ABODE
CONTEMPLATIVE CARE FOR THE DYING

NEWS *from Home*

WE CARE ABOUT YOUR JOURNEY

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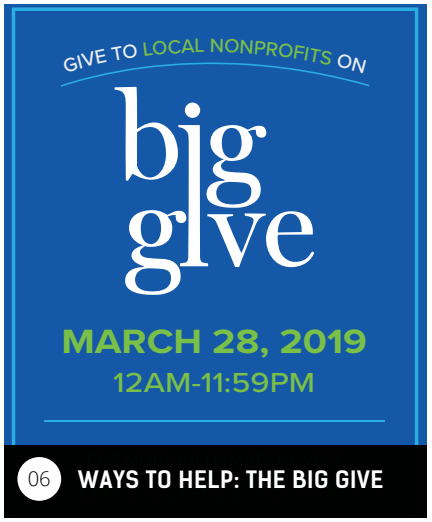
OUR MISSION

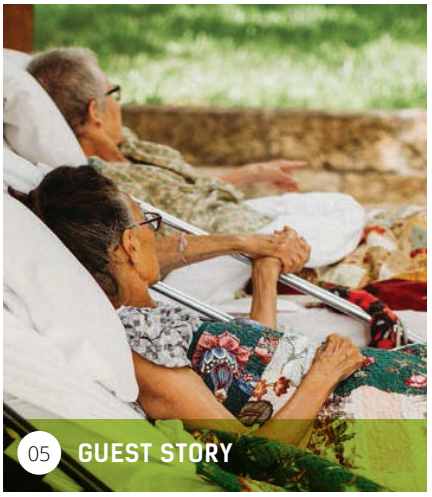
ABODE is Home. We offer compassionate, interfaith and spiritual care in a contemplative community so those who are dying leave this world with dignity and grace. We teach the art of contemplative living and dying.

OUR VISION

We live in a world where death is not feared, and we live fully until we die.



06 WAYS TO HELP: THE BIG GIVE



05 GUEST STORY

EXECUTIVE DIRECTOR'S UPDATE

Martha Jo Atkins, PhD, LPC-S

Claudette was hurting. John, one of our end of life navigators, made sure she got the medicine she needed, then he did what we do at ABODE; he connected, witnessed, and honored the moment even though the moment was a tough one. Claudette was loved and supported.

I'm often asked how we at ABODE can do this work with people who are dying day after day.

Do we get attached? For sure. Do we cry? Yes. Do we need breaks? Most certainly. One of ABODE's values is to "serve and support others and ourselves through tenderness and compassion." Someone read this statement and said, "I get everything except for this part; support ourselves? That doesn't seem right." It's not only right, it's essential.

How do we do this work day after day? In community. The whole village comes together to care for someone who needs it. We care for them and lean on each other along the way. What a privilege to be part of this community.

In 2018 we cared for 46 Guests, including four veterans, from 19 different hospices. We received 251 referrals from 49 agencies in San Antonio. Over 2300 people came through our doors to visit Guests, have a tour, and volunteer. Our home on Post Oak has been delightfully busy.

If you've not visited ABODE, please do. If you want to know more about how we care for our Guests or if you're interested in volunteering, please visit our website, www.abodehome.org.

Thanks to all who've supported ABODE over the last four years. We're excited about 2019 and ready for all those who will become part of the ABODE family.

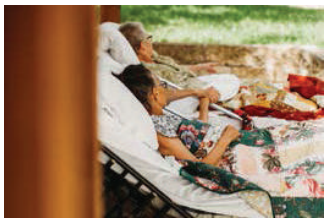
LUMINARIAS

Families gathered to remember their loved ones, singers sang, candles shown brightly and hearts were warmed at our annual Luminaria event at ABODE. Special thanks to our carolers. Claudette loved hearing you sing O Holy Night.

GUEST STORIES
ROBERTA & MARIA

On a beautiful early morning summer day at ABODE, Roberta and Maria met one another. Both Guests at ABODE, and both unable to leave their beds, this was their only time together. In the photo you can see them reaching for each other even before they spoke a word; a magical moment. For two hours Maria and Roberta talked. They made silly animal noises, ate grapes, and laughed like little girls.

They made wishes on sticks we placed in a fire we made for them. They spoke of hospitalizations, ABODE, and stopped every now and again to take in the trees and birds in the backyard. The good-byes to each other on the porch were tender. Maria died two days later. Roberta a week or so after. We were so pleased they connected and honored to have care for them. This is ABODE.



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THE BIG GIVE

MARCH 28, 12 AM - 11:59 PM

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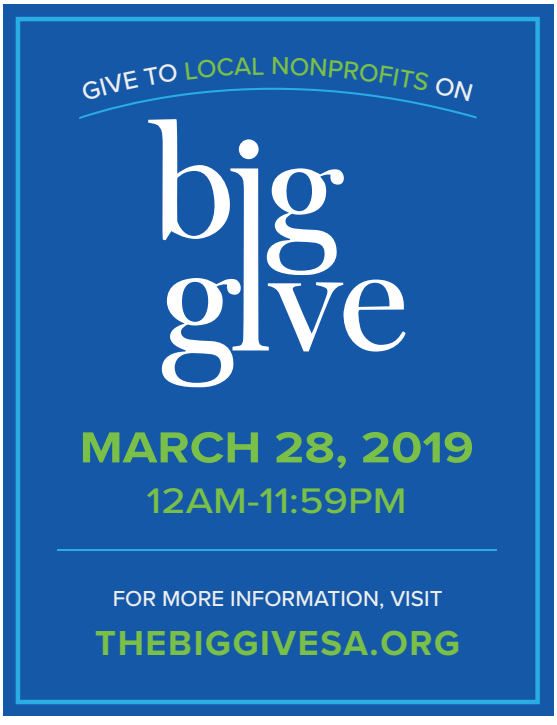
Money is no object at ABODE. Zilch, nada, zero.

That is, we believe financial limitations should not dictate the quality of a person's final days. ABODE exists to allow as many as possible to receive the gifts of love and attention in their final days. Loneliness or inadequate care are not options.

We do invite guests who are able, to pay it forward toward the $275 it costs per guest, per day to live at Abode.

Since most are unable to contribute, ABODE relies on donations from individuals, companies, and foundations to provide the cost of care. Our donors become invisible partners in caring for people at end of life and for those who love them.

While ABODE welcomes support year-round, the Big Give has become the focus of our donations. So, please ink in your calendar's March 28 date for ABODE and the Big Give! As you may know, non-profits participating in the Big Give also have a chance to receive prize money. It all depends on the amount of money they receive throughout the day of giving.

We need your help to exceed our 2018 total of $65,000. Please tell your friends and family members about the important work we do and ask them to join in helping to make a difference. Let them know the Big Give begins at 12 midnight on March 28, at https://www.thebiggivesa.org/. Donors will have 24 hours to make gifts, with all giving wrapping up at 11:59 p.m. on March 28.

If you have any questions or would like more information, let us know by calling 210 967-9891 or emailing us at info@abodehome.org. Thank you in advance for your generosity to our mission!