but also training and jobs. R4 Retreat Center believes that every human being is created in the image of God and has a purpose. So, we are making it our mission to create a special place; a place of safety, love, security and joy. A place of hope, passion, purpose and pride. A place called HOME.

NOTE: Some adult residential facilities have stopped creating waiting lists because their lists are 300-400 people long and they know that there's no way they will ever be able to get through their lists and offer housing to everyone on their lists. There is definitely a major problem and more people need to rise up to address this need. Would you consider helping R[4] Retreat Center become a solution to this growing crisis in our world today? Together we can make a difference and serve this unseen population and give them a future and a hope.

THE REALITY

"Hundreds of thousands of adults with disabilities across the U.S. sit on housing "wait lists" for home and community-based services. Even if they're ready to make the move out of their parents' home into community or independent living, the housing options and funding supports often don't exist."

-Micaela Connery
2015 Research Fellow,
JCHS M.P.P. 2016,
Harvard Kennedy School

https://www.jchs.harvard.edu/sites/default/files/connery_disabilityhousing_april2016_v2.pdf

Our Story

The idea for R[4] Retreat Center was born when our founder, Jamie Koesema discovered that her adult daughter was autistic. It was a shock, but it explained a lot of her daughter’s learning struggles, social anxieties and sensory issues as she grew up. As Jamie dove deeper into the world of autism and disabilities in general, she began to realize how isolated parents of children with special needs become and she wanted to become part of the solution instead of the problem.

Because of the complex struggles of their children, families are often misunderstood and feel rejected by family and friends. Parents dream of seeing their children included in activities and loved just as they are but struggle to find a community of people to help them achieve that dream for their kids.

As a result of our founder’s journey of discovery with her daughter, it became evident that there needed to be somewhere for families to go to find respite, hope, peace and community with others. As her family talked more and more about these things, the plan for R[4] Retreat Center was born.

In July of 2016, R[4] Retreat Center, Inc. was approved as a 501(c)3, Texas nonprofit corporation. In that same year, we had the privilege of serving 27 families in 7 different states through our Blessing Bag Campaign. This was our opportunity to bless families impacted by special needs around the country with customized goody bags for each member of the family. We have since done three retreats in Texas in 2017, 2018 & 2019 by renting camp facilities in the area. At those retreats, we had the privilege of serving 22 different families affected by disabilities. It has been a pleasure serving all of these families since we opened but we are ready to expand and reach even more!

Over the years, we have been listening to and learning about the greater needs of this unseen and misunderstood population. As we have considered those needs, our vision has grown exponentially to include not only a Retreat Center but also a residential home, training center and source of employment for adults with disabilities.



The Big Picture

R4 Retreat Center plans to purchase existing camps or properties with large homes with acreage around the country on which to build our campuses. What would we do on the properties we are able to acquire?

Family Retreats, Day Camps, Respite

With the purchase of an existing camp, R[4] has the unique opportunity to get up and running within months. Having our own property provides the means and facilities to run family retreats, day camps and respite days all throughout the year. Why?



1. To provide encouragement, peace, hope, love and acceptance to the families we serve.
2. To create ongoing support through an inspiring community of people whose purpose is to care for and serve one another.
3. To build trust over the years as families attend our retreats, day camps and respite days. As a result, when their kids grow up, the transition to joining R[4] as an adult resident will be an easy choice and less stressful for our new residents and their caregivers.

The Lodge @ R[4] Retreat Center

A major component of the R[4] vision is to open our own Residential Training Centers for adults with disabilities. The plan is to invite adults to live on campus and provide them a variety of resources that will create a healthy future for them. These resources include life skills training, job training for positions at the Retreat Center and with outside partners, one-on-one staff support, individual life plans & goal setting, budgeting, health and wellness, cooking classes, social and safety skills. The Lodge @R4 Retreat Center will be affordable for all by using Medicaid and Social Security benefits for room and board. We will also work with local agencies to provide further resources, therapies and services for our residents.



