

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

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: July 2026

SUBMISSION #: 7

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected	\$ <u>1718.00</u>	/ \$ <u>9.15</u>	=	<u>188</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>240</u>	x	\$ <u>9.15</u>	=	\$ <u>2196.00</u>

Senior Center Operations

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


Certified By: Board Member

8-5-26
Date

Certified By: Area Agency on Aging Staff

Date

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

MONTH: July 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 1
(Attach copy of program)

Contacts (People receiving information) 21

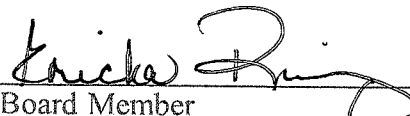
SENIOR CENTER ACTIVITIES:

	Number	Contacts
Number of Health Screenings Provided	<u>0</u>	<u>0</u>
Number of Recreation Activities Provided	<u>22</u>	<u>392</u>
Number of Exercise Sessions Provided	<u>13</u>	<u>16</u>
Number of Art Therapy Sessions Provided	<u>1</u>	<u>4</u>
Number of Music Therapy Sessions Provided	<u>0</u>	<u>0</u>
Number of Adult Education Sessions Provided	<u>2</u>	<u>53</u>

SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>54</u> 1	<u>-</u> 5	<u>37</u> 9	<u>43</u> 13	<u>45</u> 17	<u>35</u> 21	<u>-</u> 25	<u>50</u> 29
<u>43</u> 2	<u>45</u> 6	<u>45</u> 10	<u>40</u> 14	<u>-</u> 18	<u>51</u> 22	<u>-</u> 26	<u>36</u> 30
<u>-</u> 3	<u>31</u> 7	<u>-</u> 11	<u>65</u> 15	<u>-</u> 19	<u>37</u> 23	<u>43</u> 27	<u>30</u> 31
<u>-</u> 4	<u>44</u> 8	<u>-</u> 12	<u>36</u> 16	<u>45</u> 20	<u>36</u> 24	<u>42</u> 28	

ITEM	DATE OF RECEIPT	BUDGETED AMOUNT	AMOUNT USED
Enter "Amount Used" and Initial			
Congregate Meals In-Kind			
		<u>9909</u>	<u>÷ 12 = 825.75</u>

Certified by:  Date: 8-5-26
Board Member

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

Jul-26	Amount	#People			Specials
1	\$110.00	54			1
2	\$100.00	43	\$210.00	97	1
3	XXXX	XXXX			
4	XXXX	XXXX			
5	XXXX	XXXX			
6	\$96.00	45			1
7	\$54.00	31			
8	\$86.00	44	\$389.00	202	
9	\$71.00	37			1
10	\$82.00	45			
11	XXXX	XXXX			
12	XXXX	XXXX			
13	\$122.00	43			1
14	\$80.00	40			
15	\$131.00	65	\$435.00	229	3
16	\$35.00	36			1
17	\$67.00	45			1
18	XXXX	XXXX			
19	XXXX	XXXX			
20	\$87.00	45			
21	\$51.00	35			
22	\$91.00	51	\$340.00	204	1
23	\$40.00	37			
24	\$71.00	36			
25	XXXX	XXXX			
26	XXXX	XXXX			
27	\$95.00	43			
28	\$63.00	42			1
29	\$102.00	50	\$344.00	201	1
30	\$37.00	36			
31	\$47.00	30			1
Total	\$1,718.00	933			14

