



**HEALTHVISIONS  
EAST ST. LOUIS**

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**A N E I G H B O R ' S I N D E P E N D E N C E D E P E N D S O N Y O U !**

**M I S S I O N S T A T E M E N T - H V E S L**

The mission of HealthVisions East St. Louis is . . .

"Inspired by the compassion of Jesus and the example of Blessed Catherine Kasper, HealthVisions East St. Louis strives to empower the people of East St. Louis to live healthier lives. This will be accomplished through faith-based, collaborative services that meet current and emerging needs."

**H E A L T H W A T C H - " D I A B E T E S "**

There are two main types of diabetes: **Type 1 diabetes**—the body does not make insulin. People with Type 1 need to take insulin every day. **Type 2 diabetes**—the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes. All people with diabetes need to eat healthy foods, stay at a healthy weight and be active every day.

Taking good care of diabetes will help you feel better and avoid the health problems diabetes can cause such as: heart disease, stroke, eye disease that can lead to vision problems or even going blind; nerve damage that can cause your hands and feet to feel numb and can lead to loss of a foot, leg and kidney problems.

**Some people are more likely to get diabetes**—These include: people who are ages 45, overweight; African American, Hispanic/Latino American, Asian American or Pacific Islander, or American Indian; have a parent, brother, or sister with diabetes; have high blood pressure (above 140/90); have low HDL (good cholesterol) and high levels of blood fats; have had diabetes when pregnant or gave birth to a large baby (over 9 pounds); are active less than three times a week.

**Mange your diabetes-** 1) Follow your diabetes food plan. 2) Eat the right portions of healthy foods. 3) Eat foods that have less salt and fat. 3) Get 30 to 60 minutes of activity daily. 4) Stay at a healthy weight. 4) Stop smoking. 5) Take medicines. 6) Check your feet everyday. 7) Brush your teeth and floss everyday. 8) Check your blood glucose.

**Get routine care to avoid problems-** See your healthcare team at least twice a year to find and treat problems early. At each visit get a blood pressure check, weight check and foot check. Twice a year get a dental exam to prevent gum disease and loss of teeth. Make sure you tell your dentist you have diabetes. Once every year get a cholesterol check, dilated eye exam to check for eye problems, complete foot exam to check on foot health, urine and blood tests to check for kidney problems and a flu shot.

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**VOLUME 2, ISSUE 1**

**T H E M I S S I O N**

**SECOND EDITION      APRIL 2006**

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**FAST HOLDS FIRST VOLUNTEER SUPERVISION AND RECOGNITION FELLOWSHIP**

FAST held its first volunteer supervision and recognition fellowship December 22, 2005 at Shining Light Missionary Baptist Church. Each of the active volunteers received a certificate of appreciation relating to their individual ministry area. Some of them related to things care receivers had said



*Sr. Pam, Sr. Kate, Volunteer Minister Deltha Rogers, and Volunteer Mary Houston are just a few who are in attendance for this event.*

about the volunteers. Two volunteers received the "I Know God Sent You" award. Other awards included "Handyman", "Strongman", and "Keeping It All Together". We also provided food and educational material related to Alzheimer's disease. Ten volunteers and four board members attended the fellowship. Everyone enjoyed the fellowship. Also present were Sr. Pam and Sr. Kate of the Poor Handmaids of Jesus Christ who shared in the history of the Poor Handmaids, Blessed Catherine Kasper, the foundress of PHJC, and how she began working with the sick and elderly to provide support in their homes.



*Marlin Isaiah, Advisory Board Member and other volunteers getting to know each other during the trivia game. . .*

We plan to have quarterly fellowships in honor of our volunteers to show our appreciation for all the hard work and love shown to our care receivers.

**FAST DISTRIBUTES THANKSGIVING AND CHRISTMAS BASKETS TO OUR CARE RECEIVERS**

FAST collaborated with Shining Light Missionary Baptist Church and delivered Thanksgiving baskets with turkeys to four of our care receivers. Minister Deltha Rogers of Shining Light



Vernice Jones and Paula Wills

who is also one of our volunteers provided the baskets and turkeys. FAST also collaborated with the Catholic Urban Programs and Shining Light Baptist Church and delivered eight Christmas baskets with non-

perishable can goods and a \$10 gift certificate to our care receivers. Shining Light provided five fruit baskets. All were delivered to our care receivers by FAST staff. We thank and praise God for the donations by Shining Light and Catholic Urban Programs. The care receivers were very grateful to receive them. We hope to do additional collaboration with other faith-based organizations and churches to provide for our care receivers.



Paula Wills, Bernice Finley and daughter, Jeneae

**HEALTHVISIONS/  
FAST STAFF**

**Paula E. Wills  
Executive Director**

**Carol D. Toller  
Program Coordinator  
And Editor-In-Chief**



**THE POWER OF GOD IS BLESSING OUR CARE RECEIVERS THROUGH OUR VOLUNTEERS**

We continue to see the power of God blessing our care receivers through our volunteers. Ms. Elaine Montgomery, a registered nurse from Shining Light Missionary Baptist Church provided education, personal care and friendly visits to a care receiver who is a member of Pilgrim Rest Baptist Church. The family was very appreciative for the help with their loved

one. Mr. Willie Rogers of Shining Light installed hand rails and repaired steps for a care receiver. Ms. LeBertha Smith and Ms. Elizabeth D. Moore, both volunteers from Mitchell Tabernacle CME Church have been working as a team to provide friendly visits and telephone reassurance to a care receiver who is confined to a wheelchair. Although Ms. Moore is blind,

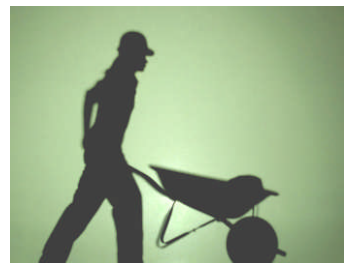
she is a very active volunteer for FAST. Ms. Smith also volunteers in our office and is working on a church database to identify the services the churches provide so we can develop a directory for our care receivers.

