

## Meet the Riders



### Emilia Mosqueda, 88

East Los Angeles, Calif.

Caregiver to her mother, Elizabeth, for 10 years

*"Loving my mother wasn't a burden."*

**Emilia** wasn't familiar with caregiving growing up, but when her mother, Elizabeth, experienced medical issues that eventually left her homebound, Emilia—an only child—knew that she was about to learn quickly.

When Emilia married Robert, her mother only required a little help here and there. But during their early years of marriage, Elizabeth gradually needed more help. Robert's large, extended family provided Emilia with emotional support during those years, and helped relieve some of the pressure she felt caring for her ailing mother.

This was all the more appreciated as Emilia raised children of her own. Whenever needed, they provided love, care, and understanding. After her mother's death, Emilia's father moved in to cope with some of the loneliness he was feeling. Years later, she provided her dad care when he began to lose his memory.

Emilia has lived, and cared, in her East Los Angeles neighborhood for 88 years. She looks back fondly on memories of providing care. Though she has occasional concerns about her own health and mobility, she knows she has support from her family and feels lucky. **"It's really helpful to have somebody who can be there to support you when you need help. I know I made sacrifices along the way, but for me, loving my mother wasn't a burden."**