weekends/holidays xxxx

weather ****

HAPPY 250TH BIRTHDAY AMERICA

JULY

2026

	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	3	4
	LUNCH SERVED FROM 11:30-12:30 MON.-FRI. MENU SUBJECT TO CHANGE		CHEF SALAD MIXED FRUIT CRACKERS DESSERT <i>Chick Jee Chicken</i>	CHEESEBURGER OR HOT DOG CHIPS DIP PEARS DESSERT <i>Red w/wh & Blue Cake</i>	CLOSED FOURTH OF JULY 	
5	6	7	8	9	10	11
	SPAGHETTI CORN SALAD ROLL DESSERT <i>10 (1 up) Cookies</i>	CHICKEN PATTY SANDWICH SWEET POTATO FRIES PORK & BEANS DESSERT <i>Apple Crisp</i>	S.O.S ON BISCUIT MASHED POTATOES CARROTS Tom/cuke/salad DESSERT <i>Orange Fudge</i>	HAMBURGER STEAK RICE MIXED VEGGIES BREAD DESSERT <i>Left over</i>	FISH/CHICKEN BASKET DESSERT	
12	13	14	15	16	17	18
	SHEPHERDS PIE SALAD GREEN BEANS BREAD DESSERT <i>Brownies</i>	BBQ SANDWICH MACARONI SALAD SALAD DESSERT <i>Grand Salad</i>	MEATLOAF MASHED POTATOES SQUASH ROLL DESSERT <i>Dec Chicken Cake</i>	BREAKFAST CASSEROLE SAUSAGE BISCUIT DESSERT <i>Left over Juce cup</i>	FISH/CHICKEN BASKET DESSERT	
19	20	21	22	23	24	25
	BEANS W/MEAT RICE GREENS CORNBREAD DESSERT <i>No Bake Cookies</i>	BOUDAIN BALLS RANCH BEANS SALAD BREAD DESSERT <i>Shredded</i>	SLOPPY JOES CHIPS SALAD PEARS DESSERT <i>Coffee Cake</i>	CHICKEN WRAP FRUIT CHIPS DESSERT <i>Left over</i>	FISH/CHICKEN BASKET DESSERT	
26	27	28	29	30	31	
	MEATBALLS OVER NOODLES BREAD SALAD DESSERT <i>Grilled Pizza</i>	SOFT TACO SPANISH RICE REFRIED BEANS DESSERT <i>Cherry Cobbler</i>	SMOTHERED PORK CHOP RICE BROCCOLI DESSERT <i>Choc Pudding</i>	CHICKEN & DRESSING CARROTS BREAD SALAD DESSERT <i>Left over</i>	FISH/CHICKEN BASKET DESSERT	

409-283-2400

Sammy Jimenez, MS, RD, LD

TYLER COUNTY NUTRITION CENTER:

DATE:

7/14/96

ACTIVITY:

Det Log-911 Disaster Prep.

1	Pat Munkler	14	Gary Burnney	27	Clyde Fursell
2	W. M. Peakey	15	Carl Burnney	28	Burtis Conner
3	James W. Light	16	Aug. J. Cook	29	James Dean
4	Judy Mott	17	Bill Teathum	30	Alva Cook
5	Sue Ellen Foyer	18	Nedra Teathum	31	Kenny Russell
6	Richard Menus	19	Ray Whitfield	32	David McAlister
7	Michelle Foxworth	20	Rene Peterson	33	
8	Beth Bingham	21	Mark Thadde	34	
9	Robert Asberry	22	James B. B.	35	
10	Carolyn Johnson	23	Harold Overstreet	36	
11	Phil Harris	24	Johnnie Lee	37	
12	Dale Kempton	25	Kenny Ellis	38	
13	Joann Russell	26	Ricky Patrick	34	

HURRICANE SEASON

IN Texas

Be Prepared. Be Aware. Be Safe.

Hurricane season in Texas runs from June 1 – November 30. Now is the time to prepare your family, home, and community.

KNOW YOUR RISK



Coastal, inland, and flood-prone areas can all be impacted.



Storm surge, heavy rain, flooding, and high winds are major threats.



Stay informed—storms can change quickly.

BE PREPARED – BEFORE THE STORM



MAKE A PLAN

Know your evacuation routes, have a family communication plan, and identify a safe place to go.



BUILD A KIT

Prepare a 3–7 day supply of water, non-perishable food, medications, first aid items, flashlights, and batteries.



PROTECT YOUR HOME

Secure loose items, trim trees, clean gutters, and consider storm shutters or plywood.



STAY INFORMED

Monitor local weather updates and sign up for alerts from your county or city.



REVIEW YOUR INSURANCE

Understand your coverage. Flood insurance may be needed and has a 30-day waiting period.



HELP YOUR NEIGHBOR

Check on elderly neighbors and those who may need assistance.

DURING THE STORM



Stay indoors and away from windows.



