

Aurora House News

The light of a new day...



Spring 2024

Newsletter Volume 17 Issue 1

Patient and families served: 1,500

Age Range: 6 wks - 103 yrs

Average Length of Stay: 35 days

Students & Community #: 16,869

Care for the Caregiver

What is a caregiver? A caregiver is a paid or unpaid person (usually an unpaid family member or spouse) who helps tend to the needs or concerns of an individual with activities of daily living due to short or long term limitations from illness, injury, or disability.

More than 1 in 5 Americans are caregivers (about 21.3 %), having provided care to an adult or child with special needs in the past 12 months, totaling an estimated 53 million adults in the United States (National Alliance for Caregiving and AARP, Caregiving in the U.S. 2020). Family caregivers are considered "informal caregivers" having received little to no specific professional training prior to taking on the role. Caregivers are tasked with assisting with daily activities ranging from bathing, dressing, eating, taking medications, using the bathroom, and transferring an individual from sitting to standing. With an estimated 83 % of family caregivers in America going unpaid for their services, the additional weight of responsibility and financial costs of caring for a loved one can become detrimental to their own health and well-being.

23% of American caregivers have provided care to an adult or child with special needs in the past 12 months

More than 1 in 5 Americans are family caregivers



61% of family caregivers are also working part-time/full-time jobs

83 % of caregivers are unpaid family members or spouses



Caregiving can be physically, emotionally, and mentally exhausting. It is important to take time for respite to combat the additional stress of caregiving and avoid "caregiver burnout" a condition marked by irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation.

The experience of a caregiver is special to the individual and their circumstances. It is a complex multi-faceted role that can inspire a rainbow of emotions from confusion, anger, and grief to joy, love, and compassion. There will be good days and bad days and the ones in between. Finding ways to help relax and reset is key for a successful caregiving journey and will allow the caregiver to continue to show up for their loved ones and themselves. Check out the 5 self-care tips for guidance.

5 Self-Care Tips for the Caregiver

- 1. *Self-compassion is essential to self-care.*

Be kind to yourself, give credit for the tough work of being a caregiver, ignore self-criticism, allow time for yourself

- 2. *Practice simple breath awareness for 5 minutes a day.*

Breathe in slowly through your nose for five counts, hold and pause for five counts, and exhale for five counts.

- 3. *Try a mind-body practice like yoga, tai chi, meditation, and deep relaxation techniques.*

Mind-body practices build physical health and deepen the awareness and connection between the mind and body.

- 4. *Make eating well and getting quality sleep priorities.*

Adequate sleep and nutrition are key to preventing burnout. Build a night-time routine and regularly schedule meals

- 5. *Remain socially connected. Find support through local caregiver support groups.*

For more information on a caregiver support group in the Rio Grande Valley, look at page 5 under "Upcoming Events"

Aurora House News



A Community Comes Together

Aurora House Foundation, hosted its third annual All Is Bright on December 8, 2023, with resounding success. The event, held at the magical Palacio de Destinee, brought together close to 300 esteemed guests, sponsors, and supporters in a night filled with compassion, generosity, and unwavering dedication to Aurora House's mission. All Is Bright Gala served as more than just a glamorous evening; it was a powerful testament to the collective spirit of philanthropy and solidarity. Through the unwavering generosity of attendees and sponsors alike, Aurora House raised significant funds to continue its vital work in serving the community's most vulnerable population.

"We are deeply grateful for the overwhelming support we received at this year's All Is Bright Gala," said Mark McCaleb. "Our generous sponsors and donors are vital to continue our mission. We believe this event was the perfect way to end the year!"



The gala showcased a series of unforgettable moments that truly made the night special. The live band "Latin Knights", brought couples to the dance floor, while SnaPix captured fun moments and created memories that added an extra sparkle to the evening.

Adding to the excitement was the live auction, featuring incredible trips and experiences. The competitive spirit and generosity of guests were on full display, as bidders eagerly vied for exclusive opportunities while making significant contributions to our mission. Aurora House remains steadfast in its commitment to providing essential programs and services to our community. The success of the All Is Bright Gala serves as a beacon of hope, lighting the way for families and providing peace, comfort, and love.

