

R[4] Retreat Center

Impact Statement & Plan



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Impact Statement

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 provider of respite & quality affordable housing for individuals with disabilities offering 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 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.

Commitment:

R[4] will impact 250 people with special needs and their community of caregivers by 2025 in the Dallas-Fort Worth, Northern KY/Cincinnati Metro and Southwest Michigan regions.

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 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

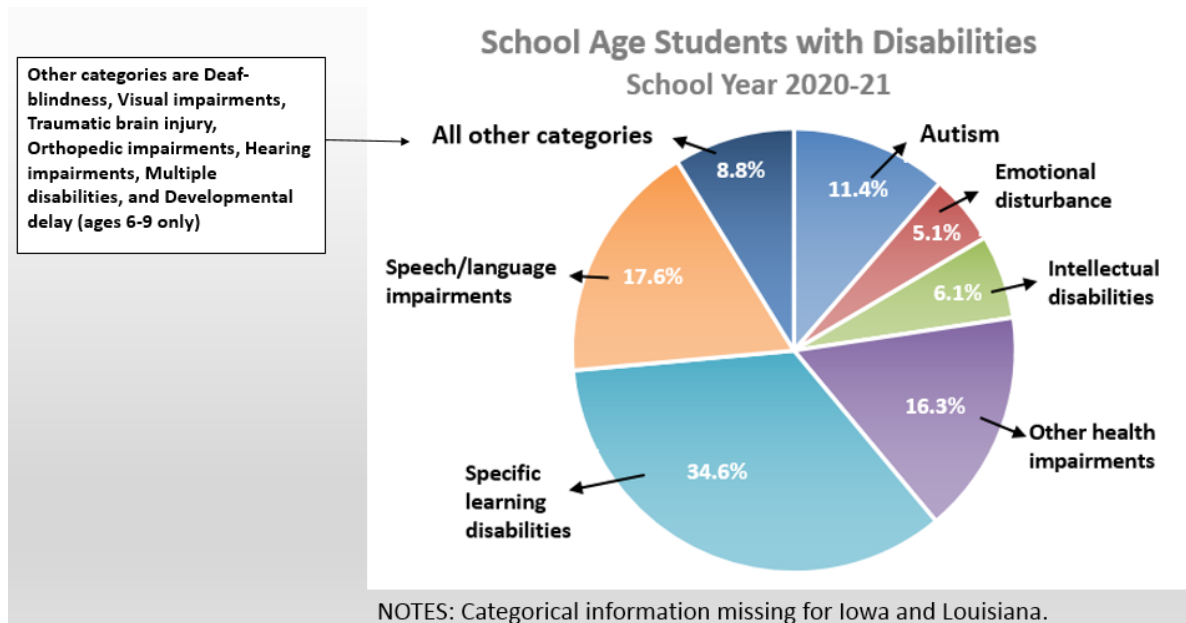
"Hundreds of thousands of adults with disabilities across the U.S. sit on housing "wait lists" for home and community-based services. Even if they're ready to make the move out of their parents' home into community or independent living, the housing options and funding supports often don't exist."

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

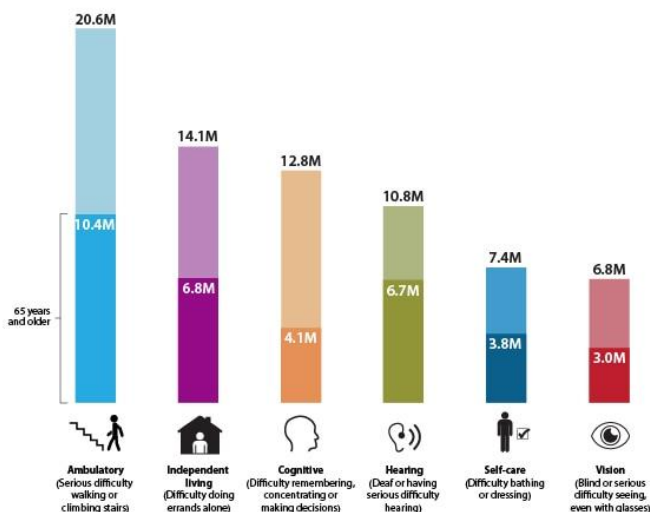
https://www.jchs.harvard.edu/sites/default/files/connery_disabilityhousing_april2016_v2.pdf

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



United States[™]
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: 2014 American Community Survey
www.census.gov/acs

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

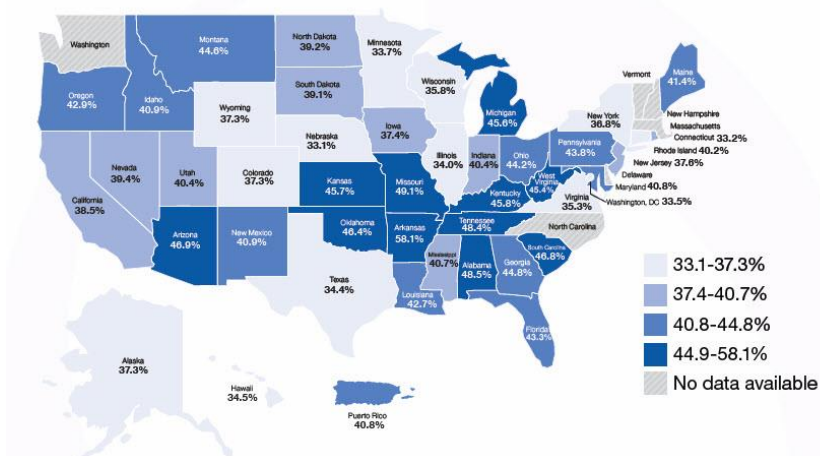
What About the Caregivers?

