

Friends in Deed



Who can receive services?

Anyone in Santa Fe over the age of 55, and is homebound, suffers from a serious illness, or is a family caregiver.

What is the cost?

The program is free of charge. We are an all-volunteer and non-profit organization granted 501(3)(c) status by the IRS.

How does it work?

Appointments are scheduled in your own home on a weekly or bi-weekly basis simply by calling **(505) 424-6729**.

¿Quien puede recibir esta servicios?

Cualquiera persona ciudadano de Santa Fe de 55 años o mas, y que no puede salir de casa, sufre de enfermedades grave, o es el que quida al enfermo.

¿Cuanto cuesta?

Este programa es gratis. Es una organizacion de volunterios.

¿Como trabaja?

Una cita para ir a su casa una vez por semana or cada que otra semana. Usted simplemente marque el **(505) 424-6729**

In cooperation with the
Department of Senior Services,
City of Santa Fe

Friends in Deed



Friends in Deed

Programs for the Seniors of
Santa Fe, New Mexico



Support and guidance in
difficult times for the
homebound and their caregivers

In cooperation with the
Department of Senior Services,
City of Santa Fe

Friends in Deed is a program of
Tortuga Educational Institute
Santa Fe, New Mexico

Friends in Deed is an all-volunteer group of individuals that provides compassionate support to peers who are homebound seniors or family caregivers over the age of 55 in Santa Fe, New Mexico.

Individual meetings are ideal for those who are homebound. We help with issues like:

- ♥ *Isolation from others*
- ♥ *Loneliness*
- ♥ *Grief*
- ♥ *Physical illness*
- ♥ *Difficulty in solving problems*
- ♥ *Periods of depression*

If you are experiencing any of these problems, we strongly recommend that you call us for help.

(505) 424-6729

Yvonne Wilson, Ph.D.
Executive Director

Friends in Deed works in cooperation with a number of local organizations including:

- . Open Hands
- . Ponce de Leon Retirement Home
- . AARP - Capitol chapter
- . City of Santa Fe Department of Senior Services
- . Presbyterian Medical Services, The Hospice Center



We offer:

- ✓ One-on-one visits in your own home
- ✓ Guidance during difficult times
- ✓ Information of services available
- ✓ Services free of charge

We help **SENIORS...**

- Become less socially isolated
- Learn more about available choices
- Experience emotional support in times of grief
- Gain support in solving personal problems
- Develop a one-to-one connection with someone who listens and cares

We help **FAMILY CAREGIVERS...**

- Feel more secure in what they are doing for a family member
- Connect with a person who has had a similar experience
- Feel support from a listening person while learning to cope with grief
- Obtain information about available resources

"I have a direction now, an opportunity to regain a sense of my own goals." - I.A.

"I feel a renewed perspective that has transformed this precious time with my father." - K.T.

"You have really helped me when no one else could." - M.R.

"I was really scared. You reminded me that I CAN get through this." - V.R.

Ten alguien que te escuche

Friends in Deed

PARA CUIDADANOS MAYORES...

- No este tan aislado
- Aprenda cuales son sus tiempos opciones
- Experiencia apoyo en tiempos de pena
- Forme una conecion con una persona que le escuche y tiene interes en su vida

PARA EL QUE CUIDA AL ENFERMO...

- Asegurate de lo que hace par tu enfermo
- Habla con otras personas que tienen semejante experencia
- Siente apoyo de alguien que te escuche hasta gue puedas enfrentarte informacion con tu pena de Luto
- Obtenga informacion hacia recursos a su desposicion

- ✕ *Incomunicado*
- ✕ *La soledad*
- ✕ *Penas de Luto*
- ✕ *Enfermedad fiscico*
- ✕ *Dificultades en resolver problemas*
- ✕ *Periodos de depresion*

Si usted tiene alguno de estas problemas, le recomiendo que llame por ayada.

(505) 424-6729

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