

Traditional mail to keep the minds and wonder of the elderly alive

LOCATION: Seville

DURATION: 1'21"

SUMMARY: 'Postman Baldomero' or 'El Cartero Baldomero' is an initiative developed in a nursing home in Seville that promotes traditional mail through hand-written letters that are exchanged between interns and volunteers from social institutions that are based near the nursing home. Camino is 85 years old and is one of the interns who collaborate in this project, which helps them socialize and keep their mind active.

VTR:

BACKGROUND: "Dear friend, I would like that through this letter..."

Camino is writing to a friend who she doesn't still know. She tells her how her life was, her concerns, her daily life... It is the initiative developed in a Sevillian nursing home that aims to recover communication via traditional mail.

MERCEDES PÉREZ

Dir. SAR Quavítæ
Santa Justa

"This project prevents isolation and solitude situations. It's a way of making friends, of creating a lasting friendship."

CAMINO SÁNCHEZ

Intern SAR Quavítæ
Santa Justa

"You practise writing and exercise the mind."

Because these are some of the multiple benefits of this project, Postman Baldomero: exercising memory, promoting social interaction among the elderly, and most importantly...

CAMINO SÁNCHEZ

Residente SAR Quavítæ
Santa Justa

"It is exciting, because I am expecting the answer."

Camino's letter is addressed to María Luisa. She is president of the Fibromyalgia Association of Seville, one of the entities that participate in this initiative, which involves the social institutions near the residency.

M^a LUISA RUBIO

President of AFRIBROSE

"I learn, I learn from that attitude of saying no to the idea of: I am old and I have to stay still... they show me that that's not what they think and they don't feel that way."

BACKGROUND

"Hello!"

"A letter?"

It's the moment she has been waiting for, the arrival of the postman and a letter that contains more than words.

BACKGROUND

"I hope to visit you soon and give you a big hug..."

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