The R4 Greenhouse & Café

In an effort to provide a variety of on-site employment opportunities for our residents, R[4]'s plan is to open its own fully accessible greenhouse. It will house both growing areas as well as retail



space to sell lawn & garden plants as well as an amazing assortment of houseplants. Customers will be able to purchase in person as well as on our online store. Plans are in place to create aqua phonic greenhouses where we will grow produce, herbs and flowers to sell year round at our own Farm Stand, local restaurants and florists. We will also make use of our produce at our Farm-to-Table Greenhouse Café that will be open to the public. All of these ventures will offer our residents multiple opportunities for employment and fun ways in which to thrive.

Outside Event Rentals

R[4] will open its doors to other organizations, churches and schools throughout the year to run their own events/retreats. Not only will we be able to be a blessing to other organizations, but this will provide further visibility and marketing for the full vision of R[4] and perhaps help create more support for future endeavors.



Lodging Rentals/ Amenity Packages

When there are no family retreats or outside events scheduled, R[4] will open its doors to families and tourists in the area to rent cabins, glamping tents, RV spaces & tent camping spots. Not only will this generate extra revenue but it will give R[4] more opportunities to share Jesus, our story and our ministry with our guests.



Field Trips

Our goal is to develop each of our campuses in such a way that they can be used for educational, recreational and corporate team building field trips. Through the use of the natural resources, hiking trails, ponds, high ropes & low ropes course & equestrian center, R[4] Retreat Center campuses will become outdoor classrooms to area schools, adult day programs, special education classes and homeschool groups.



Concerts and Seasonal Events

Throughout the year, R[4] will invite its neighbors on campus for concerts and seasonal events. These events will not only serve as entertainment and fun for the community, but they will help further the mission and vision of R[4] Retreat Center. Attendees will have the opportunity to tour our campuses, meet our staff and residents and just enjoy some time together “at camp.” We hope to build relationships with the community through these events to gain visibility, future financial support and perhaps even some great volunteers!



Multiple Streams of Revenue

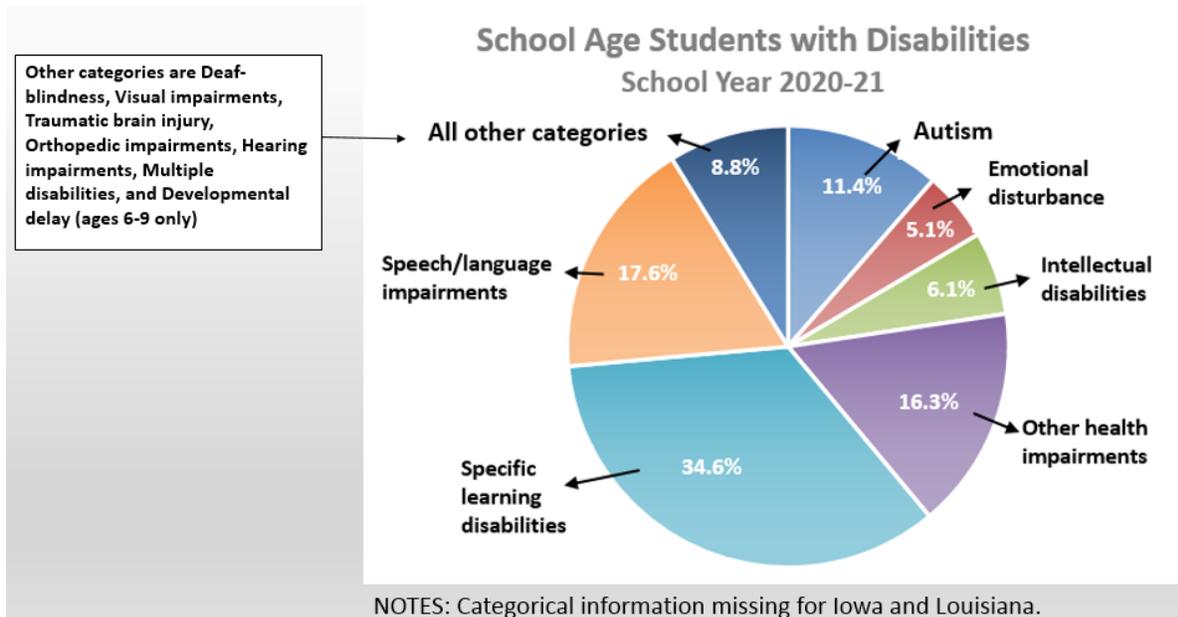
One of the goals of R[4]’s leadership team is to think outside of the box and create multiple streams of revenue for the organization. Our desire is to be financially sustainable; able to support our operational and programming costs throughout the year using the profit from our multiple business ventures on our campuses. Any fundraising done will be used for further expansion, capital campaigns and property acquisitions in other locations.