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.

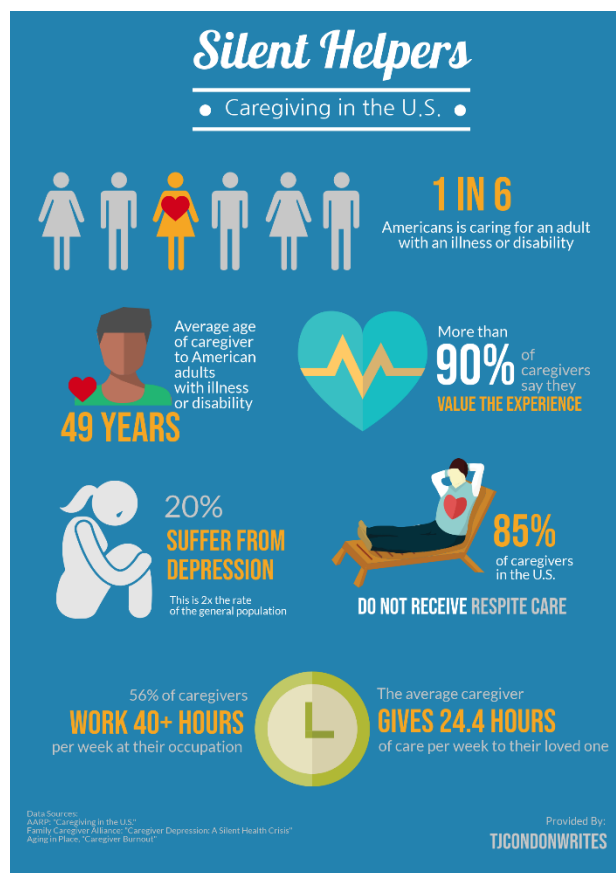
How are these caregivers being helped? More often than not, they are not. The sad truth about caregivers is that most people do not understand what they are going through, the stress they are under and the needs they have. The reality is that life is extremely difficult and taxing. R[4] wants to help 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 Arlington, TX, Grand Rapids, MI and Florence, KY.



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.

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 and caregivers of children with special needs become so she wanted to become part of the solution instead of the problem.

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 nonprofit corporation. In that same year, we had the privilege of serving 27 families in 7 different states representing 31 children with disabilities of some kind 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 North Texas. At those retreats, we had the privilege of serving 22 different families representing 35 parents/caregivers + 32 children affected by disabilities + 27 siblings. These retreats also included the service of 154 adult volunteers and 21 of their children who became part of our inclusive retreats doing activities with our campers with disabilities and their siblings. It has been a pleasure serving all of these families and 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

Family Retreats, Day Camps, Respite

While raising money for the purchase of our own properties, R[4] will continue to run retreats at existing camps and retreat centers in our target states: TX, MI & KY. These purpose of these retreats is:

1. To provide encouragement, peace, hope, love and acceptance to the families we serve.
2. To create ongoing support though 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.



R4 Retreat Center's Strategic Plan includes the purchase of existing 4-5 bedroom homes with 10-25 acres of land on which to build our campuses around the country. The purchase of these properties would give us the ability to build our own retreat centers so we could run retreats and respite days all year round. It would also give us the opportunity to develop and open the following:

The Lodges @ 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 skills and safety skills. The Lodges @R4 Retreat Center will be made 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, 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 within 5 years; able to support our operational and programming costs throughout the year using the profit from our multiple business ventures on our campuses. By 2028, any fundraising that is done will be used for expansion and property acquisitions in other locations.

What will it look like?

Below is a sample map of what an R[4] Retreat Center will look like in its entirety upon completion. Notice the 4 different components of the property: Retreat Center, Residential Learning Center, Greenhouse & Café and RV Park. All of these things will work in tandem with one another to fund the organization as a whole, provide ample opportunities for employment for our residents, outreach to the community and awareness with those who use our space for private rentals.



Location, Location, Location

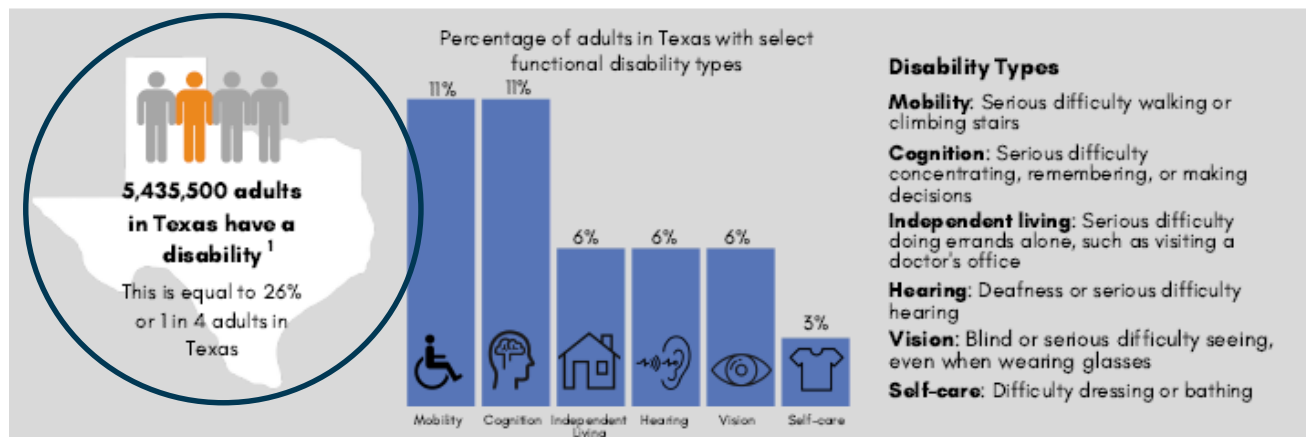
Our desire is to find properties around the country that are within an hour or so from major metro areas beginning in North Texas (Dallas), Northern Kentucky (Cincinnati) and Southwest Michigan (Grand Rapids). R[4] has served well in both Texas and Michigan since the beginning so we desire to continue our ministry in both of those places. And for the last 2 years, the founder's family has resided in Northern Kentucky and has begun to build a base there as well. R[4] is currently registered to do business in both Texas and Kentucky and will be registering in Michigan in 2023. R[4] plans on running retreats in each state to continue building connections in all three locations. As funding permits, R[4] will purchase properties in each of these states to be implementing the housing component of the program in those homes as well as build our greenhouse cafes, RV parks and small retreat centers on each of those properties.

