

FAST MISSION STATEMENT

Inspired by the compassion of Christ, FAST promotes healthy living and independence by providing interfaith, volunteer-based non-medical support and caregiver services to seniors who are age 60 and older, home-bound, frail, disabled or afflicted with chronic illnesses in the Greater East St. Louis community.

FAST seeks to ease loneliness and isolation.



HealthVisions East St. Louis is in compliance with Title VI of the Civil Rights Act and operates with financial assistance from HealthVisions Midwest, the Area Agency on Aging of Southwestern Illinois, the Illinois Department on Aging and the United States Administration on Aging.

**God's Vision For Ministry In
Our Community**

PARTICIPATING CHURCHES

- ◇ Galilee Central Baptist Church
- ◇ Pilgrim Rest MB Church
- ◇ Southern Mission MB Church
- ◇ Straightway Baptist Church
- ◇ St. Augustine Catholic Church
- ◇ New Bethel Baptist Church
- ◇ Church Of The Living God
- ◇ Unity Lutheran Church
- ◇ Pilgrim Temple CME Church

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. I needed clothes and you clothed me. I was sick and you looked after me..." Matthew 25:35-36

STAFF

Paula E. Wills
Executive Director

Carol D. Conner
Program Manager

Matthew Ware
Volunteer Outreach
Facilitator

Darcell Johnson
Administrative Assistant



**FAITH
IN ACTION**

FAST is supported by HealthVisions Midwest, the Daughters of Charity Foundation of St. Louis, Lutheran Foundation of St. Louis, Missionary Oblates of Mary Immaculate and Private Donors.



HEALTHVISIONS OF EAST ST. LOUIS

Sponsored by the Poor Handmaids of Jesus Christ

Faith In Action To Serve and Transform (FAST)

*"A Neighbor's Independence
Depends On You!"*



**1269 North 89th Street, Suite 7
East St. Louis, IL 62203
(618) 271-7000**

FAST Services Offered:

- ◇ Friendly Visits
- ◇ Telephone Reassurance
- ◇ Information and Referral
- ◇ Shopping
- ◇ Bible Study
- ◇ Transportation
- ◇ Food Pantry
- ◇ Case Management

FAST Service Areas:

- ◇ Alorton
- ◇ Centreville
- ◇ East St. Louis
- ◇ Lovejoy
- ◇ Washington Park
- ◇ Cahokia

Cost for Services:

FAST accepts tax deductible donations.

FAST services are provided by trained volunteers from the community, congregations and organizations.

Bible Study and Fellowship



Friendly Visits



Transportation



FAST Serves:

- ◇ Persons 60 years or older,
- ◇ Persons who are homebound,
- ◇ Persons who are frail or disabled,
- ◇ Persons who need assistance with remaining safely in their home.

"I thank you for giving me a chance to express the goodness of God through songs and talking on the phone to some of God's children with uplifting spirit."

Volunteer

"It's the Lord. I know it's the Lord. You just don't know" **Care Receiver**

"I am the recipient of the excellent transportation service provided by HealthVisions' Ministry. Your service has made a tremendous positive impact upon my life. I have numerous health conditions which require frequent visits to my healthcare providers. Prior to my taking advantage of the much needed transportation service your ministry provides, I was extremely stressed trying to keep my doctors and hospital laboratory appointments. I no longer have that problem."

Care Receiver

FAST welcomes volunteers. To become a volunteer, call the number below.

FAST completes criminal background and reference checks on all volunteers.

FAST

(618) 271-7000

(618) 271-7007 FAX

www.hvusa.org

or visit us on



**Business Hours: Monday - Friday
9:00a.m.-5:00p.m.**