Location, Location, Location

Our desire is to find properties around the country that are within an hour or so from major metro areas preferably in North Texas (Dallas), Northern Georgia (Atlanta) and/or Michigan (Grand Rapids). R4 has served well in both Texas and Michigan since the beginning so we desire to continue our ministry in both of those places. It has also been a desire and a calling, as we’ve pursued our mission further, to meet the needs of those in Northern Georgia. As a result, our ministry is open to landing in any one of these locations and will eventually expand to have campuses in each of these states and more as the doors open and funds and properties are made available.

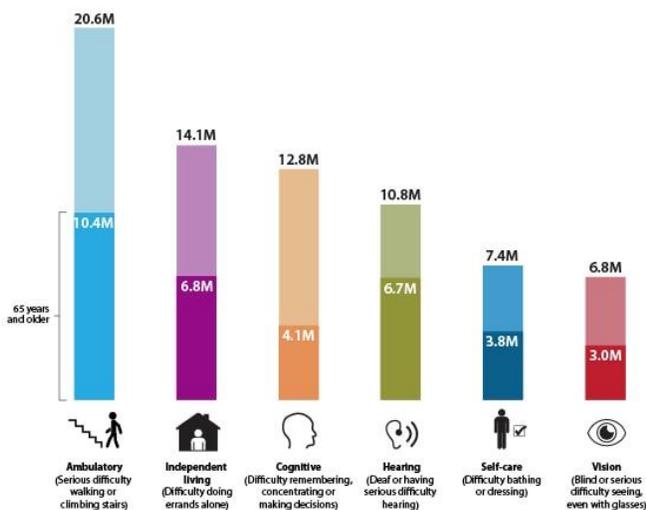
US Disability Demographics

Approximately 15% of children age 3-17, or **1 in 6 children**, in the U.S. has some type of **developmental disability**. The numbers in the adult population are even more shocking. Across the country, the average is **1 in 4 adults has some type of disability**. Yes, approximately 25% of the adult population in the US is living with a disability and many of them have no suitable place to call home. Clearly, something has to be done to meet the needs of this growing population.



Prevalence of Disabilities for Ages 18+

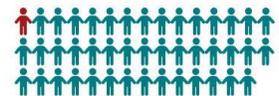
Individuals in Millions



AUTISM QUICK STATS



1 in 44 kids identified with autism



241% higher than baseline stats in 2000

Although autism can be diagnosed before a child reaches the age of two, most kids are diagnosed only after the age of **4**

BOYS are 4X more likely to be diagnosed than **GIRLS**

40% are nonverbal
44% Have average or above average intellectual ability
31% have an intellectual disability

Some areas have higher than average prevalence rates:
California 1/26
South Korea 1/38

36.5% of autism caregivers use ABA
20% of caregivers give CBD to autistic kids

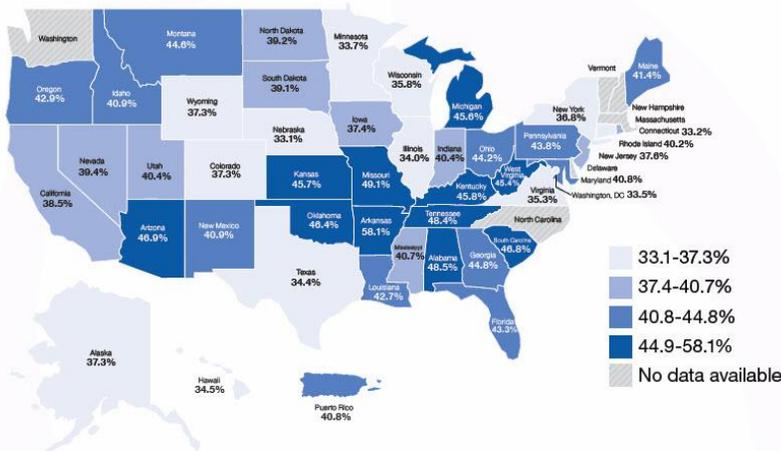
What About the Caregivers?

