

HealthVisions Update

*HealthVisions Midwest, Inc.—Lake County, IN
HealthVisions Fort Wayne—Allen County, IN
Healthy Communities of LaPorte County, IN
HealthVisions East St. Louis, IL*

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HealthVisions East St. Louis, IL

Health and Safety Training

Faith Health Ministries spearheaded health and safety training to local congregations at New Bethel Baptist Church. More than 40 participants from 24 churches participated in the training. Through the collaboration with other agencies, Faith Health Ministries provided CPR training, Diabetes Management, H1N1 Virus, education, health and nutrition, exercise, and breast cancer awareness training for the members.

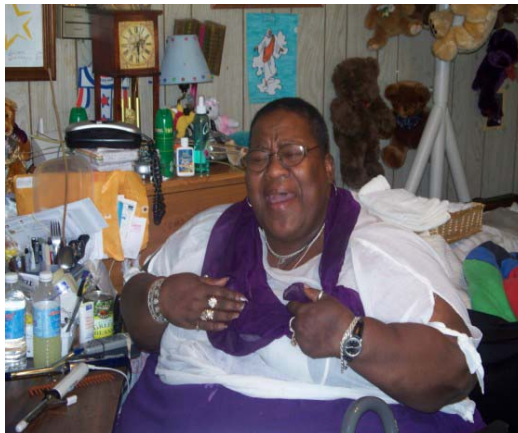
They also learned about **“BODY AND SOUL: a Celebration of Healthy Living”**. Body and Soul is a program designed for African-American Churches to encourage members to eat more fruits and vegetables.

Body And Soul is designed specifically for African-American churches to teach about lifestyle changes in nutrition and exercise. The focus of the training was to empower members to go back to their congregations and provide health education to their members. →

“Her Story, Her Calling”

Ms. Princella Cotton initially completed an application for the Faith in Action to Serve and Transform (FAST) Ministry as a care receiver to be transported to the doctor, grocery store, pharmacy, etc. However, she did not remain a care receiver for long. She soon became a volunteer. Ms. Cotton is very well known in this area for her wonderful singing voice. She has traveled to many local churches singing songs of praise for worship services and programs.

One of our missions at the FAST ministry is to reduce isolation and loneliness among our care receivers, and the staff soon found a way for Ms. Cotton to help do that by calling, singing and encouraging others. Ms. Cotton readily agreed to reassure other care receivers via the telephone (telephone reassurance). Since she became ill, she is no longer able to travel.



Whenever we talk to her she is always smiling and willing to take on yet another care receiver to call during the day. She states that she enjoys talking to people and does not plan to stop singing until the Lord calls her home. She often talks about having the first stroke that left her unable to speak clearly, however she did not give up and the Lord

restored her voice back to the way it was before she had the stroke. She always gives God the glory for her recovery. FAST would not be able to reach as many elders without people like Ms. Cotton who is willing to help others in spite of her own challenges.

Healthy eating and exercise reduces chronic conditions like cancer, diabetes, hypertension, heart disease, and stroke.

We thank the Diabetes Network of St. Louis, University of Illinois Extension Center, Washington University Cancer Information Service, American Heart Association and others who participated. The Daughters of Charity and the Lutheran Foundations of St. Louis provided the funding for the training.

Our Values

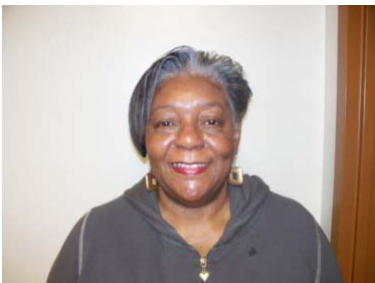
In Action

The Daughters of Charity Foundation of St. Louis provided \$34,500 to provide case management services to elders 65 years and older.

Hannah Brown and Kathryn Jones are retired social workers who provide case management services for FAST. Ms. Brown retired from the East St. Louis Housing Authority and Ms. Jones worked for Volunteers of America. They are both very familiar with the community resources which are helpful when providing advocacy for elders.

Last year FAST made more than 890 referrals for services including yard work, telephone reassurance calls, minor home repairs, food pantry, medical, utility assistance, legal, emergency response services, in-home support services, etc.

The case managers and volunteers assisted one care receiver who is 89 years old get an identification card for the first time, advocating for her and taking her to get the documentation for the identification card. →



Hannah Brown

Area Senior Receives Funding For Home Repairs



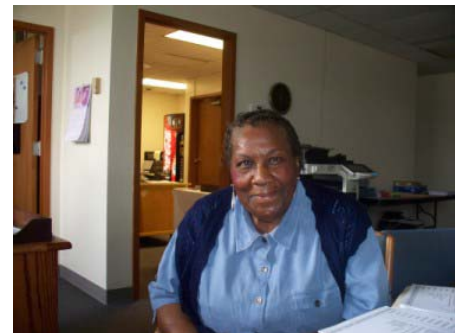
Ms. Bruce became a care receiver of the FAST Ministry February 2007. She was in need of minor home repairs and yard work. Case managers assessed her home and discovered that she needed major home repairs instead of minor. Ms. Bruce did not have home owner's insurance due to the deteriorating condition of her home.

In July 2008 we wrote a letter for home repairs to the Intergovernmental Grants Home Modification Program for assistance. FAST Ministries Case Manager, Ms. Kathryn Jones, advocated relentlessly on behalf of Ms. Bruce and in April 2009 she was awarded a grant in the amount of \$22,820 to replace her entire roof, sixteen windows, the gutters, down-spouts, kitchen and the replacement of her bathroom floor. The Lead Hazard Reduction program found lead in the paint on her windows so the windows were replaced. Her bathroom now has a roll in shower, her kitchen has a new ceiling, and the back door and porch were replaced. Vance Improvement Corporation completed the repairs in September 2009.

Due to prayer and many referrals, her prayers were answered and she is now able to remain safely in her home. Ms. Bruce appears to be very happy with the repairs done on her home. FAST ministry salutes all those involved in the success of allowing this area elder to remain in her home.

FAST is thankful for the ministry of the case managers. They not only provide case management but also supportive counseling, encouragement and prayer to the elders.

Kathryn Jones



HEALTHVISIONS MIDWEST

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