

Helping Jesús on his Journey with Vasculitis

Nictéha Morales

A Heartbreaking Diagnosis

My brother-in-law, Jesús, is 68 years old. He retired three years ago with dreams of enjoying time with family and pursuing his hobbies. However, shortly after his retirement, he was diagnosed with severe vasculitis.

Everything changed. The disease affected his blood vessels and made him almost blind. It also brought depression, anxiety, and physical challenges like swollen feet and unstable blood sugar. Seeing him lose his independence was heartbreaking. I knew I had to step in and help him rebuild his life as much as possible.

Adapting His Home

One of the first things I did was adapt his home to make it easier for him to move around. I moved the furniture to create clear, open spaces, so he could walk without bumping into things. Simple changes like these gave him more freedom and helped him feel less frustrated about his situation.

Taking Him to Appointments

To support Jesús physically, I take him to all of his physical therapy sessions. These appointments are important because physical therapy helps improve his circulation and balance. Getting him there safely and encouraging him through every session has become a big part of our routine. It's hard work, but seeing his small improvements keeps us both motivated.

Helping Him Use Technology

I also helped Jesús use technology. I set up his phone to work with Siri so he can make calls, send text messages, and set alarms by using just his voice. Now, he can independently call family

members and text friends. His phone reminds him to take his medications on time. Teaching him to use these tools gave him back some independence and a sense of connection to the world.

Finding Strength and Hope

Helping Jesús through this journey has taught me patience, creativity, and compassion. Every adaptation in his home, every ride to therapy, every conversation, and every technical support matters. Even though vasculitis has changed many things, we continue moving forward together. We are proving that with love, understanding, and support, it's possible to find strength and hope even in the hardest times.

AFTER YOU READ: Study the structure of this essay. Identify the introduction, the three body paragraphs, and the conclusion. Using this piece as a model, write about a time you supported someone in some way. Start by writing an outline. Identify three solid ways you supported that person. Those will be your three body paragraphs. Write the introduction and conclusion.



Nictéha Morales, 48, was born and raised in Chihuahua, Mexico. She is a student at the Ysleta Community Learning Center in El Paso, Texas, and she is the proud wife of a wonderful man and mother to a devoted son who inspires her every day. With a deep passion for all she undertakes, Nictéha embodies integrity, resilience, and a tireless drive for growth.