A study published by AARP in May of 2020 states, “Today, more than one in five Americans (21.3 percent) are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. This totals an estimated 53.0 million adults in the United States, up from the estimated 43.5 million caregivers in 2015.” That is a major jump...10.5 million more caregivers in just 5 years.

How are these caregivers being helped? More often than not, they are not. The sad truth about caregivers is that most people do not understand what they are going through, the stress they are under and the needs they have. The reality is that life is extremely difficult and taxing. R[4] wants to help by providing retreats, day camps and respite days for caregivers. All of these will give opportunities for caregivers to take a breath, to relax, have a date night and have adult conversations with people who understand without worrying about their child(ren). All of these things are immensely important for both the medical and mental health of the caregivers, giving them the strength to continue. Without healthy caregivers, who will take care of these precious children? We, as a society, have to do better and create affordable, attainable and sustainable solutions!

Health Status of Adult Caregivers: Prevalence of Chronic Diseases and Disability Status

Figure 4: Caregivers aged 45 years or older who reported having 2 or more chronic diseases



R[4] is also working with the Lucas Project to schedule showings in both Florence, KY and Arlington, TX. More information about these showings will be made available at a later date.

Silent Helpers

• Caregiving in the U.S. •

1 IN 6 Americans is caring for an adult with an illness or disability

49 YEARS Average age of caregiver to American adults with illness or disability

90% More than of caregivers say they **VALUE THE EXPERIENCE**

20% SUFFER FROM DEPRESSION This is 2x the rate of the general population

85% of caregivers in the U.S. **DO NOT RECEIVE RESPITE CARE**

56% of caregivers WORK 40+ HOURS per week at their occupation

L The average caregiver **GIVES 24.4 HOURS** of care per week to their loved one

Data Sources: AARP "Caregiving in the U.S.," Family Caregiver Alliance "Caregiver Depression A Silent Health Crisis," Aging in Place, "Caregiver Burnout"

Provided By: TJCONDONWRITES

powered by
PIKTOCHART

For more information on the reality of caring for a child/adult with profound disabilities, please check out <https://caregiverdoc.com/> and save the date to see a showing of their documentary, “Unseen: How We are Failing Parent Caregivers and Why it Matters” in your area. This documentary is powerful and gives great insight into the lives of caregivers. It is a must see! It will change your perspective on this subject and stir your spirit to want to do more to effect change.

Vision Beyond Our Resources

We know that our vision is huge and will require far more financial resources than we currently have. But we also know that the need is great RIGHT NOW and we are stepping out in faith believing that God will provide the people, the financial resources and the properties to be able to serve this unseen population and create a future for so many. As mentioned before, the waiting lists are ridiculous for adults waiting to get into suitable housing.

R4's plan, as we work hard to find funding for our vision, is to continue serving families who are impacted by disability and do what we can to encourage, inspire and empower them by whatever means we can. Through retreats, prayer groups, events and social media, our desire is to meet people where they are and do what we can to give them hope.

All we ask is that you pray. Ask God to send people our way who can help us accomplish our mission and this vision beyond our resources. We have no idea how God will do it, but we are believing he will answer your prayers in ways beyond what we could ask or imagine. This will definitely be a team effort and we can't wait to see how God accomplishes this.

“Too often we let *how* get in the way of *what* God wants to do. We can't figure out how to do what God has called us to do, so we don't do it at all. When we find ourselves in situations that are beyond our control or beyond our comprehension, we pray.”

Excerpt from [Circle Maker](#) by Mark Batterson

Resources Needed

Our first step is to acquire a property in Texas, Michigan or Georgia to begin turning it into a state of the art, fully accessible and weather protected facility. We are honestly willing to go wherever there is an open door and God provides. If you know of anyone with a property that they'd like to donate as a legacy project, please connect us. Secondly, we are looking for an army of donors/investors to believe in our vision and invest in our vision at all different levels. We know that every donor/investor has his/her own interests and level of desire to get involved in an organization. We would love to talk to you more about how you can get involved in an area that fulfills a passion in your heart.