Texas Disability Statistics

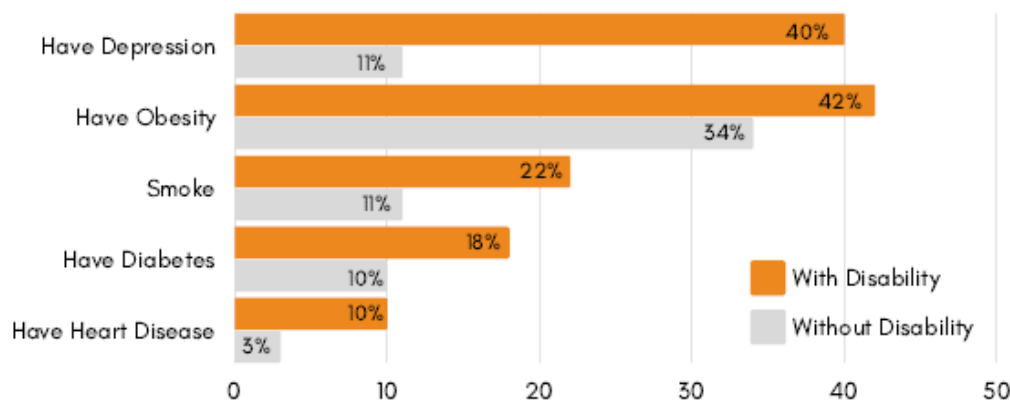
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS TEXAS



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 dohs.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 [DOHS.CDC.GOV](https://dohs.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.

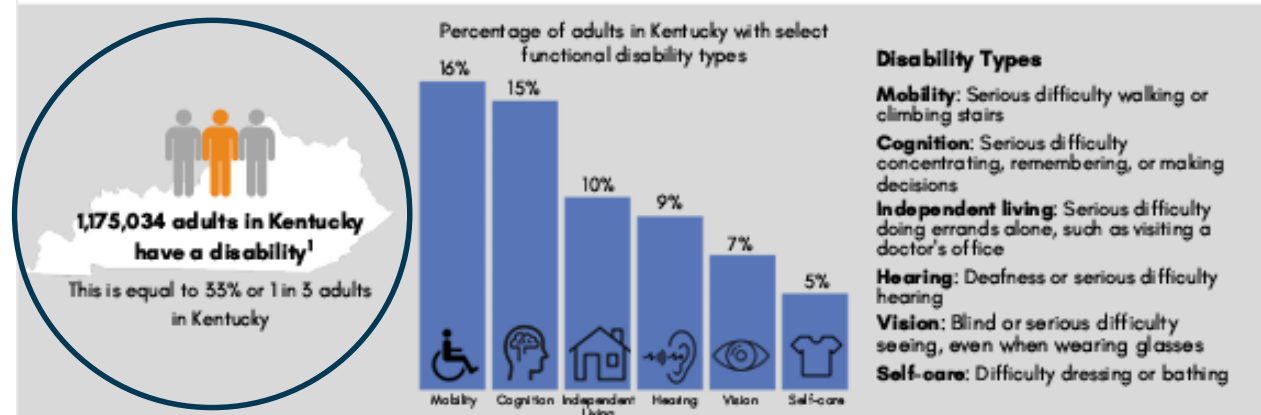


Kentucky Disability Statistics

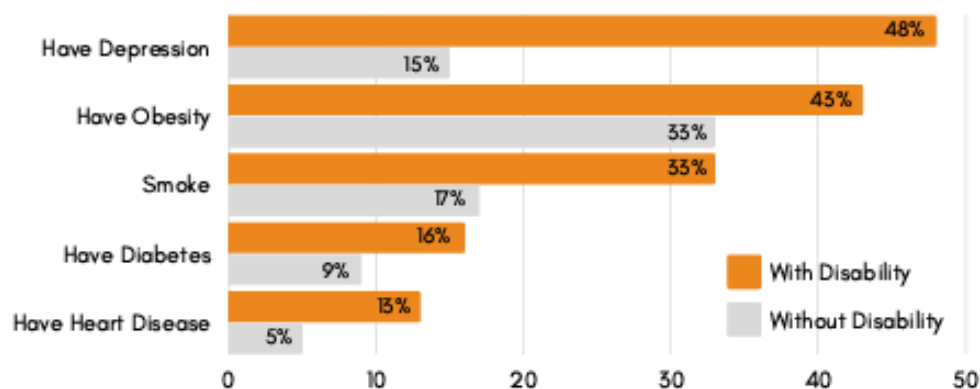
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS KENTUCKY



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 **Kentucky** 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 KENTUCKY²

- About **\$14 BILLION** per year, or up to **41%** of the state's healthcare spending
- About **\$15,177** per person with a disability



Learn how CDC and state programs support people with disabilities at www.cdc.gov/nbddd/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).