Stay tuned to local news, NOAA Weather Radio, or trusted sources.



NEVER drive through flooded roads. Turn Around, Don't Drown.



Report power outages to your utility company and avoid downed power lines.

AFTER THE STORM



Check for damage around your home before going outside.



Avoid floodwater—it may be deeper than it looks and could be contaminated.



Use generators outside only and never inside a home or garage.



Use 9-1-1 for life-threatening emergencies only.

STAY CONNECTED. STAY SAFE.



Sign up for local alerts and emergency notifications.



Monitor trusted sources for updates.



Follow your local emergency management office and NWS for the latest information.

USEFUL RESOURCES



National Hurricane Center
www.nhc.noaa.gov



Ready.gov
www.ready.gov



Texas Division of Emergency Management
www.tdem.texas.gov



FEMA App
Download the FEMA App for real-time alerts, safety tips, and disaster assistance.



Scan for
More Info!



Deep East Texas
Council of Governments
www.dectog.gov | 936-634-2247

Angelina · Houston · Nacogdoches · Newton · Polk · Sabine
San Augustine · San Jacinto · Shelby · Trinity · Tyler Counties

HOUSTON TO NACOGDOCHES

TEXAS



Hurricane Evacuation Route's Potential Contraflow Plan

WHO.....This plan will affect motorists evacuating from the Houston area.

WHY.....To help move citizens safely and efficiently out of harm's way during large-scale evacuations.

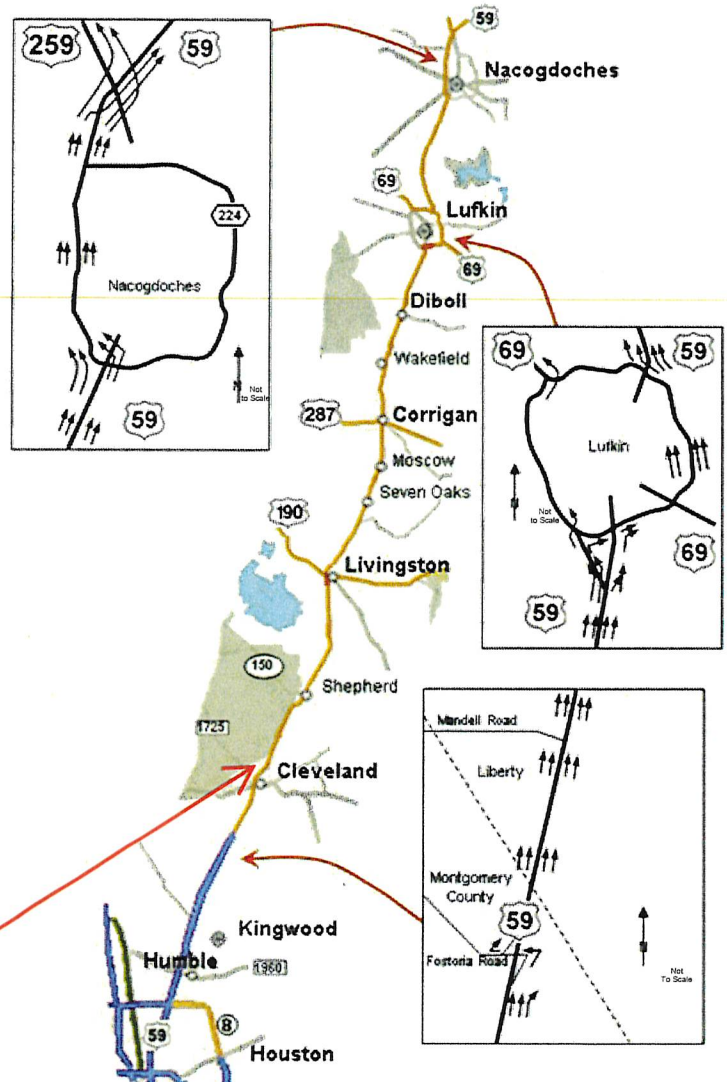
WHAT....If this plan is activated, US 59 southbound lanes will be reversed to carry two lanes of northbound traffic. Traffic in the contraflow lanes will be able to exit US 59.

