

MISSION STATEMENT

Inspired by the compassion of Jesus and the example of Blessed Catherine Kasper, HealthVisions of East St. Louis strives to empower the people in East St. Louis to live healthier.

“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

WHO WE ARE

HealthVisions of East St. Louis (HVESL) is a faith-based ministry of HealthVisions Midwest, which is sponsored by the Poor Handmaids of Jesus Christ. HVESL initiates, coordinates and implements community-based health improvement activities through partnerships.

HVESL GOALS ARE TO:

- Empower faith-based organizations to use their talents and gifts to provide or improve ministries.
- Develop and facilitate partnerships with faith communities, health and social services to reduce health disparities.
- Ease isolation and loneliness by providing advocacy and non-medical support services.
- Promote Christ-centered wholistic health and wellness.
- Address systemic health needs.

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HEALTHVISIONS OF EAST ST. LOUIS

*Sponsored by the
Poor Handmaids of Jesus Christ.*

**“Empowering The
People Of
East St. Louis
to Live
Healthier”**

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PROGRAMS AND SERVICES

M.O.R.E.

Mission Outreach Reaching Everyone



Mission: Inspired by the compassion of Christ, **MORE** empowers congregations to provide outreach ministries and caregiving services to hurting people in the greater East St. Louis community. **MORE** provides support and training to help leaders and congregations fulfill their outreach mission and be volunteer friendly churches.

MORE uses biblical foundations to help churches develop strong volunteer outreach ministries. **MORE** provides training and support on spiritual gifts, Christian leadership, creating a volunteer friendly church, mission/vision, homebound outreach, ministering with difficult personalities, caregiving, etc. using biblical principles.

Living A Healthy Life Chronic Disease Self-Management Program

Living A Healthy Life is a six-week group education workshop series for adults living with chronic conditions like diabetes, hypertension, heart disease, arthritis, etc. The program helps people with chronic conditions gain self-confidence in their ability to manage their own health. Sessions cover healthy eating, exercise, medication, positive thinking, fatigue, depression, difficult emotions, problem solving and other skills. Sessions are fun and interactive. Participants share their action plans, successes and have a source of support and accountability.



Faith In Action to Serve And Transform (FAST)

FAST promotes healthy living and independence by providing interfaith, volunteer-based non-medical support and caregiver services to seniors who are 60 and older, disabled, homebound or afflicted with chronic conditions in the Greater East St. Louis Community. **FAST** seeks to ease isolation and loneliness.

FAST services are provided by trained volunteers from area congregations, community and organizations. **FAST** provides telephone reassurance calls, friendly visits, bible study, shopping, food pantry and assisted transportation.

**HealthVisions of East St. Louis accepts tax deductible donations for all services.
BECOME A VOLUNTEER, CALL 618-271-7000.**

HealthVisions of East Saint Louis is supported by HealthVisions Midwest, Inc. Funders include AgeSmart Community Resources, Daughters of Charity Foundation of St. Louis and other donors.

The Lutheran Foundation of St. Louis is a local funder that supports efforts to see the church brought into the lives of hurting people and people included in the healing life of the church.

Visit our Website: www.hvusa.org
HealthVisions East St. Louis



Answers on Aging and Information and Assistance Services

Answers on Aging Services are provided for seniors and persons with disabilities to receive benefits. Benefits include Medicare Savings Programs, Medicare Extra Help, Senior Health Insurance Programs, Benefit Access Services like discount license plates and free bus passes and other community resources.

The staff assist seniors to access services and resources to help them maintain independence and healthy living. They do home visits, refer for homemaker services, emergency home response systems, medication assistance, repairs, etc. The staff also advocate for seniors and provide education.



Assisted Transportation

FAST provides one-on-one assisted transportation to seniors, 60 years of age and older who live in St. Clair County and the surrounding metropolitan areas. Seniors must be able to get in and out of the vehicle and homes with minimal assistance. Transportation is provided in Illinois as well as Missouri. Seniors are asked to call three days ahead of time for the transportation. The transportation is provided by trained volunteers who undergo a thorough criminal background check. Priority is given to medical transportation, but **FAST** also transports for business, shopping, recreational and other events.