



PEOPLE HELPING PEOPLE

ORDER FORM



Name _____ E-mail: _____

Address: _____ ESA Member No: _____

City / State / Zip _____

Please check the Program(s) you wish to order

- Adult Literacy** - Defines the difference between conventional and functional illiteracy and how to deal with it.
- AIDS** - Acquired Immune Deficiency Syndrome – Explains the disease, how it is acquired, some myths associated with it, and how it is treated.
- Alcohol and Drug Abuse** - Defines how a complete loss of control over the use of a chemical substance impacts a person's life; characteristics of an abuser; various drugs and their effect on the body; help resources.
- Alternative to Hysterectomy** - Explains different types of medical treatment, medications, and avenues to explore instead of surgery before having a hysterectomy.
- Alzheimer's Disease** - Defines what it is and how to recognize it.
- Asthma** - Explains who can get the disease and how; covers what happens during an attack and why it occurs at night; prevention and asthma management.
- Bone Marrow Donor** - Defines who may need a transplant; donor program; types of donations; costs to donor; and role of individuals in the bone marrow donor program.
- Breast Self-Exam** - Self-breast exam is instrumental in saving lives. Early detection is key to a cure.
- Building a Blueprint for Your Resume** - Provides a step-by-step outline, discussion, and suggestions on how to prepare a resume for employment.
- Child Abuse and Neglect** - Defines child abuse; special topics cover emotional maltreatment, child neglect, physical abuse, sexual abuse, statistics, and ways to assist. Includes toll-free reporting numbers, crisis hotline numbers, and related organizations / clearing houses dealing directly with child abuse and neglect.
- Children with Disabilities or Special Needs** - Topics cover helping children, asthma, attention deficit hyperactivity disorder, autism, cerebral palsy, deafness and hearing impairment, down syndrome, osteogenesis imperfecta, speech and language disorders, spina bifida, and tourette syndrome.
- Date (Acquaintance) Rape** - An understanding of what it is and how to prevent it; identification of date rapist; understanding the physical and emotional trauma suffered by the victim.
- Depression** - Types of depression, symptoms; assistance in the community; methods one can use to help oneself.
- Diabetes** - Covers various types of diabetes; how they are treated; and possible complications.
- Domestic Violence** - Battery cycle - three basic phases: tension-building, acute battering; and kindness and contrite-loving behavior.
- E-mail and the Internet** - Email, Email addresses, address book, the internet, settings, etiquette, symbols, providers, definitions, web sites.

- Healthy Without Medicine** - What you can do to take care of your body; power of positive thinking, stress, slowing down the pace of time, and meditation.
- Heart Disease – a Woman’s Health Issue**– The number one killer of women – information about disease.
- Hospice Program** – Types of programs and care available to the patient and family.
- Kidney Transplant** – Renal failure and dialysis; pre and post-surgery issues.
- Menopause and Estrogen Replacement** - Effects of menopause on bones, tissue, and the brain of aging females; hormone therapy and its positive effects.
- Mini-Leadership** - Types of programs for leadership training; can be adapted to any leadership conference. Provides comprehensive organization of programs.
- Natural Life Style Transformation** – Techniques to lower cholesterol naturally, manage weight, and reduce stress – behavior transformation.
- Osteoporosis** - Defines osteoporosis, its prevalence and cost; risk factors; prevention, detection, and treatment.
- Ozone layer** - Impact of a depleting Ozone layer; its effect on health, our responsibility to our environment.
- Parents as Teachers** – Early childhood parent education and family support to enhance child development and readiness for school.
- Probate System** - Explains probate, a probate judge’s duties; discusses wills; explains the role of the executor.
- Public Speaking – Dull to Dynamic** - Provides guidelines and tips on how to do public speaking like a pro.
- Recycling** - Defines a responsible, cost effective waste management method.
- Sexual Harassment** - Various types of sexual harassment; what to do if harassed; assistant agencies.
- Stress** – Signs of stress, sources of stress, the effect of stress, and keys to controlling stress.
- Teen Pregnancy** - Health risks to the teen mother and baby, consequences, concern, ramifications on society.
- Travel Safely and Penny Wisely** - Program designed to help make your vacation secure and less expensive.

People Helping People

EACH program for ESA Foundation members is \$ 4 plus \$ 1 for postage and handling;
and for non-ESA Foundation members is \$ 8 plus \$ 1 for postage and handling.



Number of Programs ordered: _____ @ \$ 4 + \$ 1 for ESAF member = \$ _____ Total
 _____ @ \$ 8 + \$ 1 for non-ESAF member = \$ _____ Total

Make Check Payable to: ESA FOUNDATION - Check # _____ for \$ _____ is enclosed.

Please bill to my Credit Card:

- VISA Master Card Discover

Card # _____

Expiration Date: _____

Signature _____

**Send Order to the current ESA Foundation
People Helping People Director.**

“Serving the World Community ... Because We Care.”