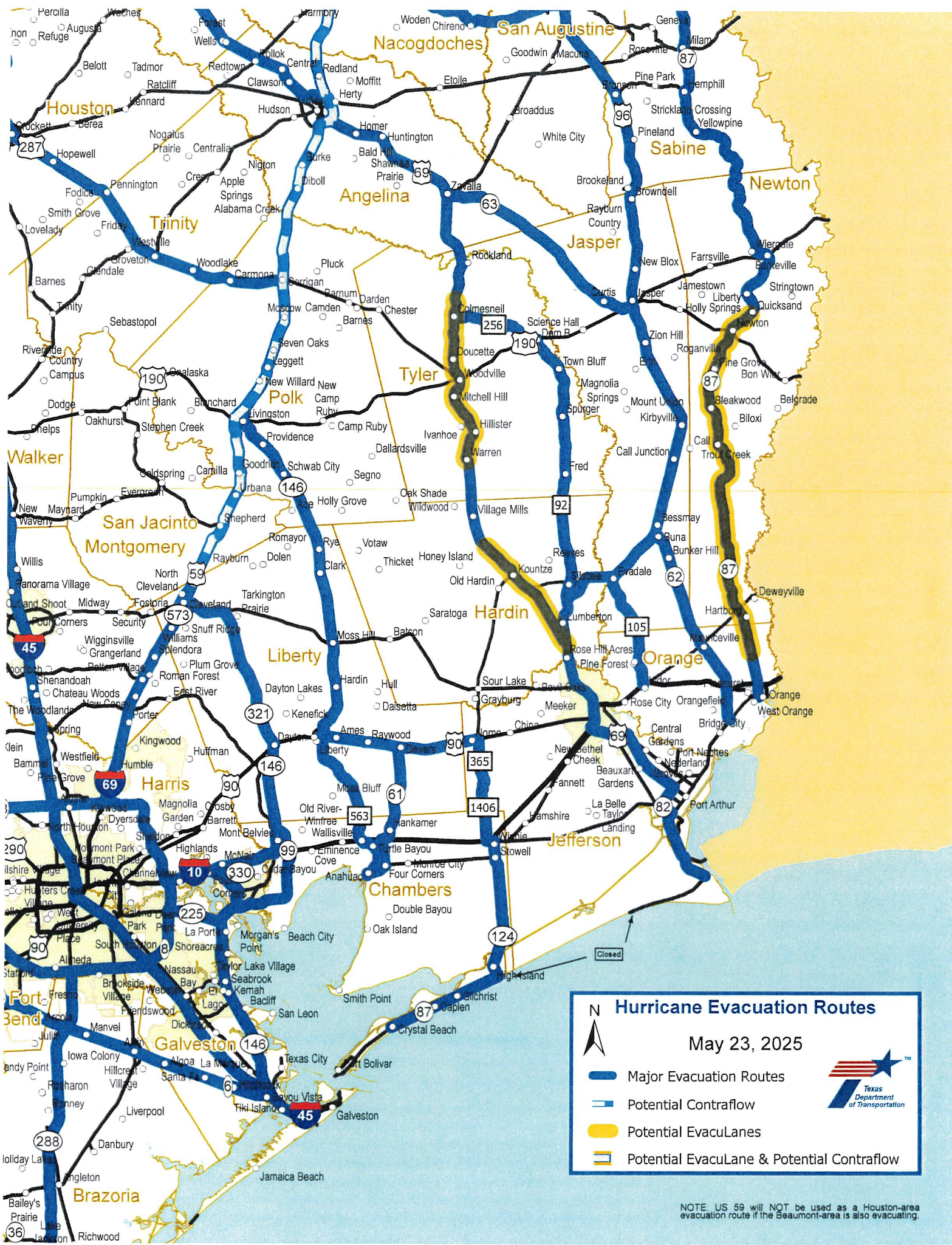
WHEN...The reversal will be considered only when the Houston area is threatened by a major hurricane and mandatory evacuations are issued. A decision to reverse US 59 will be made by local authorities working with the State Operations Center based on the strength of the storm and projected landfall.

WHERE.. The contraflow operations will begin just north of Cleveland due to construction and continue to Nacogdoches, TX.



