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

CONTRACTOR NAME: **TYLER COUNTY**

MONTH/YEAR: Aug. 2026 SUBMISSION #: _____

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected	$ 2008.00	/ $ 9.15	= 219	meals	
Area Agency on Aging Funded Meals (505)	505	x $ 9.15	= $ 4620.75		
Other Eligible Meals	281	x $ 9.15	= $ 2571.15		

Senior Center Operations

Area Agency on Aging 1 x $ 975.00 = $ 975.00

Certified By: Board Member 9-10-26
Date

Certified By: Area Agency on Aging Staff Date

Effective 10/1/2025

TYLER COUNTY
MONTHLY NUTRITION EDUCATION/
SENIOR CENTER ACTIVITY

MONTH: Aug. 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)	34

SENIOR CENTER ACTIVITIES:

	Number	Contacts
Number of Health Screenings Provided	1	61
Number of Recreation Activities Provided	21	400
Number of Exercise Sessions Provided	13	
Number of Art Therapy Sessions Provided	1	6
Number of Music Therapy Sessions Provided	0	0
Number of Adult Education Sessions Provided	2	136

SENIOR CENTER ATTENDANCE: (please record daily attendance)

–	1	63	5	–	9	35	13	51	17	53	21	39	25	–	29
–	2	45	6	62	10	48	14	44	18	–	22	47	26	–	30
49	3	45	7	41	11	–	15	74	19	–	23	34	27	55	31
28	4	–	8	60	12	–	16	51	20	46	24	35	28		

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

Certified by: _____ Date: 9-10-26
Board Member

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

Aug-26	AMOUNT	#PEOPLE			SPECIALS
1	XXXX	XXXX			
2	XXXX	XXXX			
3	$99.00	49			
4	$56.00	28			1
5	$129.00	63	$427.00	230	
6	$60.00	45			
7	$83.00	45			
8	XXXX	XXXX			
9	XXXX	XXXX			
10	$173.00	62			2
11	$82.00	41			1
12	$85.00	60	$532.00	246	
13	$48.00	35			1
14	$144.00	48			
15	XXXX	XXXX			
16	XXXX	XXXX			
17	$136.00	51			1
18	$78.00	44			
19	$150.00	74	$498.00	273	3
20	$72.00	51			1
21	$62.00	53			1
22	XXXX	XXXX			
23	XXXX	XXXX			
24	$171.00	46			
25	$73.00	39			1
26	$72.00	47	$426.00	201	1
27	$53.00	34			1
28	$57.00	35			
29	XXXX	XXXX			
30	XXXX	XXXX			
31	$125.00	55			1
TOTAL	$2,008.00	1005			15

XXXX HOLIDAY/WEEKEND

**** WEATHER

TEXAS A&M AGRILIFE EXTENSION

SIGN IN SHEET

Meeting Title: Tyler County Senior Expo

Time: 10:00am-2:00pm

Date: August 6, 2026

Place: Nutrition Center

	Business Attending	Representative	Phone Number	
1	LifeShare	Salena Harris	409.659.3844	
2	AMWAY	Dennia Flores	619-370-9481	
3	ICON	Mary Boone	409 295 0305	
4	DFPS - APS	Tracy Jones	4093005106	
5	Heart to Heart	Elaine Jefferson	409-200-5091	
6	Heart to Heart	Melaney Strickland	~~936~~ 281-659-4239	
7	TOPS	Cheryl Wells	409-926-7026	
8	ETCADA	MACKS Newman	9033150107	
9	Emergency Management	Tonya Sheffield	409-283-8284	
10	ADAC	Karson Deaton	936 219 9803	
11	~~Wellpoint MCD~~			
12	Sassy Scrapers	Julie Cravy	281 809 9173	
13	TC Hospital	Connie Gibson	409-673-5767	
14	DETGOG (911)			
15	Deep East TX Area Agency on Aging	Danielle Self	409-383-9410	

	Business Attending	Representative	Phone Number	
16	Heavenly Blessings Food Pantry	Tweitteddad	713-907-7494	
17	The Rose			
*18	Crockett Resource Center	Cathy Newsome	936-544-2811	
19	Home Care Solutions	Christy Bourgeois	4095503434	
20	Allan Shivers Library	Carolyn Williams / Kay Time	409 283 3709	
21	Paradigm Kountze, Silsbee	Brittany Asher	409-617-9310	
22	Colemans		409 283 3031	
23	Tx A&M AgriLife Ext	Sylvia Balew	409 622-2137	
24	TheraCare			
25	PNC Bank	Rebecca Messer	936-520-0159	
26	The Orchard	Sharona Unsworth	409-338-0425	
27	Veterans Service		832-740-5517	
28	TC Nutrition Center	Luck Lain	409.283-2400	
29	Woodville Rotary	Jerry Springfield	409-283-5557	
30	Start Medicaid	Tobie Giustiniano	409-224-6820	
31	Reve	Krista Harris	409-600-6408	
32	East Texas Home Health	Marianna Page	409-200-4098	
33	Goodwill	Keisha Williams	409 330 3115	
34	TXAM Agrilife			

