

MILAGRO HERNÁNDEZ ASSOCIATION

(or how to mess it up with your family)



WHERE TO FIND US

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This is our logo, and what you have in your hands, our corporate brochure. But above all, this is a project that we have been wanting to share for a long time: a way of seeing life, the world, and its people. A way of being family. It's just that, let's see, we have a secret... but we'll tell you right away.

WHO IS MILAGRO?

It's the name of the head of the house. **She has been in bed for more than 25 years.** What seven very restless children did not achieve, **Multiple Sclerosis** did in less than two years. Throughout all this time, always by his side, our father: "Have you seen how beautiful your mother looks today?" This is how they spend one day after another: together, playing jokes, doing what they have done all their lives: taking care of themselves.

Milagro has been taking care of and bonding the whole family for more than 60 years. In the first stage of her life, she did it by taking care of everyone and now, by letting herself be taken care of.

Thanks to her, we have discovered that illness, dependency and need can be the light of the family and not a shadow.

The reality of dependency has that magic: it unites.

VALUES

They have their own name: Milagro, Diego... Grandpa Miguel... What have we learned in our house? To take care of personal relationships, to work tenaciously to care for those we love, to create a safe environment. **And to enjoy everything and to make others enjoy because we are together.**

AND WHAT IS THIS INITIATIVE ABOUT?

We want to expand our little community. **Build one that serves as a support for all those people who have others in their care.** Because it is not easy, we are not going to fool ourselves.

Our idea is **to try to pass on that spirit of union, of good humor, of teaming up.** What our family has achieved is that despite the sorrows, we always end up together.

After these times of pandemic, where we have experienced the need that we have for each other, it seems to us that this initiative takes on, if possible, even greater meaning.

MISSION

To help individuals and families who, like us, have a sick or dependent person at home. Temporary or chronic. **Create a community of support and help to find resources** that allow them to take care of those they love most.

VISION

To raise awareness and sensitize about the reality of dependency. To be referents in the culture of care. **To help caregivers to be well,** to enjoy people, to take care of themselves in order to take care.

GOALS

For this we have agreed seven brothers, three sisters-in-law and a good bunch of nephews... So far the dog hasn't had a say. Thank God.

- To make the reality of dependency more visible through our own experience and thousands of others who, like us, have a sick person at home. Specially to give visibility to chronic diseases, such as Multiple Sclerosis.
- To create a support network, a community where we can seek advice, share experiences, or ask questions. Request human, economic support, or guidance with the bureaucracy.
- To develop and spread "training pills" aimed at the care of the caregiver and the best care of our people.
- To organize events where we meet and share. And above all, where you can enjoy and learn.

The money raised will be used to pay for the expenses resulting from the constitution and organization of the Association. Another part will be invested in the organization of upcoming events, in "training pills" and the creation of a scholarship fund.

CAN YOU HELP US?

BIZUM: 600029342

WIRE TRANSFER: ES43 2085 8068 6003 3028 6405

TIME: Tell us what you know how to do and how much time you have.

CONTENT: You are good at writing, taking photos, do you have ideas? share your experience, your tricks...