

May-26

	AMOUNT	#PEOPLE			SPECIALS
1	\$100.00	42	\$100.00	42	
2	xxxx	xxxx			
3	xxxx	xxxx			
4	\$81.00	42			
5	\$67.00	23			
6	\$95.00	57	\$411.00	200	1
7	\$65.00	27			4
8	\$103.00	51			2
9	xxxx	xxxx			
10	xxxx	xxxx			
11	\$93.00	53			1
12	\$78.00	40			1
13	\$97.00	57	\$414.00	225	2
14	\$39.00	15			
15	\$107.00	60			3
16	xxxx	xxxx			
17	xxxx	xxxx			
18	\$129.00	49			1
19	\$55.00	39			
20	\$149.80	75	\$500.80	256	1
21	\$56.00	45			1
22	\$111.00	48			1
23	xxxx	xxxx			
24	xxxx	xxxx			
25	****	****			
26	\$68.00	42			
27	\$82.00	50	\$257.00	163	
28	\$46.00	36			
29	\$61.00	35			
30	xxxx	xxxx			
31	xxxx	xxxx			
TOTAL:	\$1,682.80	886			18

**** HOLIDAY
XXXX WEEKEND

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

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: May 2026 SUBMISSION #: 5

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected	<u>\$1682.80</u> / <u>\$9.15</u> = <u>184</u> meals
Area Agency on Aging Funded Meals (505)	<u>505</u> x <u>\$9.15</u> = \$ <u>4620.75</u>
Other Eligible Meals	<u>197</u> x <u>\$9.15</u> = \$ <u>1802.55</u>

Senior Center Operations

Area Agency on Aging 1 x \$ 975.00 = \$ 975.00



Certified By: Board Member

6-3-26

Date

Certified By: Area Agency on Aging Staff

Date

TYLER COUNTY
MONTHLY NUTRITION EDUCATION/
SENIOR CENTER ACTIVITY

MONTH: May 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) 0

Contacts (People receiving information) 0

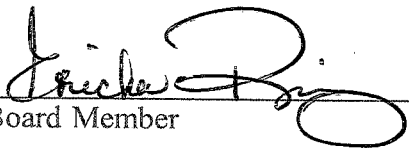
SENIOR CENTER ACTIVITIES:

	Number	Contacts
Number of Health Screenings Provided	<u>0</u>	<u>0</u>
Number of Recreation Activities Provided	<u>29</u>	<u>397</u>
Number of Exercise Sessions Provided	<u>1</u>	<u>2</u>
Number of Art Therapy Sessions Provided	<u>0</u>	<u>0</u>
Number of Music Therapy Sessions Provided	<u>1</u>	<u>58</u>
Number of Adult Education Sessions Provided	<u>1</u>	<u>15</u>

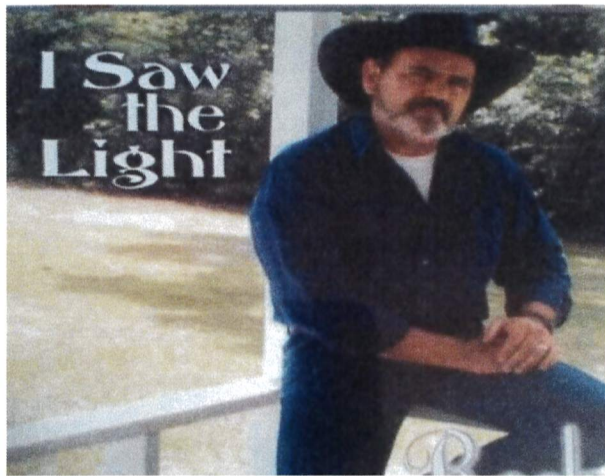
SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>42</u>	1	<u>23</u>	5	<u>-</u>	9	<u>57</u>	13	<u>-</u>	17	<u>45</u>	21	<u>-</u>	25	<u>35</u>	29
<u>-</u>	2	<u>57</u>	6	<u>-</u>	10	<u>15</u>	14	<u>49</u>	18	<u>48</u>	22	<u>42</u>	26	<u>-</u>	30
<u>-</u>	3	<u>27</u>	7	<u>53</u>	11	<u>60</u>	15	<u>39</u>	19	<u>-</u>	23	<u>50</u>	27	<u>-</u>	31
<u>42</u>	4	<u>51</u>	8	<u>40</u>	12	<u>-</u>	16	<u>75</u>	20	<u>-</u>	24	<u>36</u>	28		

ITEM	DATE OF RECEIPT	BUDGETED AMOUNT	AMOUNT USED
Enter "Amount Used" and Initial			
Congregate Meals In-Kind		<u>9909.00 ÷ 12 = 825.75</u>	

Certified by:  Date: 6-3-26
Board Member

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



BACKROADS & BLESSINGS

FRIDAY MAY 15, 2026

10:00-11:00

TYLER COUNTY NUTRITION CENTER

201 VETERANS WAY

WOODVILLE, TX

COME ENJOY THE MUSIC OF MR. ROCKY ELLIS FROM
COLMESNEIL. A LITTLE COUNTY, A LITTLE GOSPEL, A LOT OF
ENJOYMENT!!