Volunteering: A Happier and Healthier Life

Volunteers are an essential part of sustaining a nonprofit. Individuals who give their time to those in need are operating in philanthropy without even knowing it. Due to Covid-19, we saw a decrease in volunteers all throughout the nation. But we have opened our doors once again and look forward to hosting more individuals who want to put their step forward in volunteering. As volunteers have given so much of their time and efforts into others, they are also giving back to themselves.

Volunteering Improves Physical and Mental Health

Carnegie Mellon University ran a study that found adults over 50 who volunteered were less likely to develop high blood pressure, which is a leading factor for diseases such as strokes and heart failure. Those who regularly volunteered were more likely to live with a healthy diet or exercise, which would in turn lead to a longer lifespan.

Volunteering is also good for your mental health! Studies have shown that volunteering can help reduce stress, depression and anxiety, as well as improve overall health and quality of life. Volunteering is also a great way to build self-confidence and self-esteem, and can help you find your purpose. Giving your time to a cause you are passionate about can provide you with a new direction and a sense of pride and self-identity.

Aristotle once said the essence of life is "to serve others and do good", and volunteering does just that. It's an opportunity to make a positive impact in the community, to grow as a person, have new experiences, and to develop new relationships. **To volunteer at Aurora House, contact Aymara Ortez, 956-973-9690 or email at aymara@aurorahouse.org.**

No copyright infringement is intended. Source: "Volunteering May Be Good for Body and Mind." Harvard Health, www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428.



Donations

Abel & Adriana Moreno
ADL Services
Adrian Farias
Alexis De Sela
Amedisy
Andrew Levine MD, PA
Andy Scott
Angel Wings Hospice
Anissa Alvarado
Anonymous
Anthony (Ryan) Vaughan
April Ramirez
A-SJ Properties
Audrey Eoff
B.J. Woodyard
Billie Jo & Earl Neuhaus
Bloomquist Consulting, LLC
Brian Humphreys
Burns Building Construction Inc.
Burton Companies LLC
Camille Jones
Carl & Linda Meiners
Carmel Reyna
Carolyn & Maynard Edwards
Cassandra Garza
Catholic Daughters of the American Court
Charles & Lucille Richardson
Christopher & Minerva St. John
Clinica Familiar San Jose, P.A.
Concord Hospice Care
Connie Garrels
Country Sunshine RV Park
Dalinda Martinez
Daniela Aguilar
David Perez
Deborah Lee & Stanley Adams
Delia Zamora
Diana Lozano, MD PA
Dimas or Consuelo Martinez
Donna Medical Clinic
Dr. R. E. Margo Elementary
Edna Canales
Eugene Hufford
Eugene R. Vaughan
Facebook Payments Inc.
Fanny & Buddy Ross
Father Steve Hernandez
Fidencio Alvarado
First Care EMS LLC
Gentiva Hospice
George McCaleb
Gerardo Lopez
Gloria Fitch
Gretchen Garrett
Henry & Susan Vanderzyden
Hollon Oil Company

Howard Christopherson
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Idalia Kimbro
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Kaizen Clinical Partners, Inc.
Kapal Management, LLC
Karen Schroeder
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Knapp Community Care Foundation
Knights of Columbus Council 3098
La Mision Palliative Care & Hospice
Larry & Earlene Hicks
Lauro & Irma Saldana
Legacy Home Health Agency, Inc
Leisure World Chapel
Leonardo & April Castaneda
Librado Skyler Vega
Life Giving Outreach Ministries
Literary Review Club
Liz Free
Lorenzo Martinez
Love of Christ Lutheran Church
Magda Escandon
Magic Valley Electric Coop
Magic Valley Retired School Personnel Association
Marc Camacho
Marco Martinez
Marguerite Wiegand
Maria Marta Perez
Maria Mayte Balli
Martha Torres
Martin Ziegler
McAfee Insurance Agency
McCaleb Funeral Home
McCoy's Building Supply
McManus Development LTD
Medina, Lizette
Melanie Riley
Michael D. Sanders
Michael Garza
Mickey Pedraza
Montalvo Insurance Agency
Mr. & Mrs. Harold Zurlo
Mr. & Mrs. Rhonda & Robert Garza
Mutiat Adeoye
Nancy Fratzke

