

## 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
- 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

*"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) 610-3932



Supported by the Robert Wood Johnson Foundation

# Faith in Action To Serve and Transform

A neighbor's independence depends on you!



## Service Area

Alorton... Centreville,  
East St. Louis...Lovejoy  
Washington Park

## Who Can Receive Services?

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

## Who Provides Care?

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

"FAST" completes background, reference checks and drug screenings on all volunteers

## NO COST

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



### "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



HealthVisions East St. Louis

*A ministry of HealthVisions Midwest,  
which is sponsored by the Poor  
Handmaids of Jesus Christ.*

## Register for Assistance or to Volunteer

Please complete and  
send to:

FAST  
P.O. Box 745  
East St. Louis, Illinois  
62201

Name \_\_\_\_\_

Street \_\_\_\_\_

Cit, State \_\_\_\_\_

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

Check area of interest

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

\_\_\_ Program Volunteer

\_\_\_ Volunteer Office Worker