Below is what our projected need is to develop our first property:

1. Property Budget: \$2M
2. 1st Year Operating Budget: \$500K
3. Property Renovations/Additions: \$1M
4. Investors to help develop our for-profit businesses

Get Involved

How can you help R4 provide respite and hope for hundreds of families right now?

Pray.

We need an army of people to pray for this vision and for the provision needed to purchase property and become operational.

Give.

Monthly Donor



One Time Gift



Zelle

zelle

Now accepting donations via Zelle
No service fees

Send your donation to
jkoesema@r4retreatcenter.org

Paypal



Mail a Check:

R4 Retreat Center
5806 Olin Ln
Burlington, KY 41005

Share.

Follow R[4] on social media, engage with us and share our stories.



Become an "R4 Ambassador." Tell people about what we are doing. If you or someone you know is interested in learning more about R[4] Retreat Center's mission and vision and would like to get involved, please contact Jamie Koesema at jkoesema@r4retreatcenter.org or call 972-689-4518 to set up a meeting.

Subscribe.

Did you know that R4 Retreat Center has a monthly email newsletter? It's a great place to learn about the families we serve, the events we have coming up and the latest news and needs of the organization. Sign up now: <https://www.r4retreatcenter.org/>

Volunteer.

R[4] will have multiple opportunities to volunteer in the near future. If you are interested in volunteering, please visit: <https://www.r4retreatcenter.org/be-a-volunteer> and click the volunteer button. The opportunities on the form in TX and KY at rented facilities for dates to be announced. Once we have our own facility, we will add more opportunities to that list.

The Team

Current Volunteer Staff:

Jamie Koesema: R4 Retreat Center President and CEO. Burlington, KY

Ashley Koesema: R4 Media Manager, Web Designer, Horticulture Enthusiast, Burlington, KY

Rachel Petri: R4 Social Media Manager, Recent College Grad. Independence, KY.

Board of Directors:

Earl Pomeroy: Chairman of the Board. Retired Aerospace Engineer, GE Aviation. Burlington, KY

Sara Mayo: Board Member. Special Education Administrator. Birdville, TX

Jeff (Cindy) Miller: Board Member. Special Education Instructor. Parents of adult with disabilities. Arlington, TX

Anna Gane: Board Member. Mental Health Advocate. Development Assistant. Dallas, TX

James Reinhardt: Board Member. Philanthropist. Forney, TX

Ken Swanson: Board Member. Disability Advocate. Ministry Leader. Fort Thomas, KY

Consultants:

Allen Eshleman: Camp Director. Cove Valley Christian Youth Camp. Mercersburg, PA.

Terry Coffman: Retired Executive; Boy Scouts of America. Associate with The Camp Doctor, Inc. Fuquay-Varina, NC

Mary Klentzman: Disability Advocate. Former Executive Director of Cornerstone Ranch (residential home for adults with disabilities). Mother of adult with disabilities. Grant Writer. Plano, TX.



Contact Information

Thank you so much for reading this informational packet about R[4] Retreat Center. As a team, we appreciate your time. If you would like to speak to one of us personally about how you can get involved in our mission and vision, please feel free to contact one of us.

Jamie Koesema, Founder/CEO:

