

## Lupus Society of Illinois

# LUPUS WARRIOR WEDNESDAY

**November 30, 2022**

Mari is my first born. As she was growing up she has always been the party animal in our family. She was great in planning all the holidays and cooking all the meals in our family. She was also both of my parents' caregiver. Taking care of them she learned so much about the medical field. When she was diagnosed she made a promise to herself and us that she would learn so much about these illnesses to not only teach herself but also us, her family.

The same way she took care of my parents I try to be there for her. I accompany her to her doctor appointments. When she isn't able to cook, something she loves to do, because of pain or exhaustion I help her by cooking her meals. I'm there to pick up her meds for her to make sure she takes them, She needs her meds to keep herself healthy. Another chore that she loves to do but causes so much pain in laundry. I love to accompany her to the laundromat. It kills me to see her in such massive pain.

She taught us all about The Spoon Theory. I always try to remind her about using her spoons. It is so difficult for her to rest. Because of these illnesses she often gets depressed. I try to be with her as much as possible to keep her spirits up. Even though she's always smiling she's often depressed. We need to take care of our family members that live with these illnesses. Having lupus, fibromyalgia, Sjogrens, migraines, Raynauds and so many other illnesses is so difficult. She helps so many people. I love to be there



*Blanca Gonzalez*

To help her.

You will always see us together. I always pray that God helps me to be able to take care of her and that He takes care of everyone living with these illnesses. God bless you all.