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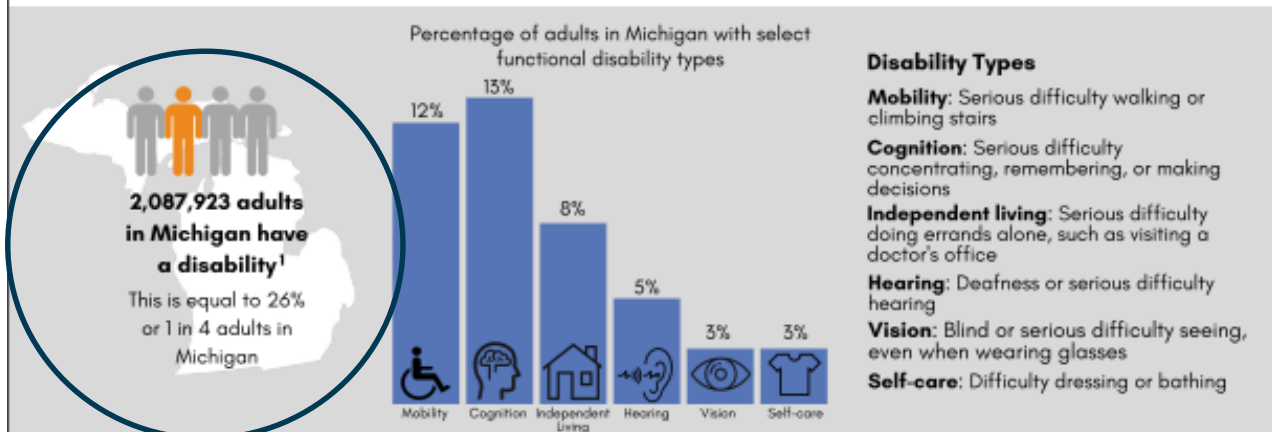


Michigan Disability Statistics

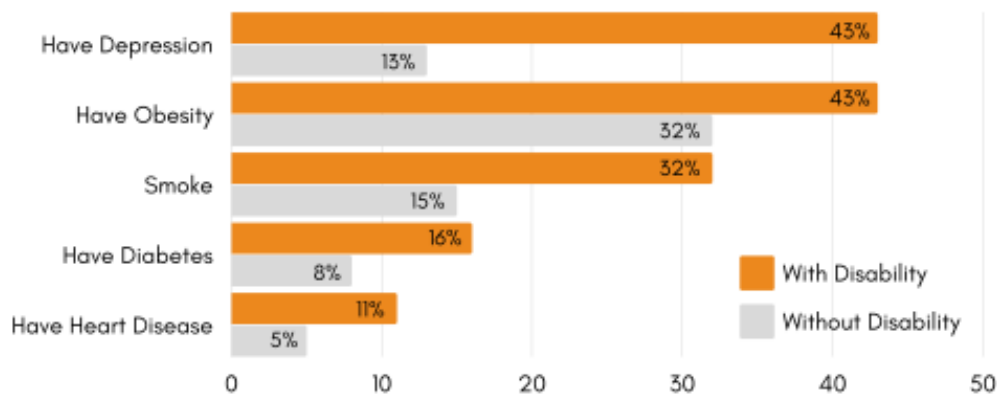
CDC's National Center on Birth Defects and Developmental Disabilities
DISABILITY IMPACTS MICHIGAN



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.



Area Competition

Though we are unaware of any direct competition to our specific business/ministry plan, there are organizations and businesses doing similar things in different ways.

Name/Website	What They Do	People They Serve	Location
Joni and Friends, Intl. https://www.joniandfriends.org/	-Family Retreats -Misc. Disability Ministry	Men, women and children with disabilities	-Worldwide -Retreats in US some foreign countries
Hugs Café https://hugscafe.org/	-Café & Greenhouse -Training and Employment	Adults with disabilities	McKinney, TX
Camp Blessing https://campblessing.org/	-Summer Camps -Retreats	-Children and Siblings -Families of children with special needs	Brenham, TX
Lucas Project https://thelucasproject.org/	-Respite Gifts for Caregivers -Residential Home for Adults with Disabilities	-Families of children with special needs -Adults with Disabilities	Holland, MI
Brookwood Community https://www.brookwoodcommunity.org/	-Housing, training, employment, services	Adults with disabilities	Brookshire, TX
Benjamin's Hope https://www.benjaminshope.net/	Housing, training, enrichment, day services	Adults with disabilities	Holland, MI
Redwood https://www.redwoodnky.org/	-Day Programs -Vocational Programs -Childcare -Summer Programs	-Adults with disabilities -Children with disabilities	Fort Mitchell, KY
Young Life Capernaum https://nkycapernaum.younglife.org/	-Clubs, Prom, Camps, Bible Studies	-Young Adults with disabilities	Northern KY and all over the US
Stepping Stones https://steppingstonesohio.org/	-Weekend, Summer and Day Services -Training	Adults with disabilities	Cincinnati, OH
29 Acres https://29acres.org/	-Housing, training, employment, activities, services	Adults with disabilities	Cross Roads, TX

All of these are spectacular organizations doing tremendous work in their own ways. None of them, however, are combining programs together on one campus to impact the entire family and create a pathway to success from childhood through adulthood in such a comprehensive and tangible way. That is what sets R[4] Retreat Center apart from the competition and gives it a tremendous advantage over these other organizations.

