

# 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

HealthVisions East St. Louis, IL

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## Living a Healthy Life



HealthVisions East St. Louis and the FAST Ministry sponsored its fourth **Summer Youth Camp**. The impact in the community is great in that it bridges the intergenerational gap between seniors and youth and curbs the fears that seniors have about youth and their mindset about their behaviors. “Not all youth are bad or do not respect seniors. The youth are eager to help and establish relationships with the seniors” says Carol Conner, Program Director of the camp.”

The camp averages 15-20 inner-city youth between the age of 11 and 18 years who volunteer their time and efforts by providing yard work, telephone reassurance, friendly visits and light housekeeping.

This year the camp was different in that many collaborations were formed to provide a wider range of support to the youth in the areas of financial education, communication and public speaking, conflict resolution, peer pressure and life skills.

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*Pictured are the attendees.*

HealthVisions East St. Louis (HVESL) is pleased to announce the completion of its first “Living a Healthy Life” six-week education workshop series for adults living with a chronic condition.

The Patient Education Research Center at Stanford University developed the program to help people with chronic conditions gain self-confidence in their ability to manage their chronic health conditions. St. Augustine of Hippo Parish, located at 401 Columbia Avenue in East St. Louis, was the host. The sponsors and cooperating partners are Area Agency on Aging of Southwestern Illinois, St. Louis Area Agency on Aging, Missouri Arthritis Program and HealthVisions East St. Louis.

Eighteen members of St. Augustine Church and Straightway Baptist Church completed the six sessions and received Certificates of Completion. Father Carroll Mizicko and Pastor Joseph Tracy were very proud of the progress their members made in managing their health. Participants received a workbook called “Living a Healthy Life with Chronic Conditions” and a relaxation CD. Participants learned to manage pain, fatigue, difficult emotions, fears, and communications with family and health care professionals. They also learned how nutrition and exercise can help them improve their chronic condition.



One participant’s “action plan” was to stop eating sweets. She is following her plan and reported that when she went to the doctor after completing the series she had lost twelve pounds. Another participant is continuing her walking routine.

(Youth camp continued from 1<sup>st</sup> page)



We collaborated with New Bethel Baptist Church food program for daily lunches for our campers. Various speakers have come to speak to the youth about careers, entrepreneurship and the importance of an education. “Call for Help” has provided workshops on Sex Education, HIV Awareness and Domestic Violence. University of Illinois Extension provided a four day workshop on nutrition and healthy eating. All other services have been provided by various volunteers, including teachers, active and in-active military personnel, counselors and social workers.

Each year the camp grows and transformations occur with the youth. It is truly a pleasure in knowing that someone made a difference in the lives of these young people.

We continue to follow some of the campers through Facebook and other sources to follow-up on their progress. We have several campers who have gone on to college and one is in the military stationed in Japan.



## Health and Safety

On June 4, 2011 HealthVisions East St. Louis held its third Health and Safety training at Pilgrim Rest Baptist Church. More than 50 members from 17 churches in the local area received training on how to assist their health ministries in providing CPR. Thirty-seven people from the churches received CPR cards from the American Red Cross indicating they were able to perform CPR if needed. Dr. Willie Brown and his wife Glenda Brown, RN, who are American Red Cross volunteers, provided the CPR training. Participants had to pass a written exam at 80% proficiency and a performance test to receive the CPR cards.

Training on Emergency Preparedness was provided by Doug King of East Side Health District and Eycine Stewart from the Illinois Department of Public Health. Members learned what they need in emergency supplies for their home and churches. They also learned about the St. Clair County Medical Reserve Corp and how they can be a volunteer. Members who agreed to join received bags with emergency preparedness supplies.

Members received training in Body and Soul, a celebration of healthy living in their churches. Body and Soul helps church members eat more fruits and vegetables and implement health programs for their congregations. Body and Soul works by combining the four pillars of leadership, education, healthy eating, and peer counseling. Debbie Pfeiffer from the Health Communication Research Laboratory of Washington University provided the training.

Participants also learned how their congregation can sponsor a “Living a Healthy Life Chronic Disease Self-Management” six week workshop. This program helps individuals with chronic health conditions improve their ability to manage pain, fatigue, difficult emotions and stress. Members learn how nutrition, exercise, medication and communications can improve how they manage their conditions. Members were encouraged to take the training back to their congregations to enhance their current health ministries or start new health ministries.

Thanks to all who helped to make these workshops possible; Pastor Rodney Howlett, trainers, staff and volunteers of HealthVisions East St. Louis.

**If your church or organization is interested in hosting “Living a Healthy Life” or “Health and Safety” workshop, please contact Paula E. Wills or Hannah Brown at (618) 271-7000. Workshops are free.**



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