

# Santa Fe County Connect

a network for health and well-being



*“Santa Fe County Connect is giving me high quality care.”* -Debora

**My name is Debora.** A year ago, I was diagnosed with a heart condition, as well as autoimmune arthritis. Living alone and managing these diagnoses has been very difficult. **I was frightened** when I started losing my mobility and vitality. Soon, I was in constant pain.

**I felt helpless and powerless,** physically, emotionally and financially. I felt myself losing my connection to other people. I had to quit my job and all social activities.

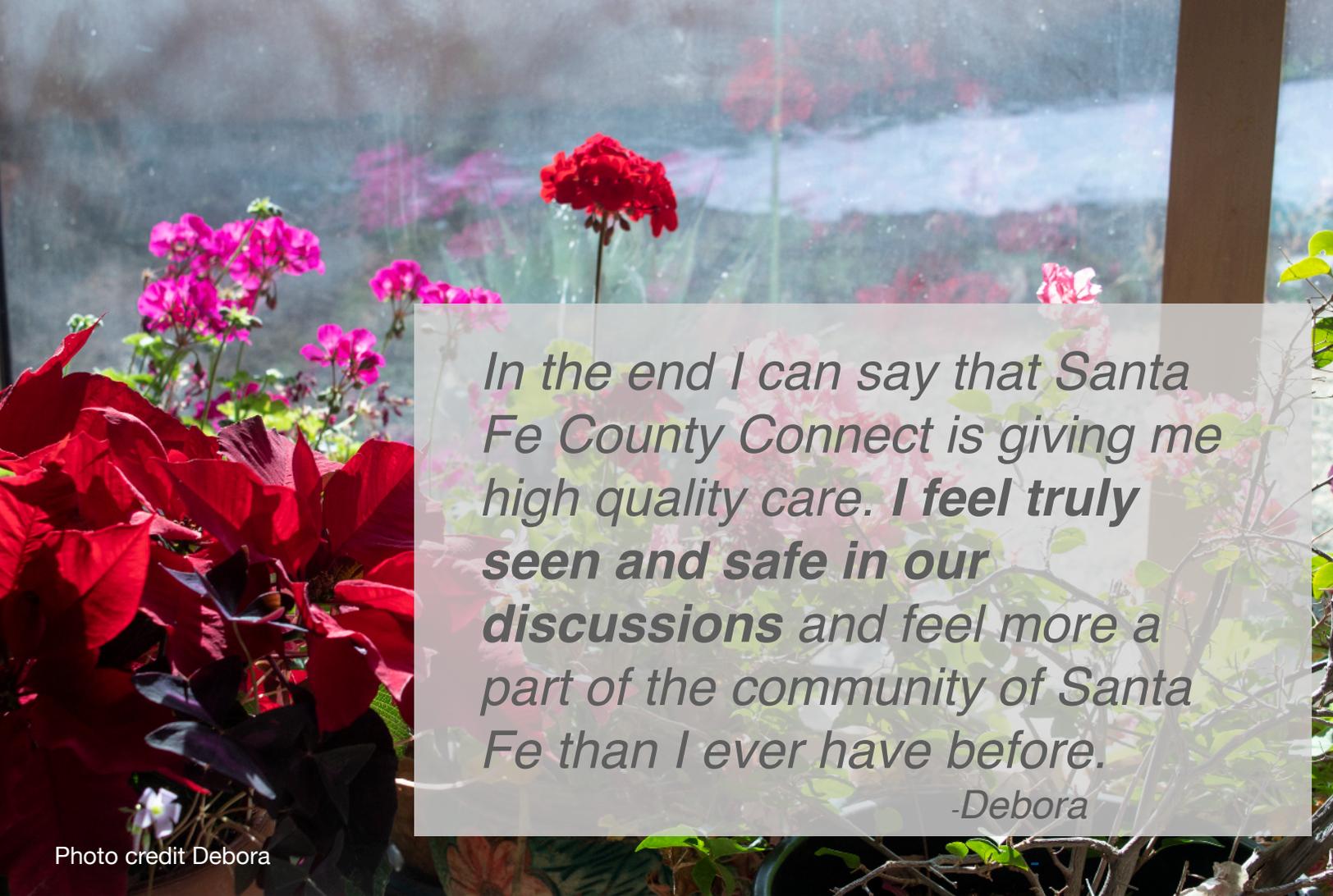


Now, I work with Ian, a navigator at Santa Fe County Senior Services. He is helping me find a safe, affordable place to live. Ian's support and willingness has **helped me have courage** to keep looking.

I also take advantage of the Santa Fe County senior transport system. I am able to go to doctors and physical therapy appointments, the grocery store and run other errands.

The transport drivers also deliver meals. For me, having some help with prepared meals got me through a rough time of not being able to cook. They, along with Ian, have helped me with my resistance to accepting assistance and taught me to learn how to ask for help. **I feel safe in their hands.**

I'm a lot more resilient thanks to the support of Ian and the Santa Fe County drivers. Now I volunteer one morning a week answering the phone and greeting people at the Eldorado Senior Center where I put to use the gifts that I have to offer. **I feel more connected to the community than I ever have.**



*In the end I can say that Santa Fe County Connect is giving me high quality care. I feel truly seen and safe in our discussions and feel more a part of the community of Santa Fe than I ever have before.*

*-Debora*

Photo credit Debora

The Story Telling Project shares the stories of three individuals with text, photos and short videos that capture their experiences with navigation services in the Santa Fe County Connect network.

We hope network identity will be cultivated using these stories by creating a name and recognition throughout the community that people remember and trust. We, or someone we know, are one circumstance away from benefiting from Santa Fe County Connect.

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