Business Timeline

2023

Phase 1

- *2 Overnight Retreats
- *2 Day Retreats
- *2 Turkey Day Events
- *3 Fundraisers
- Open Online Greenhouse Store
- Hire 4 Employees
- Hire 1 Intern for Greenhouse

2024

Phase 1.1

- *4 Overnight Retreats
- *4 Day Retreats
- *3 Turkey Day Events
- *3 Fundraisers
- Continue Online Greenhouse Store
- Hire 3 Employees
- Hire 2 Interns

2025

Phase 1.2

- *4 Overnight Retreats
- *4 Day Retreats
- *3 Turkey Day Events
- *3 Fundraisers
- *1 Week Long Retreat
- Continue Online Greenhouse Store
- Hire 3 Employees
- Hire 2 Interns
- Capital Campaign to Purchase Property

2026

Phase 2

- Purchase First Property
- Open Residential Home
- Open Training Center
- Establish L3C for Greenhouse Business
- Build First Greenhouse with retail space
- *4 Overnight Retreats
- *4 Day Retreats
- *3 Turkey Day Events
- *3 Fundraisers
- *1 Week Long Retreat
- Capital Campaign to Begin Building Retreat Center

2027

Phase 3

- Begin Development & Renovations on Retreat Center
- *4 Overnight Retreats
- *4 Day Retreats
- *3 Turkey Day Events
- *3 Fundraisers
- *1 Week Long Retreat
- Capital Campaign to Finish Retreat Center and Build 2nd Home
- Expand Greenhouse Retail Space
- Hire 3 Employees

2028

Phase 4

- Complete Renovations on Retreat Center
- Build 2nd Residential Home
- *4 Overnight Retreats
- *2 Turkey Day Events
- *1 Week Long Retreat
- **6 Day Retreats on property**
- **1 Large Fundraiser**
- **Turkey Day Event**
- Capital Campaign to Build 3rd Home
- Expand Greenhouse Retail Space
- Purchase and Open Food Truck Café
- Hire 3 Employees

*Note: All retreats & Fundraisers will be done at rental facilities in our target areas.

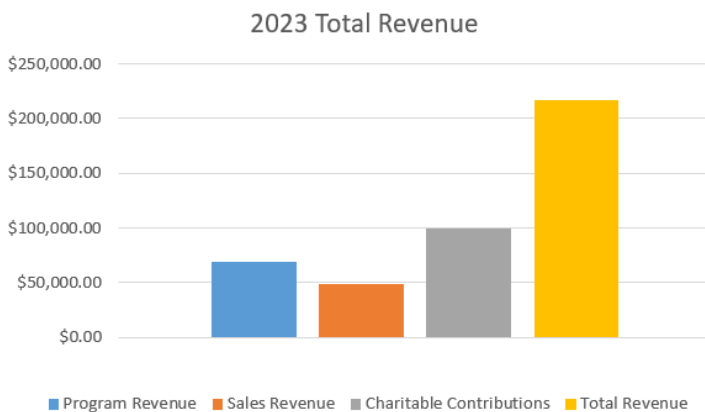
**First retreats, event & fundraiser done on R[4] Retreat Center Property.

Fundraising Plan

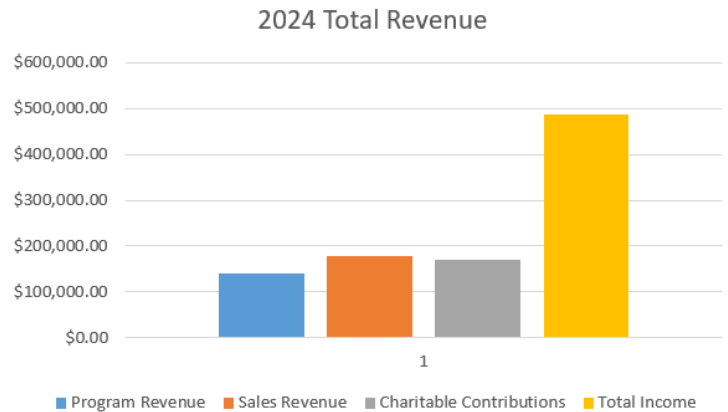
It is our goal to be financially sustainable by 2028. The plan is to utilize all of our for-profit ventures to fund the non-profit so we will not need to use donations for operational costs. 100% of all donations by 2028 will be used for programming and for further expansion into other states. By 2033, R4 would like to have 3 fully functioning retreat centers in our target states (TX, KY & MI) with the objective of expanding into 5 more states by 2043.

Below is a snapshot of what our fundraising projections are for the next 2 years as we actively pursue acquiring our own property and developing Phase 2 (Residential Learning Center) of the plan by 2026.