Email: jkoesema@r4retreatcenter.org

Phone: 972-689-4518

Earl Pomeroy, Chairman of the Board

Email: earlp1039@gmail.com

Phone: 616-915-4831

Anna Gane, Board Member

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Additional Resources

Disability Statistics

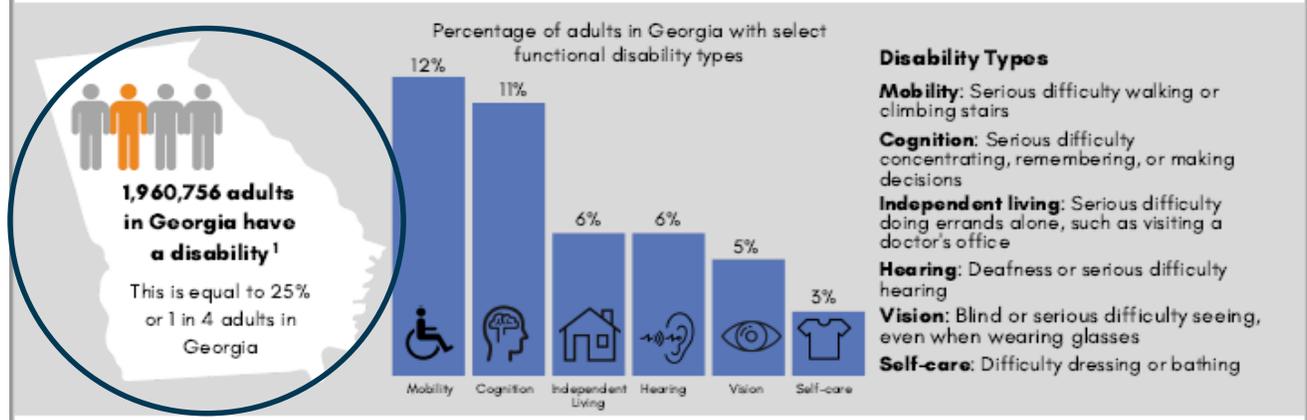
Georgia Adult Stats.....	20
Texas Adult Stats.....	21
Michigan Adult Stats.....	22

Georgia Disability Statistics

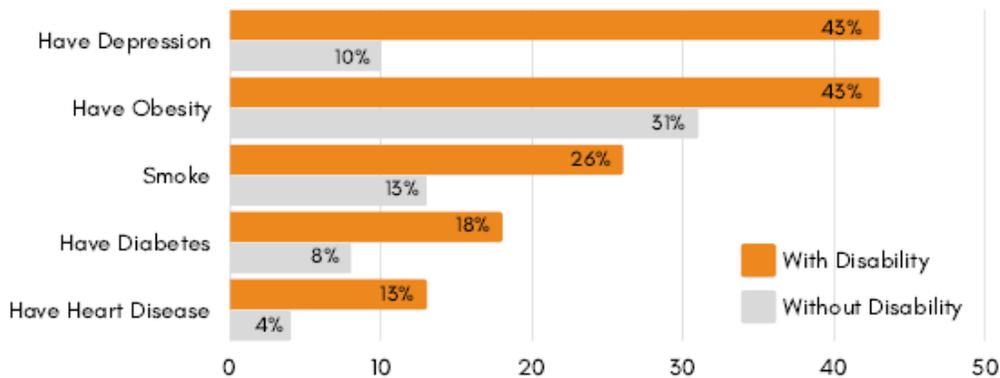
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS GEORGIA



Everyone can play a role in supporting more inclusive state programs, communities, and health care to help people with, or at risk for, disabilities be well and active in their communities. Join CDC and its partners as we work together to improve the health of people with disabilities.



Adults with disabilities in **Georgia** experience health disparities and are more likely to...¹



Visit dhs.cdc.gov for more disability and health data across the United States.

DISABILITY HEALTHCARE COSTS IN GEORGIA²

- About **\$20.3 BILLION** per year, or up to **32%** of the state's healthcare spending
- About **\$13,543** per person with a disability



Learn how CDC and state programs support people with disabilities at www.cdc.gov/ncbddd/disabilityandhealth/programs.html.

NOTE: DATA ARE ROUNDED TO THE NEAREST WHOLE FIGURE. FOR MORE PRECISE PREVALENCE DATA, PLEASE VISIT [DHS.CDC.GOV](https://dhs.cdc.gov).

1. DATA SOURCE: 2020 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS).
 2. DISABILITY HEALTHCARE COSTS ARE PRESENTED IN 2017 DOLLARS AS REPORTED IN KHAVJOU, ET AL. STATE-LEVEL HEALTH CARE EXPENDITURES ASSOCIATED WITH DISABILITY. 2021. PUBLIC HEALTH REP.