Noble Texas Builders LLC
Norma De La Rosa
Norma Martinez
Norman L. Wessel
Nothing Bundt Cake
Oralia Tafolla
P.A.C.E. Health Care, Inc.
P.E. & J.T. McDougal, FLP
P.E.O. Chapter BW Texas
Paradise South Church & RV Park
Patricia & Alan E. Bortnem
Patricia Alexander
Patricia Barrera
Patricia J. Schroder
Patricia Long
Pete & Jo Peters
R.S.B. & L.L.B.
Rachel Gil
Rafael Rodriguez
Ramon Montalvo
Residents' Assoc. of John Knox Village of the RGV
RGV Educational Secretaries Association
Ricardo Guerra
Rios of Mercedes
Robert Antonacci
Robert & Mary Ester Losoya
Robert Donaldson
Roberto Vela
Rocky Mountain Chocolate Factory of the RGV
Rosalva Perez
Ruben Villarreal
Ruth Power
San Martin De Porres Church
Sandi Sparrow
Santos & Sylvia Elaine Pena
Sarah Donalson
Sheryl L. Henry
Shirley Knutson-Nelson
Smith Security & Fire
South Texas Electric Cooperative, INC
Southern Comfort Park
Stephen R & Dawn M Jones
Sylvia Cruz
Texas Regional Bank
Tu Vida Medical Transport, Inc
Vanessa Proctor
Vantage Bank Texas
Vaughan Decker Goldsmith
Verda Nelson
Versatile Solutions, LLC
Walmart
Weslaco Economic Development Corporation
Weslaco Rotary Club
WHS Class of 1971
William & Betty Mulkins
Yolanda Salinas

In Kind

Adrian Farias
Alma Garza
Alvaro Zuniga
Ana Lucia Vargas
Anonymous
Araceli Cantu
Arturo Ortiz
Barb Theist
Bears & Gifts
Carlos Ponce
Casa Mia Hospice
Christina Perez

Country Sunshine RV Park
Daniela Garcia
Elaine Gorena
Elsa Civic & Study Club
Fernando Fuentes
Gentiva Hospice
Iglesia Bautista Southside
Jennifer Rodriguez
Junior Miss Weslaco
Leslie Torres
Love of Christ Lutheran Church
Magic Valley Electric Coop

Margo's Sunshine Ice
Maria Cruz
Maria Pena
Mark McCaleb
Miss Weslaco
P.A.C.E. Health Care, Inc.
Patricia Barrera
Peggy Hulteen
Pizza Hut
Richard Connell
RGV Educational Secretary Assoc.
San Martin De Porres Church

Siesta Retirement Village
Siesta Village Worship Hour
Southern Comfort Park
St. Pius X Catholic Church
STC Vocational Nurses Class of 2023
Vanessa Ramos
Wendy Hinojosa
Weslaco Lions Club
Yahaira Castro
Yolanda Garcia

Aurora House News

Memorials

In Loving Memory

Agnes Sojak & Helen Vogel
Don Vogel
Andrea Taormina Pool
James and Linda Williams
Arene Doerfler
John & Ellen Allen
Aurora E. Perez
Melida Gonzalez
Beatrice De Leon Edwards
Anita Pineda
Anna Smith
Narcedalia Scott
Bill Locke
Elizabeth & Subram Gopal Krishnan, MD
Bill Summers
Bill and Sally Roach
Randall Summers
Billie Vanderveer
Melvin Terveen
Mr. & Mrs. Art Beckwith
Robert & Jodi Janik
Bobby & Judy Lackey
Mr. & Mrs. John & Melissa Lackey
Byron W. Jones, Jr.
Liselotte Pinkerton
Craig & Stan Wiegand
Marguerite Wiegand
Daniel "Danny" E. Arnold
Randall Summers
Duane Crawford
Arlene Crawford
Elodia Garza
Irene Cardenas
Rose Marie Reyna
Felipe Garcia
Mr. Faustino Villanueva Jr.
Fred McCaleb, Jr.
Randall Summers
Gene Henry
Sheryl L. Henry
George Garrett
Anne Flowers
Mr. & Mrs. Ronald D & Carmen Hicks