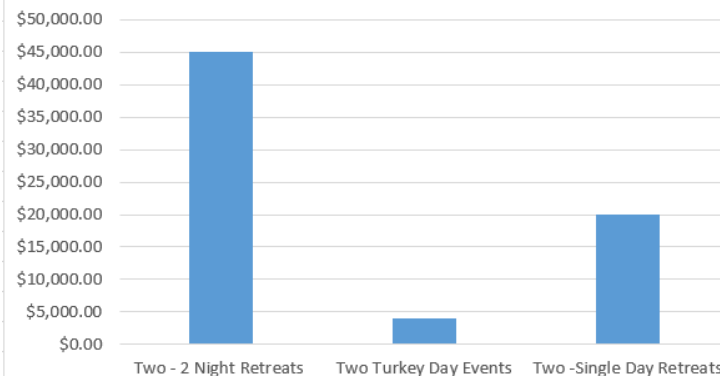
2023 Revenue Projections



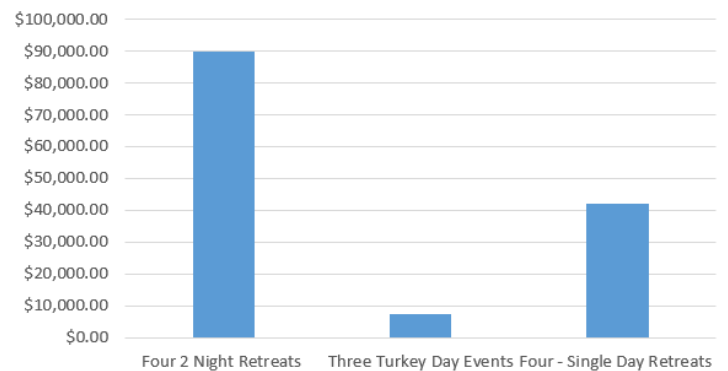
2024 Revenue Projections



2023 Program Revenue



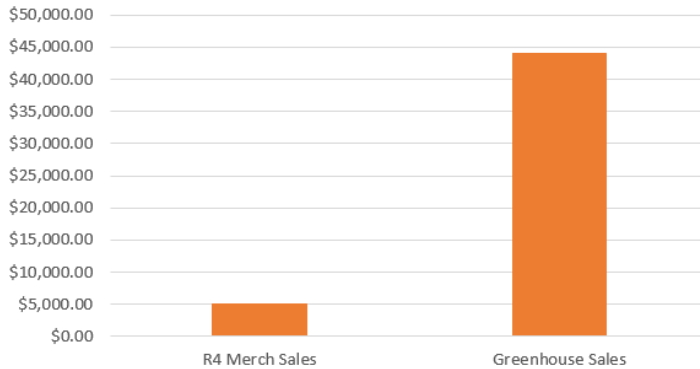
2024 Program Revenue



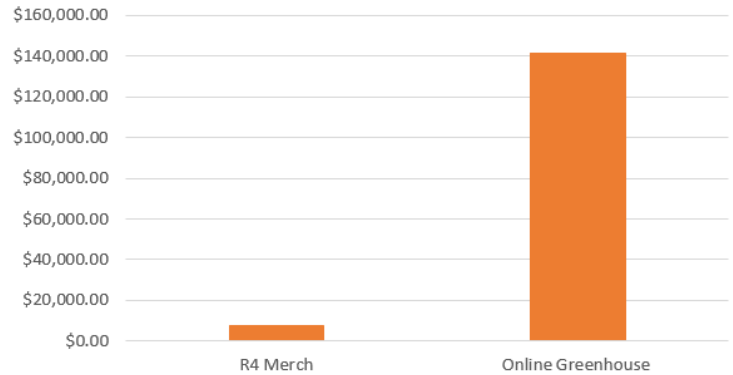
2023 Revenue Projections

2024 Revenue Projections

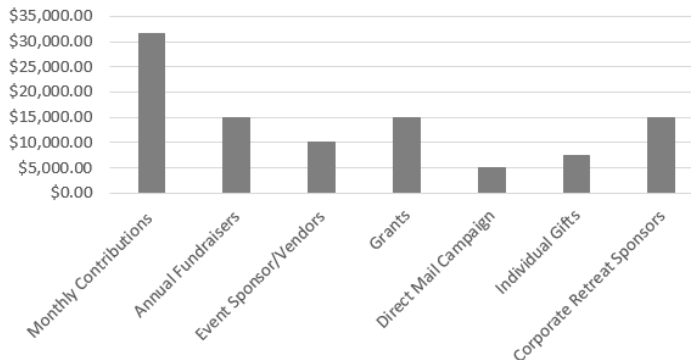
2023 Sales Revenue



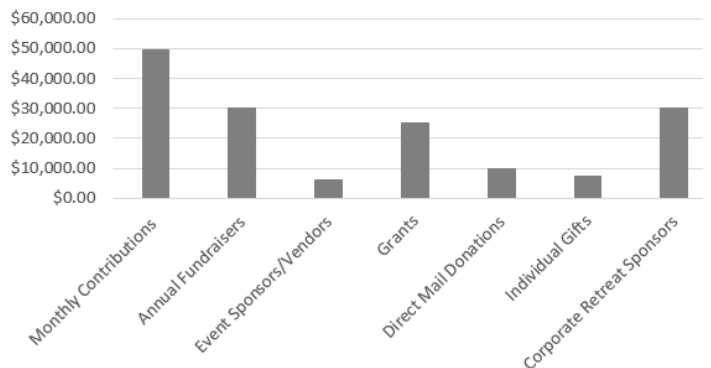
2024 Sales Revenue



2023 Charitable Contributions



2024 Charitable Contributions



During these two years, we will continue renting area camps/conference centers in order to continue meeting our commitment goal of impacting 250 individuals with special needs and their community of caregivers by the year 2025.

The plan is also to rent greenhouse space in KY to start an online greenhouse business. It is understood that within the first two years, there will be little to no profit made on that business. However, the plan is to get it up and running in mid-2023 so that by the time we have our own property in 2026, the business will already be flourishing and can easily be transferred to that property. At that point, the greenhouse will become an entity of R4 Retreat Center as an L3C company. L3C's are for-profit ventures designed to fund their parent company non-profit organization. As per the rules of L3C ventures, the greenhouse will become independent with its own budget and Board of Directors. At this point, it will continue to do business online but will also serve the public as a fully accessible greenhouse retail store.

