



**SITKA'S FAITH IN ACTION**  
**A Network of Trained Volunteers Providing**  
**Compassionate Visiting & Respite Support**

**Yee'gua, a'a Y'ax X'wan**  
**"Be of Strong Heart"**

**Sitka's Faith In Action (SFIA)** is a non-profit organization founded in 2001 from a grass roots effort and community desire to provide assistance and fill in the "health care gaps." Services are **free of charge for all**. SFIA provides support for elders and families facing health challenges such as terminal or chronic illness, frailty, end-of-life care, dementia, disabilities, or recovery from hospitalization.

**Overview of SFIA Services That Are Making a Difference in Sitka:**

**Volunteer Visiting.** Thousands of hours have been donated by over 75 trained volunteers caring for others.

**Respite Support.** Caregivers offer "a gift of time" as loved ones receive companionship.

**Volunteer Orientations.** Necessary program information provided in a one-day session.

**Volunteer and Family Caregiver Support Group.** Caregivers gather monthly for support, education and a confidential discussion venue for concerns.

**Grief Support Group.** Hope through healing and connecting with others. An 8-week facilitated gathering for those experiencing the loss of someone close. Monthly meetings follow.

**Trainings on "Compassionate Care at End-of-Life."** Volunteers attend a 25-hour comprehensive training on hospice philosophy and working with end-of-life individuals.

**Interfaith/Interagency Community Building.** Thirty diverse faith groups, fellowships, service agencies and health organizations create a working network of volunteers. Affiliation with a faith group is **not requested or required** for visiting volunteers or to receive support.

**Types of Assistance Provided by SFIA Volunteers to Help Elders Stay Independent at Home:**

- Companionship
- Simple Yard Help
- Telephone Reassurance
- Conversation and Comfort
- Shopping and Errands
- Home Maintenance
- Compassionate Presence
- Chores and Laundry
- Arts and Crafts

**This organization is sustained by direct financial contributions from caring individuals.**

To receive assistance, make a donation, or volunteer contact:

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To learn more about our program visit our web site: [www.ptialaska.net/~sfia](http://www.ptialaska.net/~sfia)