Beginning of
Contraflow due to
construction.





N

Hurricane Evacuation Routes

May 23, 2025

- Major Evacuation Routes
- Potential Contraflow
- Potential EvacuLanes
- Potential EvacuLane & Potential Contraflow

Texas Department of Transportation

NOTE: US 59 will NOT be used as a Houston-area evacuation route if the Beaumont-area is also evacuating.

PERSONAL INFO

HOME

OUR HOME

Owner:

Street Address:

City:

State:

Zip:

Home phone:

Password:

OCCUPANTS

of occupants

Name	Date of Birth	Relationship

Pets

Names

Type

OTHER

Neighbor Contact Details:

Location of First Aid Kit:

Location of First Extinguishers:

Other Info:

The *Ultimate* HURRICANE CHECKLIST

STANDARD ESSENTIALS:

- ! Frii-free landline phone & basic phone service (NOT cable)
- ! BATTERIES! (NOT rechargeable)
- ! Manual can opener
- ! Wine key & bottle opener
- ! Heavy-duty double-sided screwdriver
- ! Portable grill w/ plenty of PROPANE or CHARCOAL
- ! Disposable plates, napkins, cups & utensils
- ! Ice trays
- ! Pre-cut aluminum foil sheets
- ! Quart & gallon-sized Ziploc bags
- ! LED lanterns (Atomic Beam Lantern/bulbhead.com)
- ! Several battery-operated fans (O2 COOL 10-inch portable fan w/ USB charging port)
- ! Several hand-held fans
- ! Plastic tarps
- ! Emergency drinking water system (WaterBOB.com)
- ! Silicone pot cover for tub drain
- ! Save gallon-size milk jugs for flushing toilets
- ! One watertight file box for important files
- ! Watertight container for garbage
- ! Well-stocked first aid kit (replenish annually)
- ! Bug repellent, bite ointment & sunscreen
- ! Flashlights & headlamps! (LED is best)
- ! MATCHES & multi-purpose LIGHTERS
- ! Rubber boots, heavy-duty work gloves & facemasks
- ! Large COOLERS with wheels & lots of freezer packs
- ! Automobile jumper cables
- ! Portable mobile phone chargers w/ cords
- ! Solar-powered mobile phone chargers w/ cords
- ! Unscented dry shampoo (you'll be glad you did)
- ! Spill-proof "safety" gas cans

OPTIONAL:

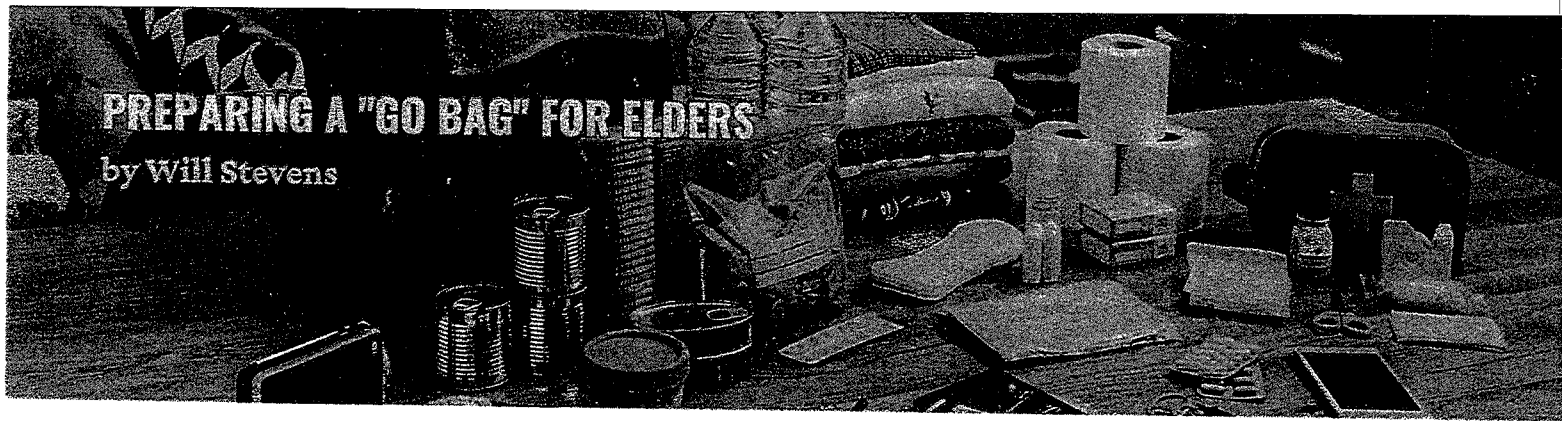
- ! Generator & gas (store per manufacturers manual)
- ! Carbon monoxide detector
- ! Gas-powered chainsaw (use w/ protective gear)
- ! NOAA weather radio