Special Guest: Margie Allen

TYLER COUNTY NUTRITION CENTER:

DATE:

5/15/26

ACTIVITY: Rocky Ellis MUSIC

1	Nelda Deachen	14	Judy Warden	27	Brie Davis
2	Jenny Graham	15	Tammy Beshere	28	Charles Davis Sr.
3	Joe & Glenda Brown	16	Gene ReLani	29	Jackie Williams
4	Phillip Hincir	17	Wale Dwyer	30	Mary Brod
5	Bethy Nesbit	18	Sybil Hutto	31	Mattie Whitcomb
6	Tyisha Moye	19	Reginald Connor	32	Myra Parrish
7	Chloe Unsworth	20	Fulk Steward	33	Levin Ellis
8	Suellen Rayer	21	George Albright	34	Dora Graham
9	Catherine Deane	22	LeRoy Deft	35	Dona Hammer
10	Barbara Hight	23	Mary Reed	36	Bill Rye
11	Deanna Powell	24	Angela R	37	Evelyn Allen
12	Michelle Young	25	Bill Fairchild	38	Margie Allen
13	Beth & Bingham	26	Janette Fairchild	34	Jackie Dwyer

TYLER COUNTY NUTRITION CENTER: DATE: 5/15/26
 ACTIVITY: Rocky Ellis Music

1	B, H, e C, - e w	14	5/15/26 Cheyenne Peterson	27
2	KC Nayland	15	5/15/26 5/15/26 5/15/26 5/15/26 5/15/26	28
3	Sam Heyland	16	Robin Anding	29
4	Elisha Ellis	17	Alva Cook	30
5	Kim Brooks	18	Troy DeCook	31
6	Reese Kuehn	19	Joe Brown	32
7	Lilly Brooks	20	Blenda Brown	33
8	CS Brooks	21	Phil Hatt	34
9	Burtis Conner	22	Carely Johnston	35
10	Jessica Harg	23	David McAllister	36
11	Pickay Patrick	24	Blenda McElrath	37
12	Tina Conner	25	Cindy Martinez	38
13	Enicka Ramirez	26		34

5/22/26

Heart to Heart Hospice

Sign in Sheet

	NAME	PHONE	EMAIL
1.	Catherine Don		
2.	Suellen Royer		
3.	Robert Paskay	None	
4.	Sharon F. Bilde		
5.	Sandra Johnson		
6.	Gary Johnson		
7.	Kathy Talbot		
8.	Kerry Ellis		
9.	Bill Leatham		
10.	Nelda Leatham		
11.	Dale Langley		
12.	Richard Shaw		
13.	Gene Kohn		
14.	Allyson		
15.	Wane Falkenberg		
16.	Roy F. Anday		
17.	David McAlister		
18.	Bill Fairchild		
19.	Lynette Fairchild		
20.	Barbara Wright		
21.	Phil Hite		
22.	Donna Hite		
23.	Michelle Young		
24.	Dee Birmingham		
25.	W. M. Paskay		

Burtis Courten

George Alexander 26

5/22/26

Delta Hite 27

Carl Swinney 28

Patsy Swinney 29

Richard Marcus 30

Judy Mott 31

Donna Dett 32

Copy Book

John Lake 33

Eddie Calk 34

Donald Tett 35

Michael Ryan 36



5/22/26



Angela Thoreson, L.I.C.S.W.

Psychiatry & Psychology

SPEAKING OF HEALTH TUESDAY, AUGUST 1, 2023

Helping people, changing lives: 3 health benefits of volunteering



Volunteers make an immeasurable difference in people's lives and often serve to help others. Did you know that volunteering can benefit your health as well?

The good news is that you don't need to be a philanthropist or senator to enhance or create change in your community. Volunteering makes an immeasurable difference in people's lives. Your actions, big or small, can help others and benefit your health.

Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than nonvolunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

At Mayo Clinic Health System, volunteers serve as greeters and waiting room attendants, provide patient room information and directions, and help transport patients and patient items. Many volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats, that typically are given to newborn babies and patients with cancer. Other services volunteers provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients through the Paws Force team.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen

existing relationships is to participate in a shared activity.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

People volunteer for different reasons, such as exploring careers, sharpening skills, staying active during retirement, meeting new people and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

Are you interested in becoming a volunteer? There is a wide variety of volunteer opportunities in every community, whether you're interested in youth, environmental, health, religious or community causes. Check with local nonprofit and cultural organizations, schools, faith communities, or hospitals for options.

