

## MISSION

Inspired by the compassion of Christ, "FAST" provides interfaith, volunteer-based, non-medical support and caregiver services to individuals who are homebound, frail, elderly, disabled or afflicted with chronic illnesses in the Greater East St. Louis community. "FAST" seeks to ease loneliness and isolation.

### How Can You Help The "FAST" Ministry?

Volunteer to provide care.

Schedule a "FAST" presentation at your church or community organization.

Tell others about "FAST" services.

Provide donations and /or help with fundraising.

Pray for the FAST staff, volunteers and care receivers.

## Participating Churches

- Galilee Central Baptist Church
- Bray Temple Christian Methodist Episcopal Church
- Mitchell Tabernacle Christian Methodist Episcopal Church
- Pilgrim Rest Missionary Baptist Church
- Shiloh African Methodist Episcopal Church
- Southern Mission Missionary Baptist Church
- Straightway Baptist Church
- Summit Avenue Baptist Church
- Shining Light Missionary Baptist Church
- The Body of Christ Worship Center

*"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*

### Faith in Action To Serve and Transform (FAST)

Call (618) 271-7000

*Paula E. Wills  
Executive Director*

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Program Coordinator*

# Faith in Action To Serve and Transform

A neighbor's independence depends on you!



*Faith in Action to Serve and Transform (FAST) is supported by the Robert Wood Johnson Foundation (RWJF)*

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## Who Can Receive Services ?

Persons who are elderly, frail, or disabled who need assistance with remaining in their home.



## Register for Assistance or to Volunteer

Please complete and send to:

**FAST**  
4601 State Street, Suite 220-230  
East St. Louis, Illinois  
62205

**Service Area**  
Alorton... Centreville,  
East St. Louis... Lovejoy  
Washington Park

### “FAST” Services:

- Transportation to doctor, grocery store, etc.
- Errands
- Friendly visits
- Telephone reassurance
- Information and referrals
- Personal care
- Light housekeeping
- Meal preparation
- Yard work
- Ramp installation

### Who Provides Care?

Trained volunteers from area congregations and organizations provide care giving services.

*“FAST” completes criminal background and reference checks on all volunteers.*

## NO COST

There is NO COST for services but “FAST” does accept donations.

Name \_\_\_\_\_

Street \_\_\_\_\_

City, State \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Check area of interest:

\_\_\_ **Need Assistance**  
(Care Receiver)

\_\_\_ **Program Volunteer**

\_\_\_ **Volunteer Office Worker**



*HealthVisions East St. Louis and FAST are ministries of HealthVisions Midwest and sponsored by the Poor Handmaids of Jesus Christ*