

## THE HEARTS OF TEXAS™



### **What will my gift provide?**

#### **\$2 per pay period for one year:**

- provides three days of parenting classes that teach effective discipline and stress/conflict management.
- provides vital cancer survivorship information and support to 80 cancer survivors.
- provides one day of food and shelter for a homeless person.
- provides meals for a homebound senior citizen for two weeks.

#### **\$5 per pay period for one year:**

- provides 12 students with an interactive CD on college-age depression and suicide.
- provides adaptive aids for personal care to make life easier for ALS patients.
- will provide equipment and supplies for five people to spend a morning cleaning a beach or river bank.
- provides teaching materials for 30 at-risk students for one school year.

#### **\$10 per pay period for one year:**

- provides physical therapy exercise sessions for patients with Multiple Sclerosis and Muscular Dystrophy.
- will help a family in crisis with their monthly utility or grocery bills.
- provides 233 meals for hungry babies.
- provides one mammogram for an uninsured woman.
- will help to pay the cost of testing for early signs of kidney disease for a low-income patient.

#### **\$20 per pay period for one year:**

- provides a full year of groceries for a homebound AIDS patient.
- provides food for one guide dog in advanced training.
- covers the cost of training material and instruction for self-examinations for breast cancer and for awareness materials for prostate cancer.
- supports training in an environmental career for a person with a disability.

#### **\$45 per pay period for one year:**

- provides 26 students with assistance in math and science.
- provides 11 days of food and shelter for a homeless person.
- ensures safety from cholera for 50 people.
- provides two high schools with science curriculum materials about proper handling of chemicals found in the home.