Though this fundraising plan is ambitious, we believe that these goals are scalable as well as achievable. By meeting the goals and benchmarks of this plan, it will set R[4] up well to be able to run a capital campaign in 2025 for the purpose of purchasing our first property to establish our first residential program in 2026.

Get Involved

How can you help R[4] 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.

1. **Become a monthly sponsor.** Your monthly gift of \$30 or more per month makes you an individual sponsor of all R[4]'s retreats because your contribution gives us the monthly financial ability to keep scheduling and funding retreat for years to come.
2. **Give an empowering one-time gift of \$1000 or more** to help R[4] prepare for future endeavors.
3. **Become a Corporate Retreat Sponsor. A contribution from your business of \$250 or more** creates a transformational partnership with R[4] and provides the extra capital to create life changing retreats. Contact jkoesema@r4retreatcenter.org for more info.
4. **Become a Corporate Event Sponsor.** R[4]'s events are different than our retreats. These are fundraising events and community events done aside from our retreats. These events offer us the ability to be seen and have outreach within the different communities that we serve. Your business can partner with R[4] with a gift of \$250 or more to create lasting change and inclusion within your own community. Contact jkoesema@r4retreatcenter.org for more info.

How to give:

Online:

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 of Any Amount:

R4 Retreat Center
5806 Olin Ln
Burlington, KY 41005

Get Involved (cont'd)

Share.

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



Become an “R[4] 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 Founder & CEO. Burlington, KY

Email: jkoesema@r4retreatcenter.org

Phone: 972-689-4518

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

Email: ashleyk@r4retreatcenter.org

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

rachelp@r4retreatcenter.org

Board of Directors:

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

Email: earlp1039@gmail.com

Phone: 616-915-4831

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

Email: spartangirl92@live.com

Phone: 917-903-6773

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

Email: jkmiller76013@gmail.com

Phone: 817-946-7539

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

Email: a_gane01@msn.com

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

Email: swansonorse@gmail.com

Sue Larson, Board Member. Former Police Officer and Special Education Teaching Asst. Union, KY

Email: kygardengirl@zoomtown.com

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.

Legal Documents

1. Texas Certificate of Filing

Corporations Section
P.O. Box 13697
AARCS, Texas 78711-3697

Carolee H. Cascoe
Secretary of State

Office of the Secretary of State

CERTIFICATE OF FILING
OF
R(4) RETREAT CENTER, INC.
File Number: 802331075

The undersigned, as Secretary of State of Texas, hereby certifies that a Certificate of Formation for the above named Domestic Nonprofit Corporation has been received in this office and has been found to conform to the applicable provisions of law.

ACCORDINGLY, the undersigned, as Secretary of State, and by virtue of the authority vested in the secretary by law, hereby issues this certificate evidencing filing effective on the date shown below.

The issuance of this certificate does not authorize the use of a name in this state in violation of the rights of another under the Federal Trademark Act of 1946, the Texas trademark law, the Assumed Business or Professional Name Act, or the common law.

Dated: 11/12/2015
Effective: 11/12/2015

THE STATE OF TEXAS

Carolee H. Cascoe
Secretary of State

Please call (512) 463-3507
Fax: (512) 463-3709
TDD: 1800-685-8888

CONFIRM to us on the Internet at <http://www.sos.state.tx.us>
File: (512) 463-3709
TDD: 1800-685-8888

File: (512) 463-3507
Fax: (512) 463-3709
TDD: 1800-685-8888

Form 424

Secretary of State
P.O. Box 13697
Austin, TX 78711-3697
FAX: 512/463-5709

Filing Fee: See instructions

THE STATE OF TEXAS

Certificate
of Amendment

Filed in the Office of the
Secretary of State of Texas
Filing #: 802331075 02/22/2016
Document #: 657140180002
Image Generated Electronically
for Web Filing

Entity Information

The filing entity is a: Domestic Nonprofit Corporation

The name of the filing entity is: R(4) RETREAT CENTER, INC.

The file number issued to the filing entity by the secretary of state is: 802331075

Amendment to Name

The amendment changes the formation document of the filing entity to change the article or provision that names the entity. The article or provision is amended to read as follows:

The name of the filing entity is:
R(4) RETREAT CENTER, INC.

A letter of consent, if applicable, is attached.

Statement of Approval

The amendment has been approved in the manner required by the Texas Business Organizations Code and by the governing documents of the entity.

Effectiveness of Filing

☒ A. This document becomes effective when the document is filed by the secretary of state.
☐ B. This document becomes effective at a later date, which is not more than ninety (90) days from the date of its filing by the secretary of state. The delayed effective date is:

Execution

The undersigned signs this document subject to the penalties imposed by law for the submission of a materially false or fraudulent instrument and declares under penalty of perjury that the undersigned is authorized under the Texas Business Organizations Code to execute the filing instrument.