Ignacio Melendez
Esther Melendez Garza
Janis Ramsey
Dr. & Mrs. Raymond Mensing
George Ramsey
Jesus & Josefa Covacevich
Anthony Covacevich
Joe Ritchie
Janet Ritchie
Juan Vela
Elizabeth Vela
Kathy Baker
Ingelise Jones
Maria Gomez
Jose & Hilda Gonzalez
Maria R. Hernandez
Navia Hernandez
Marie Cooper Hulme
Janelle Hood
Marvin Heilman
Randall Summers
Matilde Walker
Anita Castaneda
Randy Petch
Cindy Petch
Robert Garza
Atanacio Hinojosa Jr.
Robert James "Bob" Rektorik
Jennifer Rektorik
Robert Scott
Robert David Scott
Sandy Pinkerton
Ingelise Jones
Ted Long
Patricia Long
Ted Wipf
Patricia & Alan E. Bortnem
Vangie Martinez
Atanacio Jr. Hinojosa
Javier Martinez
Walter Thompson
Dotty Brunnemann
James Williams
Mary Brundige



Oct 2023 - Jan 2024

In Honor of

Denise Harter
Jan Dauphin
Kristin & Megan Harter
Dr. Beatrice De Leon Edwards
Mary Edna & Rolando Bono
Fanny & Buddy Ross
Sally Ross
Flo Lasater
Randall Summers
Genoveva Ramirez
Anonymous
Hogla Tyler
Louis Tyler

Jo Davis
Randall Summers
Jose Valencia
Ernestina Valencia
Juan M. Davila
Iglesia Bautista Southside
Mary Gonzalez
Rachel Borrego
Rafaela Hinojosa
Juan Vela
Anonymous
Miguel Herrera
Bertha Herrera

Thank You!

TO ALL OUR COMPASSIONATE GEMS

- ADL Services, Inc.
- Eugene Vaughan
- Hollon Oil Company
- Jo Peters
- Mutiat Adeoye
- Oralia Tafolla
- Rhonda Garza
- Robert Antonacci
- Ryan & Jode Vaughan
- Sheryl Henry
- Yolanda Salinas

Giving Made Easy

Your commitment through monthly or quarterly giving is vital to Aurora House's ability to continue to serve our community and ensures that our residents spend their last days surrounded by compassion, dignity, comfort, and peace.



An Easy Way to Give Your Support

You can schedule monthly or quarterly gifts through ACH (Automated Clearing House) debits.

ACH debit allows you to make your donation electronically. It is a more efficient, cost-effective program for both you and Aurora House.

For more information, please contact
Marisela Gonzalez
956-973-9690 or aurorahousefoundation@yahoo.com

How You Can Help

Become a Sponsor

By choosing to become a sponsor for Aurora House you'll be allowing us to continue providing compassionate end-of-life care for those in need in our community.

Contact Marisela Gonzalez at
(956) 973-9690 or (512) 865-8085
or email mari@aurorahouse.org

Planned Gifts & Legacy Requests

Including Aurora House in your will or trust can create a lasting legacy to help the community for years to come.