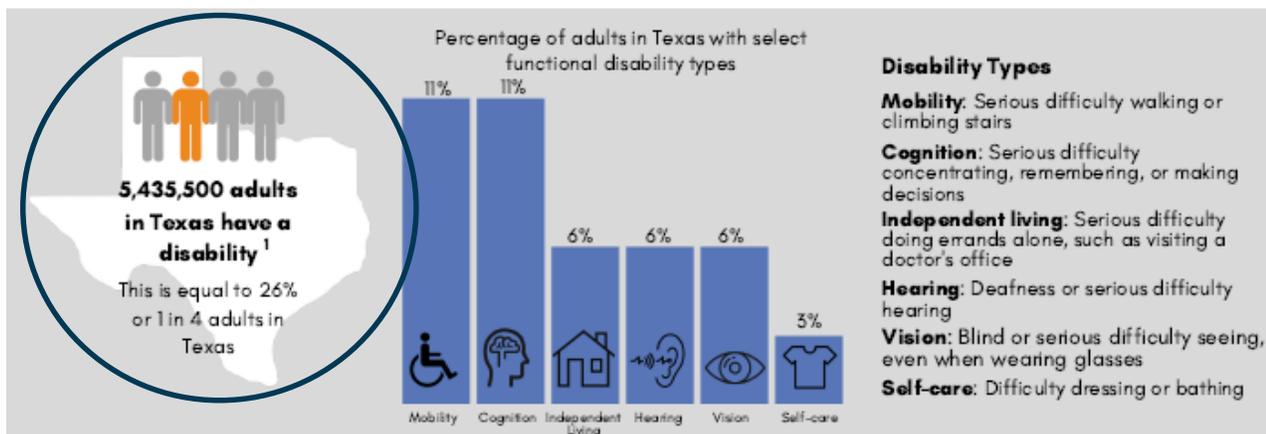


Texas Disability Statistics

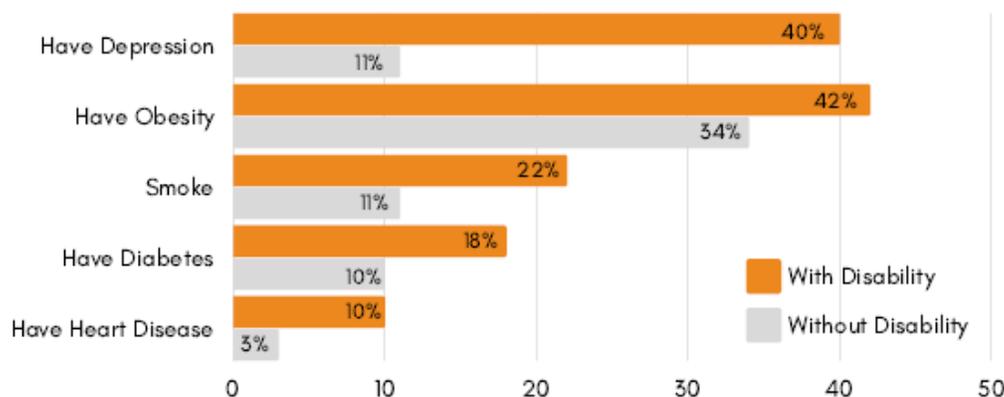
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS TEXAS



Everyone can play a role in supporting more inclusive state programs, communities, and health care to help people with, or at risk for, disabilities be well and active in their communities. Join CDC and its partners as we work together to improve the health of people with disabilities.



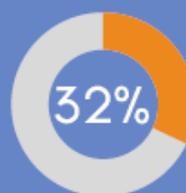
Adults with disabilities in **Texas** experience health disparities and are more likely to...¹



Visit dhs.cdc.gov for more disability and health data across the United States.

DISABILITY HEALTHCARE COSTS IN TEXAS²

- About **\$56.7 BILLION** per year, or up to **32%** of the state's healthcare spending
- About **\$17,189** per person with a disability



Learn how CDC and state programs support people with disabilities at www.cdc.gov/ncbddd/disabilityandhealth/programs.html.

NOTE: DATA ARE ROUNDED TO THE NEAREST WHOLE FIGURE. FOR MORE PRECISE PREVALENCE DATA, PLEASE VISIT [DHS.CDC.GOV](https://dhs.cdc.gov).

1. DATA SOURCE: 2020 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS).
 2. DISABILITY HEALTHCARE COSTS ARE PRESENTED IN 2017 DOLLARS AS REPORTED IN KHAVJOU, ET AL. STATE-LEVEL HEALTH CARE EXPENDITURES ASSOCIATED WITH DISABILITY. 2021. PUBLIC HEALTH REP.

