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**Keeping this hero around the house**

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An ecstatic Tahir Qureshi was recognized with a Heroes in the Home award last night for placing his life on hold to care for his handicapped wife and their three young children.

"I feel like I have done something rewarding," Qureshi told members of VHA Home HealthCare at an awards ceremony. "Anyone can get sick and mine is a situation other people can face."

Qureshi, 35, looks after wife, Tahira, 26, who suffers from muscular dystrophy and is unable to walk and has limited use of her hands. The couple moved here from Pakistan 12 years ago and are parents of Anam, 10, Iqbal, 6, and Alia, 3.

"I love my wife and children and would do anything to help them," he said. "I am alive and have the power in me to help her."

Tahira said she couldn't live or cope if it wasn't for her husband and their kids.

"He does every single thing to help me," she said. "I can't move my arms or legs and he's there every day for me and our children."

VHA field educator Elizabeth Peralta nominated Qureshi for the award.

"I hope his good deeds can inspire other people to never give up when life is challenging," she said. "He is an excellent role model."

The role of caregivers is "a demanding one with lots of challenges," VHA president Carol Annett said.

"This is our way of saying thank you to these incredible caregivers for the support they bring to our clients and society," she said.

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