

**DEEP EAST TEXAS COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING
CONTRACTOR INVOICE – FY2026**

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: June 2026

SUBMISSION #: _____

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected

\$ 1691.55 / \$ 9.15 = 185 meals

Area Agency on Aging Funded Meals (505)

505 x \$ 9.15 = \$ 4620.75

Other Eligible Meals

207 x \$ 9.15 = \$ 1894.05

Senior Center Operations

Area Agency on Aging

1 x \$ 975.00 = \$ 975.00



Certified By: Board Member

7-7-26

Date

Certified By: Area Agency on Aging Staff

Date

**TYLER COUNTY
MONTHLY NUTRITION EDUCATION/
SENIOR CENTER ACTIVITY**

MONTH: June 2026 DAYS/HOURS OF OPERATION: M-F 7A-3p

NUTRITION EDUCATION: (please attach example of material presented and a list of the people that received it)

Congregate Meals

Number of Nutrition Education Programs Provided
(Attach copy of program)

1

Contacts (People receiving information)

25

SENIOR CENTER ACTIVITIES:

	Number	Contacts
Number of Health Screenings Provided	<u>0</u>	<u>0</u>
Number of Recreation Activities Provided	<u>34</u>	<u>461</u>
Number of Exercise Sessions Provided	<u>3</u>	<u>11</u>
Number of Art Therapy Sessions Provided	<u>2</u>	<u>11</u>
Number of Music Therapy Sessions Provided	<u>0</u>	<u>0</u>
Number of Adult Education Sessions Provided	<u>1</u>	<u>45</u>

SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>41</u>	1	<u>54</u>	5	<u>31</u>	9	<u>-</u>	13	<u>80</u>	17	<u>-</u>	21	<u>31</u>	25	<u>48</u>	29
<u>35</u>	2	<u>-</u>	6	<u>48</u>	10	<u>-</u>	14	<u>34</u>	18	<u>50</u>	22	<u>48</u>	26	<u>35</u>	30
<u>62</u>	3	<u>-</u>	7	<u>27</u>	11	<u>44</u>	15	<u>-</u>	19	<u>28</u>	23	<u>-</u>	27	<u>-</u>	31
<u>34</u>	4	<u>51</u>	8	<u>43</u>	12	<u>25</u>	16	<u>-</u>	20	<u>48</u>	24	<u>-</u>	28		

ITEM	DATE OF RECEIPT	BUDGETED AMOUNT	AMOUNT USED
Enter "Amount Used" and Initial			
Congregate Meals In-Kind			

Certified by:  Date: 7-7-26
Board Member

Reviewed by: _____ Date: _____
Area Agency on Aging Staff

Jun-26	AMOUNT	#PEOPLE					SPECIALS
1	\$102.00	41					1
2	\$64.00	35					1
3	\$153.00	62	\$466.00	226			1
4	\$49.00	34					1
5	\$98.00	54					
6	XXXX	XXXX					
7	XXXX	XXXX					
8	\$93.00	51					2
9	\$40.00	31					
10	\$62.00	48	\$303.00	200			
11	\$55.00	27					
12	\$53.00	43					1
13	XXXX	XXXX					
14	XXXX	XXXX					
15	\$123.00	44					1
16	\$42.85	25					
17	\$134.95	80	\$372.80	183			1
18	\$72.00	34					1
19	XXXX	XXXX					
20	XXXX	XXXX					
21	XXXX	XXXX					
22	\$98.00	50					1
23	\$62.00	28					
24	\$93.00	48	\$381.75	205			1
25	\$41.75	31					1
26	\$87.00	48					
27	XXXX	XXXX					
28	XXXX	XXXX					
29	\$97.00	48					1
30	\$71.00	35	\$168.00	83			
TOTAL	\$1,691.55	897					14

XXXX HOLIDAY/WEEKEND

****WEATHER

June 26. 2026

What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They

include [carbohydrates](#), [fats](#), [proteins](#), [vitamins](#), [minerals](#), and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as [osteoporosis](#), [high blood pressure](#), [heart disease](#), [type 2 diabetes](#), and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of [smell and taste](#)
- Problems chewing or [swallowing](#) your food

How can I eat healthy as I age?

To stay healthy as you age, you should:

- **Eat foods that give you lots of nutrients without a lot of extra calories**, such as
 - Fruits and vegetables (choose different types with bright colors)
 - Whole grains, like oatmeal, whole-wheat bread, and brown rice
 - Fat-free or low-fat milk and cheese, or soy or rice milk that has added [vitamin D](#) and [calcium](#)
 - Seafood, lean meats, poultry, and eggs
 - Beans, nuts, and seeds

June 26, 2026

- **Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- **Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- **Drink enough liquids,** so you don't get [dehydrated](#). Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- **Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.