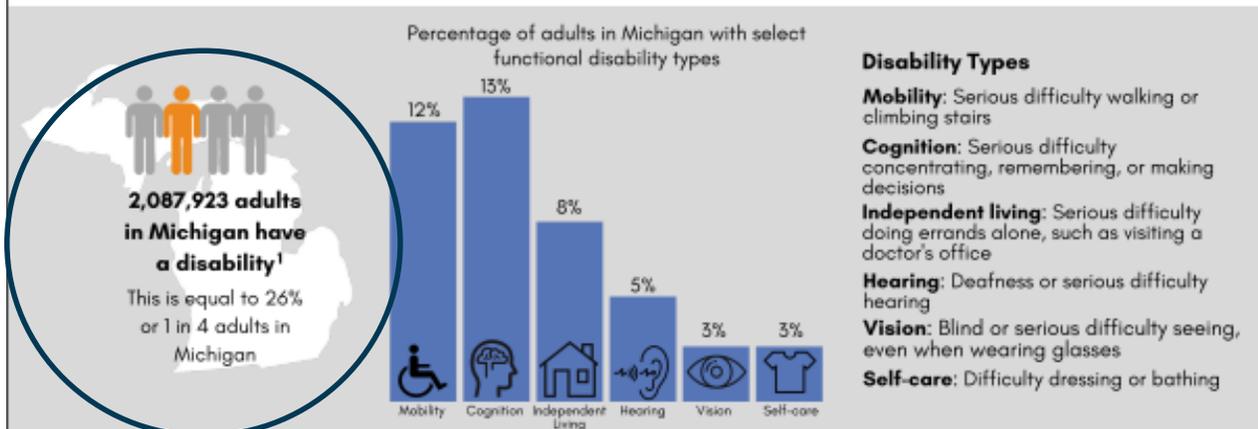


Michigan Disability Statistics

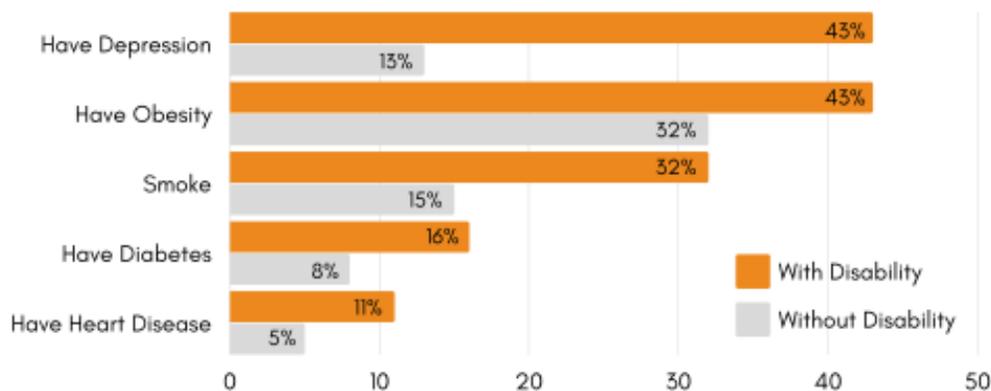
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS MICHIGAN



Everyone can play a role in supporting more inclusive state programs, communities, and health care to help people with, or at risk for, disabilities be well and active in their communities. Join CDC and its partners as we work together to improve the health of people with disabilities.



Adults with disabilities in **Michigan** experience health disparities and are more likely to...¹



Visit dhds.cdc.gov for more disability and health data across the United States.

DISABILITY HEALTHCARE COSTS IN MICHIGAN²

- About **\$28.2 BILLION** per year, or up to **37%** of the state's healthcare spending
- About **\$15,868** per person with a disability



Learn how CDC and state programs support people with disabilities at www.cdc.gov/ncbddd/disabilityandhealth/programs.html.

NOTE: DATA ARE ROUNDED TO THE NEAREST WHOLE FIGURE. FOR MORE PRECISE PREVALENCE DATA, PLEASE VISIT [DHDS.CDC.GOV](https://dhds.cdc.gov).

1. DATA SOURCE: 2020 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS).
 2. DISABILITY HEALTHCARE COSTS ARE PRESENTED IN 2017 DOLLARS AS REPORTED IN KHAVJOU, ET AL. STATE-LEVEL HEALTH CARE EXPENDITURES ASSOCIATED WITH DISABILITY. 2021. PUBLIC HEALTH REP.