TEXAS A&M AGRILIFE EXTENSION

SIGN IN SHEET

Meeting Title: Tyler County Senior Expo

Time: 10am-2pm

Date: 08/06/26

Place: Nutrition Center

Persons Attending

1	Judy Mott
2	Jacquelyn Brack
3	Debby Jennings
4	Sybil Hutto
5	Dale Lanyon
6	Darlene Boney
7	Carol Richard
8	Hugh Lamb
9	McJoyce Jones
10	Sundae Mitchell
11	Marthill
12	Rossi Cannell
13	Jennifer McCormick
14	
15	
16	
17	Betty Bingham
18	Richard McNew
19	Michelle Young
20	Barbara Hight

Heart to Heart Hospice

Sign in Sheet

8-14-26

	NAME	~~PHONE~~	~~EMAIL~~
1.	DALE LAWTON		
2.	Bernice Calder		
3.	Saralyn Calder		
4.	Judy Mott		
5.	Richard Manus		
6.	Pat Murders		
7.	Annie Braddock		
8.	Carol Richey		
9.	High Lamb		
10.	[illegible]		
11.	Mike Rogers		
12.	Michael Rogers JR		
13.	[illegible]		
14.	George Alvarado		
15.	David McAlister		
16.	Don Crain		
17.			
18.	[illegible]		
19.	[illegible]		
20.	BILLY MAC		
21.	Curtis Mitchell		
22.	Nelda Leathers		
23.	Phil Hart		
24.	Gerald Overstreet		
25.	Richard Taylor		
26.	Sybil Hutto		
27.	Doyle Paskey		
28.	Robert Wayne Paskey		

29. Alva Cook Jr.
30. Ivy Jo Cook
31. Jo Ann Hasty
32. Beverly Hickman
33. Leonard Conner
34. Carl Barrager
35.

Heart to Heart
8-14-26

8/14/26
Melaney
Heart to Heart

STAY HEALTHY DURING BACK TO SCHOOL TIME

September 13, 2021 by Pikewood Digital



Back to school time is here, and like many of us, you may be a little nervous about you or your child going back. With COVID-19, the flu, and other viruses, staying healthy is a priority for many during this time of year.

While you can't fully shield yourself from most germs and bacteria, there are many things you and your children can do to try and stay healthy as you return to school. This week, we're sharing our top tips with you for staying healthy during the back-to-school time!

PRACTICE GOOD HYGIENE

Practicing good hygiene is essential to staying healthy during back-to-school time and the rest of the year. The CDC recommends washing your hands frequently, especially before eating, after using the restroom, and after being around someone else who is sick. You should wash your hands for at least 20 seconds with soap and water.

Avoid touching your eyes, nose, and mouth, especially if you have not washed your hands or have been around a sick individual. Always cover your mouth when you cough, and if you have to

sneeze, do it into your elbow.

If you or your children are sick, stay home and get some much-needed rest so that you can feel better. Don't send your kids to school if they are sick because they could infect others.

EAT NUTRITIOUS FOODS

Eating nutritious foods is a critical component to staying healthy and keeping your immune system strong. There are various vitamins and minerals that your body needs that come from the food you eat.

According to the Cleveland Clinic, some of the vitamins and minerals your immune system needs to perform include zinc, selenium, iron, folate, and vitamins A, C, D, and E. These substances can help prevent, fight off, and shorten infections, while supporting your immune system, so it functions properly.

Some foods rich in these vitamins and minerals are spinach, kale, strawberries, almonds, sunflower seeds, carrots, sweet potatoes, cantaloupe, salmon, avocado, beans, turkey, and chickpeas. Many other fruits and vegetables include these essential vitamins and minerals, so it's always a good idea to include many of them in your diet.

One way to easily add a number of these healthy foods to your diet is to make a smoothie. Mix your favorite fruits, such as strawberries, pineapple, and mango, and then add spinach and kale. Add some water, blend until creamy, and enjoy. This smoothie is delicious and nutritious!

Try to eat less sugar and processed foods that fill you up but do not include the nutrients your body needs to stay strong and healthy. One easy way to do this is by cooking more at home and eating out less. When you make your food at home, you can choose healthy foods and work to keep your body functioning properly.

CREATE HEALTHY HABITS

Creating healthy habits and sticking to them daily can help you and your family stay healthy during back-to-school time. One essential healthy habit is to stay hydrated by drinking enough water. Your body is made up of a large percentage of water, and it serves many purposes at keeping you healthy.

Exercise is another healthy habit that is important to feeling your best. According to the Mayo Clinic, it's estimated that healthy adults should get at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week. Examples of moderate physical activity include taking a brisk walk, swimming, and riding a bike. Some examples of vigorous activity are jogging, jumping rope, or playing basketball.

Getting enough sleep is another important aspect of staying healthy. The amount of sleep you need depends on your age. For example, the Mayo Clinic recommends 9 to 12 hours of sleep per day for kids ages 6 to 12 and at least 7 hours of sleep per day for adults.

Reducing stress can keep you healthy because too much stress is not good for your mind and body. There are many ways to try and reduce stress, such as scheduling time for relaxation, meditation and mindfulness techniques, and learning ways to cope with stress better.