What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

NIH: National Institute on Aging

Heart to Heart Hospice

Sign in Sheet

	NAME	PHONE	EMAIL
1.	Catherine Dear		
2.	Spencer Boyer		
3.	Jackie Williams		
4.	Leonel Conner		
5.	George Ellis		
6.	Kenny Russell		
7.	Robert Anding		
8.	Det Hite		
9.	Ray Z. Anding		
10.	Ricky Patrick		
11.	Gene Palmer		
12.	Val Lanyon		
13.	Donna Lee		
14.	Dan Mitchell		
15.	Robert W Paskey		
16.	WE Paskey		
17.	Betty Bingham		
18.	Michelle Young		
19.	Darko Borey		
20.	Carol Kiphouse		
21.	Shirley J. Jackson		
22.	Phyllis Hite		
23.	Melissa Ryan		
24.	Billy Mac		
25.	Donna Crain		

TYLER COUNTY NUTRITION CENTER:

DATE:

6-12-26

ACTIVITY Tracy w/ Family Services

1	Barbara Hight	14	Gene Robinson	27	Dee Wee
2	Shelley Lacy	15	Vale Lacy	28	Charles Willis
3	Catherine Dand	16	Pat Holt	29	Pat Richard Taylor
4	Robert W Paskay	17	Carl Lanning	30	Sammie Mitchell
5	Buster Connor	18	Pat Lanning	31	Pat RV Franks
6	Lucky Foltz	19	Nelda Leatham	32	John Lade
7	Jackie Williams	20	Bill Leatham	33	
8	Lernard Cannon	21	Faye Ryan	34	
9	Horrold Gled	22	Michael Ryan	35	
10	Henry Russell	23	Doyle Paskay	36	
11	Bill Fricchett	24	Robert Paskay	37	
12	Lynnette Fricchett	25	Cena Kenner	38	
13	Don Crain	26	Robert Kenner	34	

175

TYLER COUNTY NUTRITION CENTER:

DATE:

6-12-26

ACTIVITY Tracing Family Service

33	14	27
34	15	28
35	16	29
36	17	30
37	18	31
38	19	32
39	20	33
40	21	34
41	22	35
42	23	36
43	24	37
44	25	38
45	26	34

Adult Protective Services, or APS, is a division of the Texas Department of Family and Protective Services (DFPS). APS works to protect the most vulnerable adults from abuse, neglect, and financial exploitation. We are here to make their lives better and protect their dignity.

Client Rights

If the adult has the capacity to consent and agrees to protective services, then he or she can:

- Get voluntary protective services.
- Take part in all decisions about his or her welfare.
- Pick the least restrictive option that meets his or her needs.
- Refuse medical treatment.



Reporting a Case to APS

Report abuse, neglect, or financial exploitation by calling the Texas Abuse Hotline at **800-252-5400** or by filling out the online report at **TxAbuseHotline.org**.

In a life-threatening emergency, dial **911**.

For more information visit **ProtectTexasAdults.org**.



Protect Texas Adults

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Adult Protective Services

Protecting the Most Vulnerable



Texas Department of
Family and Protective Services
Adult Protective Services



File 6/12/24

Help Stop

Adult Maltreatment

We help the most vulnerable adults—those who are 65 or older and those 18 to 64 with mental, physical, intellectual, or developmental disabilities that substantially impair their ability to live independently or care for or protect themselves.

APS investigates and helps stop abuse, neglect, and financial exploitation as quickly as possible to keep these adults safe. When we receive a report of alleged abuse, neglect, or financial exploitation, we investigate the situation. When necessary, we partner with law enforcement, medical and financial professionals, and other community partners to arrange for shelter, medical care, and more.

Many older people and those with disabilities live alone or depend on others for care, which can put them more at risk of abuse, neglect, or financial exploitation.



More than half of all cases reported to APS involve neglect and the majority of those cases are self-neglect. Aging adults or adults with disabilities may no longer be able to provide for their own health and safety, may live in unsanitary conditions, may be without heat/cooling systems or utilities, or may need help with meals or other daily activities.

APS can provide short-term help with emergency shelter, minor home repairs, emergency food, transportation to doctors' appointments, referrals for money management, assistance making appointments for medical care, referrals for home healthcare services, and referrals for mental health services.

You can be their champion by recognizing and reporting any suspected abuse, neglect, or financial exploitation.

Signs of

Abuse, Neglect, and Financial Exploitation

Physical Signs

- Bruises, cuts, or scratches.
- Broken bones.
- Burns.
- Pain when the person is touched.

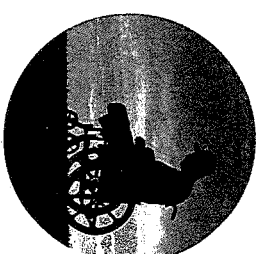
Behavioral Signs

- Afraid, anxious, agitated, angry, withdrawn, or depressed.
- Unresponsive.
- Reluctant to talk openly.
- Confused or disoriented.



Caregiver Signs

- Prevents the adult in care from speaking to or seeing others.
- Shows anger or indifference toward the adult in care.
- Has a history of substance abuse, criminal behavior, or family violence.
- Gives conflicting accounts of incidents.
- Talks like the adult in care is a burden.



Signs of

Financial Exploitation

- A caregiver receiving frequent gifts.
- Unpaid bills despite having money.
- Unusual bank account activity, including small or large withdrawals.
- Names added to bank account or signature cards.
- Frequent checks made out to cash.
- A victim signing legal documents such as wills or loans but seems incapable of understanding them.
- Caretakers or family members who are more concerned about a client's assets than the client's health or ability to meet his or her financial needs for living.
- Family members who want access or feel entitled to the client's assets prior to the client's death.
- Forged documents.
- Caretakers or family members gaining access to accounts and denying the client his or her own access to them.