Contact Marisela Gonzalez at
(956) 973-9690 or (512) 865-8085
or email mari@aurorahouse.org

In-Kind Donations

To help reduce costs, our program is always in need of items to support our activities - from blankets and wipes for the patients to office supplies. Visit our Wish List to see what you can help with.
www.aurorahouse.org/wishlist

Monetary Donations

Aurora House does not receive any government aid or funding from national or state humane societies and relies entirely on private donations to fund our program. To donate, visit www.aurorahouse.org/donate

Aurora House Events

Upcoming Events

COMMUNITY CONVERSATION SERIES

SPRING CALENDAR



Aurora House Foundation | 2646 W. 18th St Weslaco, TX 78596 | (956) 973-9690

End-of-life planning offers peace of mind, a sense of security, and positive outcomes for individuals and their families. Join us and start the conversation.



January 2024

Lunch & Learn!
Friday January 26, 2024
12:00pm-1:30pm
"Preneed Counseling & Family Services"
McCaleb Funeral Home

RGV Death Café:
Saturday January 13, 2024
10:00am-12:00pm
"New Year, New Death Café!"

El Duelo: Grupo de Apoyo/
Adult Bereavement Group:
Thursday January 25, 2024
6:30pm-7:30pm
"The 5 Stages of Grief"

February 2024

Lunch & Learn!
Friday February 23, 2024
12:00pm-1:30pm
"Advanced Directives"
Texas Rio Grande Legal Aid

RGV Death Café:
Saturday February 10, 2024
10:00am-12:00pm
"Life & Death: A Love Story"

El Duelo: Grupo de Apoyo/
Adult Bereavement Group:
Thursday February 29, 2024
6:30pm-7:30pm
"The 5 Stages of Grief"

March 2024

Lunch & Learn!
Friday March 22, 2024
12:00pm-1:30pm
"Alzheimer Disease in the RGV"
SASTX Alzheimer's Association

RGV Death Café:
Saturday March 16, 2024
10:00am-12:00pm
"A Lucky Death"

El Duelo: Grupo de Apoyo/
Adult Bereavement Group:
Thursday March 28, 2024
6:30pm-7:30pm
"The 5 Stages of Grief"

The Community Conversation Series is **FREE**
and open to the public. For more information please
contact **Lynette Castillo, 956-973-9690,**
lynnette@aurorahouse.org

HYBRID STRESS BUSTING PROGRAM

CAREGIVER STRESS-BUSTING CHRONIC ILLNESS PROGRAM



9 week
group
training

FREE
Hybrid
program

Bilingual
(Spanish &
English)

WEDNESDAYS @ 6PM-7:30PM
(CLASS TIME APPROX: 1.5HR)
FEB 28 - MAR 24

CONTACT: MAY BRYAN | CAREGIVER SUPPORT SPECIALIST | 956-406-3561

Thank You!

TO OUR BOARD OF DIRECTORS

Thank you to our dedicated Board of Directors for volunteering their time and efforts to provide leadership and direction for Aurora House. We truly appreciate their commitment and their service.

Thank you to the companies they represent for allowing them time to make a difference in our community.



Knapp Medical Center



VANTAGE BANK TEXAS

Rios-Barrera
Social Services, LLC

ADRIAN
FARIAS

Versatile
SOLUTIONS,LLC
TRUSTWORTHY
PERSONABLE
LOYAL

Dr. Rafael
Rodriguez, MD

amedisys
HOSPICE

Please support those who
support our community.

Aurora House Events

Upcoming Events

SATURDAY
FEB 24
10AM-2PM



**1401 E. 8TH ST
WESLACO, TX**

**KNAPP
MEDICAL
CONFERENCE
CENTER**

3RD MID-VALLEY HEALTH & WELLNESS FAIR



Save the Date

Aurora House Foundation
Presents

DENIM & Diamonds

Administrative Professional's Day 2024

Luncheons - April 24 & 25, 2024
Evening Cocktails - April 25, 2024
Knapp Convention Center

Sponsorships Available!
Contact Mari for more information, 956- 973-9690



Thank you!

TO OUR FUNDERS



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Monserrat Castellanos

Martha Rodriguez

Caregivers

OUR MISSION

To provide compassionate care
for persons in the last chapter
of life, in a home-like setting, so
they can approach a peaceful
death with comfort and dignity.