Or consider joining Mayo Clinic Health System's team of volunteers and making a difference in the lives of patients and staff. [Sign up to volunteer](#) at a location near you. Doing so will make a difference in the lives of your neighbors and friends — and also can improve your health.

[Angela Thoreson](#) is a licensed independent clinical social worker in [Psychiatry & Psychology](#) in [Austin, Minnesota](#).



Mayo Clinic Health System

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[Careers](#)

[Volunteer](#)

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Patient Care

[Patients & Visitors](#)

[Classes & Events](#)

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[Mayo Clinic](#)

Event Roster Report - Excel

Program: Deep East AAA - Congregate Meals
Event: Tyler County - C1
Location: Tyler County

HOT = HOT MEAL
CHILLED = SALAD PLATE
DO NOT USE "X" only use "1"

Service Type:
Unit Type:
Time Period:

Standard Meal
Meal
From: 05/01/2026 To: 05/31/2026

					Day	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
					Date	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Middle Initial/Name	Date of Birth	Total Meals																					
Hot	Edens	Terry		01/02/1956	2		1																			
Chilled																										
Hot	Edwards	Vincent	M	02/08/1960																						
Chilled																										
Hot	Ellis	Gerry	L	03/27/1960	18	1	1		1	1	1		1	1	1	1	1	1	1	1	1		1	1		1
Chilled								1																		
Hot	Endsley	James	H	08/21/1956																						
Chilled																										
Hot	Evans	Judith	M	04/27/1943	6		1		1				1	1					1							1
Chilled																										
Hot	Faircloth	Bill	J	05/17/1941	16	1			1		1	1		1		1	1		1		1		1	1		
Chilled																										
Hot	Faircloth	Lynette	A	08/03/1949	10	1			1		1	1		1		1	1		1		1		1	1		
Chilled																										
Hot	Falkenberry	Cassandra	D	08/18/1950	9	1			1		1					1			1		1				1	
Chilled								1																		
Hot	Fink	Walter	F	06/06/1934																						
Chilled																										
Hot	Frizzell	Ray	E	05/08/1951	1																					
Chilled																										

TOTAL UNITS: 56

TOTAL PEOPLE: 7

4 3 2 5 1 4 4 2 2 2 4 1 4 4 1 5 2 4 1 3 1 3 8

4 4 15 16

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Service Type: Standard Meal
Unit Type: Meal
Time Period: From: 05/01/2026 To: 05/31/2026

					Day	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
					Date	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Middle Initial/Name	Date of Birth	Total Meals																					
Hot	Hite	Delton	M	09/18/1937	1	1								1		1			1		1					
Chilled								1												1						
Hot	Horn	Will		03/12/1965	1	1				1						1		1	1						1	
Chilled																				1						
Hot	Hutto	Sybil		02/08/1937	4		1		1					1			1									
Chilled																										
Hot	Jones	Michelle	B	10/08/1954	7		1		1			1		1			1		1					1		
Chilled																										
Hot	Jordan	Sue (Carolyn)		09/18/1946	4		1		1								1		1							
Chilled																										
Hot	Kanaday	Theresa (Terry)		10/01/1967	5									1				1	1					1		
Chilled																										
Hot	Keller	Janis		03/12/1952	2		1		1																	
Chilled																										
Hot	Kenner	Cena	D	03/16/1956																						
Chilled																										
Hot	Kenner	Robert	E	02/08/1959																						
Chilled																										
Hot	Kincaid	Conrad	A.	11/25/1936																						
Chilled																										

TOTAL UNITS: 44

TOTAL PEOPLE: 77

2 5 1 4 1 1 2 2 1 4 1 4 2 5 2 1 3 2 1

2 2 12 9 15 6

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Service Type:
Unit Type:
Time Period:

Standard Meal
Meal
From: 05/01/2026 To: 05/31/2026

				Day	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
				Date	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Middle Initial/Name	Date of Birth	Total Meals																				
Hot	Mcdonald	Marie		08/22/1943																					
Chilled																									
Hot	Miller	Phyllis	A	02/09/1963	1						1														
Chilled																									
Hot	Miller, Jr	J.	C	01/21/1944																					
Chilled																									
Hot	Mitchell	Richard		07/09/1945	3											1								1	1
Chilled																									
Hot	Mitchell	Sammy	L	06/16/1957	12	1		1	1	1	1	1	1		1						1	1	1	1	1
Chilled																									
Hot	Modisette	Darleen	D	04/06/1948																					
Chilled																									
Hot	Morrell	Margie	L	02/15/1937	5							1	1	1				1			1	1	1		
Chilled																									
Hot	Mott	Judy	A	08/29/1946	12			1		1						1	1	1	1	1		1	1	1	1
Chilled																									
Hot	Murders	Patricia	A	11/27/1942	2					1								1							
Chilled																									
Hot	O'Banion	Rose	A	11/27/1957	6						1		1					1					1	1	