**The mission of FAST is...**

**"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.**

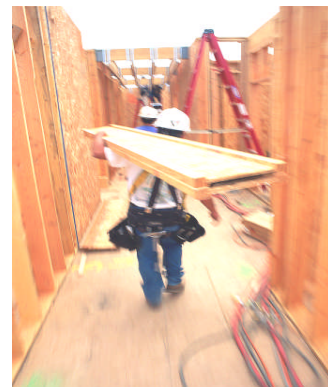
**FAST COLLABORATES WITH EMERSON PARK'S YOUTHBUILD PROGRAM AND LINC FOR RAMP INSTALLATION**

The Lord led FAST to talk with Emerson Park Redevelopment's Youth Build program about ramp installation. Paula spoke with Ms. Vickie Forby who stated the youth will be able to get the ramps built for the senior citizens without a problem. Catholic Urban Programs will provide the materials. Youth Build is building three ramps. "We thank and



Praise God for these new resources," says Paula Wills, Executive Director of HealthVisions ESL and Faith

In Action to Serve and Transform. "We continue to keep the care receivers abreast of our activities related to getting the ramps built. The care receivers are very understanding." FAST also referred several care receivers to LINC who has monies to help build ramps in East St. Louis.



**Assistance Understanding Medicare Prescription Drug Plan-Medicare Part D**

The Area Agency on Aging is providing assistance to Senior Citizens on making the right decision for their Medicare Prescription Drug Program. Area Agency on Aging will be able to inform you of what prescription drug program is right for you, and help you understand the Medicare Prescription Drug Program Medicare Part D. The deadline for applying for the Medicare Part D Prescription Drug Plan was May 15, 2006. If you failed to sign up by May 15th, you will be penalized a percentage for every month you fail to enroll after May 15th. To enroll you need a list of all your medications including the name and strength of the medicine, how often you take it and the number you take each month. For example if you take Lasix 40mg twice a day, then you take 60 pills per month. Contact the Area Agency on Aging for assistance with enrollment or questions at (618) 222-2561.

**VOLUNTEER SHOWCASE**

In this edition of "The Mission" we are proud to showcase a very dedicated and committed volunteer, Mrs. LeBertha Smith. LeBertha is a member of Mitchell Tabernacle CME Church where Reverend John H. Smith, Sr. serves as Pastor and has been a volunteer for HealthVisions East St. Louis/FAST since we began. She is a loving and compassionate individual who does whatever she can to assist the ministry. LeBertha visits a care receiver once a week and reads to her scripture and the daily bread. She also bought potting soil and she and her care receiver repotted



plants. LeBertha is an advocate for her care receiver and lets FAST know whenever any special needs arise with her care receiver. She also volunteers to help in the office once a week by contacting references, gathering information about resources and whatever else she can do to help. She has done everything from making phone calls to care receivers to contacting our local area churches to de-

velop a resource directory for our care receivers. LeBertha doesn't hesitate to help when we ask for her assistance. She is a God fearing woman and she has been chosen by God to assist us in our purpose and ministry for His people.

**Above:** LeBertha Smith and Mary Houston, volunteers for FAST, provide clerical assistance in the FAST office.

**Below:** LeBertha Smith reading with care receiver Bernice Finley.



**FROM THE EXECUTIVE DIRECTOR**



God has continued to bless the work of FAST. Volunteers are using their gifts to visit, call, read to, help pay bills, provide personal care, friendship and the hope of Jesus Christ to our care receivers. Though we are small in number, lives are being transformed. God is transforming us and the care receivers as we serve them. We thank and praise

God for all of our wonderful and dedicated volunteers who are putting their Faith Into Action. As we grow, **we need more volunteers** and **we need donations** to continue the ministry. If you know anyone who wants to use their gifts to serve God's people, please tell them about FAST. At this moment we really need men and young people who can do yard work and minor home repairs. We also need volunteers for transportation and

friendly visits. God has given us all gifts to use for His glory. Why not share your gifts with those in our community who need them most. Keep your eye out for our fundraiser we are planning for the Fall. If you belong to a church or organization, please consider having FAST come and speak with your group to share what we are doing. "This is not our work, this is God's work."

**VOLUNTEERS needed to help others know God has not forgotten them. Become a FAST volunteer. Please call 618-271-7000 for more information.**

**Keep the FAST ministry going by making a tax deductible donation. Send donations to: 4601 State Street Suite 220-230 East St. Louis, IL 62205**

**CALENDAR OF EVENTS**

**In the Fall of 2006 FAST is sponsoring a fundraiser to continue the works of this ministry for the people of East St. Louis and our service area. Stay tuned for more information.**