AS FAR IN ADVANCE AS POSSIBLE:

- ! Review all insurance coverages
- ! Set-up online insurance account
- ! Inventory of all personal property
- ! Photograph all personal property
- ! Create a master list of accounts
- ! Service/repair hurricane shutters
- ! CASH (small bills are best)
- ! Non-perishable food (7 days)
- ! Toilet paper & paper towels (7 days)
- ! Disposable hand-sanitizer and/or baby wipes
- ! Disposable disinfecting wipes
- ! Drinking WATER for humans & pets (1 gallon/person & pet, per day for 14 days)
- ! Disposable toothbrushes
- ! Sandbags or large bags of potting soil
- ! Trim trees, palm fronds & coconuts, etc.
- ! No shutters? Have plywood cut in advance & have an installation plan in place
- ! Give a spare key to a friend for safekeeping

1 WEEK BEFORE THE STORM:

- ! Put shutters or plywood up
- ! Recycle any unwanted hazardous materials (<http://www.colliergov.net/recycles>)
- ! Remove blades from exterior ceiling fans
- ! Remove and/or tie down exterior light fixtures
- ! Remove decorative knickknacks, pots, statues, furniture & doormats, etc.
- ! Purchase boxed milk, oranges, & grapefruits & apples
- ! Turn on Government Alerts (mobile phone)
- ! Blankets, pillows & inflatable mattresses
- ! Set aside rubber boots & rain jacket w/ hood
- ! Fill lots of gallon-sized Ziploc bags w/ ice
- ! Empty freezer & refrigerator of all perishables
- ! Fill gas tanks & top off all automotive liquids
- ! Inspect tire pressure
- ! LIMIT DRIVING
- ! Fill spill-proof gas cans & store in garage
- ! If you decide to evacuate, DO NOT WAIT!



Preparing a "Go Bag" or emergency kit tailored for the needs of elders can significantly improve their safety and well-being during an emergency. Here's a breakdown of essential items and considerations for building such a bag:

Key Considerations for Elders: Medications: This is paramount. Include at least a 7-day supply of all prescription medications in their original, labeled containers. Don't forget over-the-counter medications they take regularly.

Medical Information: A list of all medications, dosages, and times taken.

Mobility and Assistive Devices: If they use a cane, walker, or other mobility aids, ensure these are readily available. Consider if a lightweight, folding version could be beneficial to include or have access to.

Sensory Needs: Vision: Extra eyeglasses or contact lenses and solution. **Hearing:** Extra hearing aid batteries. **Comfort and Warmth:** A warm blanket and extra layers of clothing appropriate for the local climate are crucial.

Communication: A fully charged cell phone with a portable charger. A list of emergency contacts (family, friends, caregivers).

Nutrition: A 3-day supply of non-perishable, easy-to-eat food that meets any dietary restrictions (low sodium, diabetic-friendly, etc.). Consider protein bars, canned goods with pop-tops, dried fruit, and nuts (if no allergies). At least one gallon of water per person per day for drinking and sanitation. Small, manageable water bottles might be easier to handle.

Personal Hygiene: Soap, hand sanitizer, moist towelettes, toilet paper, feminine hygiene products, incontinence supplies if needed, toothbrush, and toothpaste.

Identification and Important Documents: Copies of their driver's license or other photo ID. Copies of important financial and legal documents in a waterproof bag. Cash in small denominations, as ATMs and card readers may not work during a power outage.