TOTAL UNITS: 41

TOTAL PEOPLE: 7

1 1 1 1 2 2 1 3 2 2 2 3 3 1 2 2 4 1 1 3 4 4 3 3

8 8 10

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Service Type:
Unit Type:
Time Period:
Standard Meal
Meal
From: 05/01/2026 To: 05/31/2026

					Day	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
					Date	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Middle Initial/Name	Date of Birth	Total Meals																					
Hot	Russell	Susan	Y	02/09/1959	3						1						1		1							
Chilled																										
Hot	Ryan	Michael	R	01/10/1950	9						1					1			1	1	1					
Chilled																										
Hot	Ryon	Fay		04/27/1943																						
Chilled																										
Hot	Saputo	Peggy	L/	09/26/1954	1																	1				
Chilled																										
Hot	Schroeter	Guy	W	10/04/1959	13		1	1	1		1	1		1	1	1	1	1	1	1	1					
Chilled																										
Hot	Settlocker	John	E	09/26/1961																						
Chilled																										
Hot	Shaw	Richard	B	09/15/1942	11							1	1	1	1	1	1	1	1	1	1					
Chilled																										
Hot	Shaw	Sue (Beverly)	S	11/09/1946	2							1											1			
Chilled																										
Hot	Smith	Deborah	A	10/10/1948	4				1								1		1					1		
Chilled																										
Hot	Smith	Lyle	R	09/02/1941																						

TOTAL UNITS : 43

TOTAL PEOPLE: 7

1 1 2 3 4 4 2 2 2 4 2 4 2 3 4 3 2 1

7 11 15 10

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HOT = HOT MEAL
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DO NOT USE "X" only use "1"

Service Type:
Unit Type:
Time Period:

Standard Meal
Meal
From: 05/01/2026 To: 05/31/2026

							F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
			Day	Date	Total	Middle	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Date of Birth	Initial/Name																							
Chilled																											
Hot	Spears	Roy	03/12/1957		2										1								1				
Chilled																											
Hot	Springfield	Jerry	09/19/1947	G	1					1																	
Chilled																											
Hot	Springfield	Roschelle	12/02/1949	D	1					1																	
Chilled																											
Hot	Stewart	Ruth	09/16/1947	K	2									1			1										
Chilled																											
Hot	Stover	Benjamin (Ben)	05/28/1943	R	4						1									1						1	
Chilled																											
Hot	Stover	Kathryn	04/16/1947	J	4						1									1						1	
Chilled																											
Hot	Swinney	Carl	05/13/1944	W	19		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Chilled																											
Hot	Swinney-Grimes	Patsy	10/26/1942	J	19		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Chilled																											
Hot	Taylor	Richard	11/09/1961		17			1						1					1						1	1	1
Chilled																											

2	3	3	4	4	2	2	3	2	3	3	4	4	2	2	3	3	5	1
2																		
14	15	12																

TOTAL UNITS: 59
TOTAL PEOPLE: 9

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Service Type: Standard Meal
Unit Type: _____
Time Period: From: 05/01/2026 To: 05/31/2026

					Day	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
					Date	5/1/26	5/4/26	5/5/26	5/6/26	5/7/26	5/8/26	5/11/26	5/12/26	5/13/26	5/14/26	5/15/26	5/18/26	5/19/26	5/20/26	5/21/26	5/22/26	5/25/26	5/26/26	5/27/26	5/28/26	5/29/26
Meal Type	Last Name	First Name	Middle Initial/Name	Date of Birth	Total Meals																					
Hot	Teets	Donald	W	12/27/1965	6							1							1		1					
Chilled																				1						
Hot	Teets	Rebecca	L	08/18/1970																						
Chilled																										
Hot	Tidwell	Deanna	L	06/03/1944	11				1			1	1	1		1			1				1	1		
Chilled								1												1						
Hot	Tidwell	Eldridge	R	05/11/1942	11				1			1	1	1		1			1				1	1		
Chilled								1												1						
Hot	Timme	Cynthia "Kay"		10/07/1956	1				1																	
Chilled																										
Hot	Vick	Kenneth	L	06/15/1969	2									1												
Chilled																										
Hot	Werner	Paul		11/08/1964																						
Chilled																										
Hot	White	Sandra	J	12/30/1959																						
Chilled																										
Hot	Whitfield	Ray	C	07/22/1958	4											1			1							
Chilled																										
Hot	Wierzbinski	Lawrence		06/20/1937																						
Chilled																										

TOTAL UNITS: 35

TOTAL PEOPLE: 14

3 2 2 3 1

3 2 4 3 1

11

13

2 2 1 5

5

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