

Heroes in the Home Caregiver Recognition Award 2018

Rosario DePalma



For the past five years, 86-year old Rosario has been providing care and support to his wife Dorina, whose physical and mental health has been declining. Despite his age and personal health concerns, Rosario assists his wife with bathing and dressing, administers medications, schedules all medical appointments and takes care of the household chores, including grocery shopping and preparing all meals from scratch. Rosario even cleans the house, does the laundry and takes care of all banking and financial tasks.

Even when his family stepped in to help when he had to recuperate from an illness last year, Rosario insisted he continue providing his wife with care and support once he recovered. It is the smallest of things that make Rosario's efforts so meaningful. Knowing that Dorina loves grapes, but is not fond of strawberries; cutting apples into small pieces for them to share; making bedtime peanut butter sandwiches with homemade applesauce; and making sure Dorina gets her warm milk with just a hint of coffee.

Rosario also helps his wife remain active and engaged, organizing each day to include a change of scenery for Dorina – going on a quick outing or changing up the daily routine to include her in meal preparation so she feels helpful. Rosario takes everything into consideration because he wants his wife to be happy.

Whenever he has a spare moment, Rosario enjoys watching soccer matches on TV and puttering in his vegetable garden during the summer months. He is a well-respected, selfless individual who is loved by his neighbours, friends, his wife and family of three children and 11 grandchildren.

We thank Rosario for being such a remarkable caregiver to Dorina and we are pleased to recognize him as a Hero in the Home!



Nominated by
Raffy McCowell