First Aid: A basic first-aid kit with bandages, antiseptic wipes, pain relievers, and any personal items recommended by their doctor. **Comfort Items:** Familiar items like a favorite book, a small photo album, or something that provides emotional comfort can be helpful during a stressful time.

Whistle: To signal for help if needed. **Flashlight:** With extra batteries. **Manual Can Opener:** If including canned food.

Organization and Accessibility: Use a sturdy, easy-to-carry backpack or rolling bag. Review and update the contents of the Go Bag at least twice a year, checking expiration dates on food and medications and ensuring clothing is still appropriate.

Involve the Elder: If possible, involve the older adult in packing their Go Bag. This ensures they know what's inside and feel more in control. **Consider Specific Needs:** Tailor the bag to the individual's specific health conditions, dietary needs, and abilities.

Communication Plan: Have a clear communication plan in place with family, friends, and caregivers in case of an emergency. **Practice:** If appropriate, practice grabbing the Go Bag and any mobility aids quickly.

By preparing a well-thought-out Go Bag, you can provide elders with essential resources and peace of mind during an emergency situation.

Heart to Heart Hospice

7/17/26

Sign in Sheet

NAME

PHONE

EMAIL

1.			
2.	Richard Manna		
3.	Judy Matt		
4.	Beverly Carbello		
5.	Bill Leathem		
6.	Nelda Leathem		
7.	Jeff Riggs		
8.	Robert Paskey		
9.	Wayle Paskey		
10.	Gene Paskey		
11.	Dale Lanyon		
12.	David M. Alister		
13.	Margie Allen		
14.	Gerry Allen		
15.	Kenny Russell		
16.	Leonard Coon Sr.		
17.	Ricky Patank		
18.	Michael Ryan		
19.	Barbara Hight		
20.	Phil Hight		
21.	Charlotte Adney		
22.			
23.			
24.			
25.			

21

Melaney Heart to Heart

About Heat and Your Health

7/17/26

JULY 25, 2025

[ESPAÑOL](#)

For Everyone

KEY POINTS

- Protect yourself and others [when it's hot outside](#) by staying cool, staying hydrated, and knowing the symptoms.
- Hot days can affect anyone. If you are [pregnant](#), a child or teen with [asthma](#), or have a [heart condition](#) or other chronic health conditions, heat can make your health worse.
- Work with your doctor to create a [Heat Action Plan](#).

Stay Cool

If you are outside, especially for a long time, and the HeatRisk is red or above, you can:

- Stay in the shade as much as possible.
- Take breaks when you can.
- Do outdoor activities during the coolest parts of the day or evening, if possible.

When you are indoors, you can:

- Use fans, but only if indoor temperatures are less than 90°F. In temperatures above 90°F, a fan can increase body temperature.
- Use air conditioning or find a location that has one by dialing 2-1-1, visiting the National Center for Healthy Housing's [Cooling Centers by State](#) page, or by contacting your local health department or emergency management agency.

Check on your family, friends, and neighbors, especially if they have chronic medical problems or live alone. Check on pets.

Stay Hydrated

Drink plenty of fluids

- Carry a water bottle. Drink and refill it throughout the day.
- Consider limiting beverages high in sugars and sodium, caffeine, and alcohol.

- People, especially children, with [asthma](#).
- [People with heart disease](#).
- [Pregnant women](#).
- [People 65 years of age or older](#).
- People who are [working](#) or [exercising](#) outside in the heat.
- [Infants and young children](#).



Make a Heat Action Plan with Your Health Care Team



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

1 Stay Cool

Try One Or More Of These:



Stay in
the shade



Cooling Aids



Use a fan



Use an air
conditioner



2 Stay Hydrated

3 Know the Symptoms

There are signs that your body may be getting too hot:



Sweating
a lot



Very tired
and weak



Dizzy,
lightheaded,
nauseated



Call 911 if you have chest pain that is not going away, severe shortness of breath, or confusion. These may be signs your body is *already* too hot.

4 Check Air Quality



Hot weather can make air quality worse.

5 Have a Medication Plan for Hot Weather

Some medications may make it harder for your body to cool down.
Some medications may not work well when they get hot.



Review your
medications
with your doctor



Store your
medications in
a cool place



Prepare for
power outages