Date: February 22, 2016

Jamie J. Koesema, President
Signature of authorized person

FILING OFFICE COPY

Kentucky Foreign Corp Status

General Information

Organization Number	1206367
Name	R[4] Retreat Center, Inc.
Name in TX	R[4] Retreat Center Inc.
Profit or Non-Profit	N - Non-profit
Company Type	FCO - Foreign Corporation
Status	A - Active
Standing	G - Good
State	TX
Country	USA
File Date	5/4/2022 12:26:33 PM
Organization Date	11/12/2015
Authority Date	5/4/2022
Last Annual Report	N/A
Principal Office	1100 N Gateway Blvd Apt 3135 Forney, TX 75126
Registered Agent	Northwest Registered Agent, LLC 212 N 2ND ST SUITE 100 Richmond, KY 40475

2. IRS Determination Letter - 501(c)3 S tatus

INTERNAL REVENUE SERVICE
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: JUL 05 2016

R 4 RETREAT CENTER INC
PO BOX 1350
FORNEY, TX 75126

Employer Identification Number:
81-0717679
DLN:
17053099308006
Contact Person:
MRS T FARR ID# 52404
Contact Telephone Number:
(877) 829-5500
Accounting Period Ending:
December 31
Public Charity Status:
509(a)(2)
Form 990/990-EZ/990-N Required:
Yes
Effective Date of Exemption:
November 12, 2015
Contribution Deductibility:
Yes
Addendum Applies:
No

Dear Applicant:

We're pleased to tell you we determined you're exempt from federal income tax under Internal Revenue Code (IRC) Section 501(c)(3). Donors can deduct contributions they make to you under IRC Section 170. You're also qualified to receive tax deductible bequests, devises, transfers or gifts under Section 2055, 2106, or 2522. This letter could help resolve questions on your exempt status. Please keep it for your records.

Organizations exempt under IRC Section 501(c)(3) are further classified as either public charities or private foundations. We determined you're a public charity under the IRC Section listed at the top of this letter.

If we indicated at the top of this letter that you're required to file Form 990/990-EZ/990-N, our records show you're required to file an annual information return (Form 990 or Form 990-EZ) or electronic notice (Form 990-N, the e-Postcard). If you don't file a required return or notice for three consecutive years, your exempt status will be automatically revoked.

If we indicated at the top of this letter that an addendum applies, the enclosed addendum is an integral part of this letter.

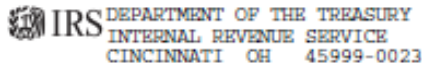
For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Sincerely,



Jeffrey I. Cooper
Director, Exempt Organizations
Rulings and Agreements

3. Employer Identification Number



R4 RETREAT CENTER INC
% JAMIE KOESEMA
4007 RIDGETOP DR
HEARTLAND, TX 75126

Date of this notice: 12-02-2015

Employer Identification Number:
81-0717679

Form: SS-4

Number of this notice: CP 575 E

For assistance you may call us at:
1-800-829-4933

IF YOU WRITE, ATTACH THE
STUB AT THE END OF THIS NOTICE.

WE ASSIGNED YOU AN EMPLOYER IDENTIFICATION NUMBER

Thank you for applying for an Employer Identification Number (EIN). We assigned you EIN 81-0717679. This EIN will identify you, your business accounts, tax returns, and documents, even if you have no employees. Please keep this notice in your permanent records.

When filing tax documents, payments, and related correspondence, it's very important that you use your EIN along with your complete name and address exactly as shown above. Any variation may cause a delay in processing, result in incorrect information in your account, or even cause you to be assigned more than one EIN. If the information shown above isn't correct, please send us the correction using the attached tear-off stub.

Annual filing requirements

Most organizations with an EIN have an annual filing requirement, even if they engage in minimal or no activity.

A. If you are tax exempt, you may be required to file one of the following returns or notices:

Form 990, Return of Organization Exempt From Income Tax
Form 990-EZ, Short Form Return of Organization Exempt From Income Tax
Form 990-PF, Return of Private Foundation
Form 990-N, e-Postcard (available online only)

Additionally, you may be required to file your annual return electronically.

If an organization required to file a Form 990, Form 990-PF, Form 990-EZ, or Form 990-N does not do so for three consecutive years, its tax-exempt status is automatically revoked as of the due date of the third return or notice.

Please refer to www.irs.gov/990filing for the most current information on your filing requirements.

B. If you are not tax-exempt, you may be required to file one of the following returns:

Form 1120, U.S. Corporation Income Tax Return
Form 1041, U.S. Income Tax Return for Estates and Trusts
Form 1065, U.S. Return of Partnership Income

Please refer to Publication 1635, Understanding Your EIN, for more information about which forms you may be required to file.

Applying for Tax-Exempt Status

Receiving an EIN from the IRS is not the same thing as receiving IRS recognition of tax-exempt status. To apply for formal recognition of tax-exempt status, most organizations will need to complete either Form 1023, *Application for Recognition Under Section 501(c)(3) of the Internal Revenue Code*, or Form 1024, *Application for Recognition of Exemption Under Section 501(a)*. Submit the completed form, all applicable attachments, and the required user fee to:

Internal Revenue Service
PO Box 12192
Covington, KY 41012-0192

Publication 557, *Tax Exempt Status for Your Organization*, has details on the application, process as well as information on returns you may need to file.

Additional information

To obtain tax forms and publications, including those referenced in this notice, visit our Web site at www.irs.gov. If you don't have access to the Internet, call 1-800-829-3676 (TTY/TDD 1-800-829-4059) or visit your local IRS office.

IMPORTANT REMINDERS:

- * Keep a copy of this notice in your permanent records. **This notice is issued only one time and the IRS will not be able to generate a duplicate copy for you.** You may give a copy of this document to anyone asking for proof of your EIN.
- * Use this EIN and your name exactly as they appear at the top of this notice on all your federal tax forms.
- * Refer to this EIN on your tax-related correspondence and documents.
- * Provide future officers of your organization with a copy of this notice.

If you have questions about your EIN, you can contact us using the phone number or address shown at the top of this notice. If you write, please tear off the stub at the bottom of this notice and send it along with your letter. If you don't need to write us, please don't complete and return this stub.

Your name control associated with this EIN is R4RE. You will need to provide this information, along with your EIN, if you file your returns electronically.

Thank you for your cooperation.