

ETCOG HAPPENINGS

YOUTH PROFESSIONALS CONFERENCE ON FEBRUARY 25TH IN TYLER

Join us for the 9th Annual Youth Professionals Conference - Best Practices in Youth Services presented by the Workforce Solutions East Texas Board.

*Tuesday February 25, 2014
8:30 AM to 4:00 PM CST*

*UT Tyler Ornelas Center
3402 Old Omen Road
Tyler 75707*

Enjoy a day of learning how to better engage and connect with the youth that you work with! Keynote presentations include:

- Engaging Parents: Parental Involvement - What a Difference It Makes - *Paul Vitale (pictured right), Vital Communications*
- Positioning Youth To Succeed: It's Your Life... Dominate It - *Paul Vitale, Vital Communications*
- From Inspiration to Impact: A True Collaborative Effort - *Brian K. Aspell, Vice President, Champion Cooler Corporation*
- Cinderella Doesn't Live Here Anymore: From a Fairy Tale to a Real and Successful Future - *Andrea Mayo, Deputy Superintendent at Longview ISD*
- Stepping Toward Effective Programs (STEP) - *Angie Flores Reinford, Training with Angie*



The conference fee is \$30 and includes lunch. CEUs available for Early Childhood and Youth Professional credits. Register and pay online or find out more about the event and speakers by visiting www.etcog.org.

UPCOMING MEETINGS - SAVE THE DATES

Semi-Annual Board of Director's Meeting Thursday, March 20, 2014

11:45 am - 2:00 pm
Harrison County
Location Information & Invitations Coming Soon!

Advisory Committee Orientation Day & Executive Committee Meeting

Thursday, May 8, 2014
8:30 am - 2:30 pm
Tyler Rose Gardens

Area Agency on Aging of East Texas

Dedicated to Serving East Texas,
One Senior at a Time.

The Area Agency on Aging of East Texas is designated by the Texas Department of Aging and Disability Services to coordinate services for persons in East Texas who are 60 or older, with particular attention to low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas.

We serve a 14-county area.

- NUTRITION**
Delivering hot, nutritious meals to eligible homebound seniors and providing congregate meals at local senior centers.
 - IN-HOME ASSISTANCE**
Support for homebound elderly who want to be as independent as possible, including housekeeping, chores, personal care, and visitation.
 - OMBUDSMAN**
Trained/certified volunteer advocates who visit nursing facilities and work with residents, families, and employers to achieve the best care.
 - SENIOR CENTERS**
Places to go for nutrition services, employment services, and health screenings, and as a venue for social interaction and recreation.
 - TRANSPORTATION**
Rides to essential destinations such as nutrition sites, senior centers, doctor appointments, and grocery shopping.
 - CARE COORDINATION**
Arrangement and coordination of services for older people in the most efficient, economical way.
 - INFORMATION, REFERRAL AND ASSISTANCE**
Arrangement and coordination of services for older people in the most efficient, economical way.
 - HOME REPAIR AND MODIFICATIONS**
Limited modifications to the home such as wheelchair ramps and grab bars.
 - BENEFITS COUNSELING/LEGAL ASSISTANCE**
Assistance provided by trained benefits counselors on public and private benefits.
- SEE MORE INFO BELOW...

BENEFITS COUNSELING AND YOU!

WHAT IS BENEFITS COUNSELING?
The Benefits Counseling Program is designed to answer questions for seniors 60+, caregivers, or individuals receiving Medicare regardless of age. We answer important questions you may have concerning public benefits and private insurance.

WHAT WILL IT DO FOR ME?
Effective benefits counseling will result in improved financial circumstances and quality of life for the client. You will be given information you need to make informed decisions about your benefits.

HOW DO I PROTECT MYSELF FROM FRAUD?
Benefits counselors will alert seniors to fraud and make referrals to the agency that investigates and stops such illegal practices.

Area Agency on Aging of East Texas For in-depth or one-on-one counseling, individuals may call for an appointment.
800-442-8845

COUNSELING TIPS

- Medicare
- Medicare Savings Programs
- Medicaid
- Social Security Fraud and Abuse
- Advanced Directives
- Veteran's Benefits
- Community Resources
- Elderly Victims of Abuse, Exploitation and Neglect
- Administrative Appeals

SHIP (Statewide Homebound In-Home Personal Care)

LIGHTEN UP EAST TEXAS!

ETCOG has become a sponsor and an official weigh in location for Lighten Up East Texas, a regional fit city weight loss challenge with the grand prize of a Dodge Dart vehicle.

Participants will receive entries into the grand prize drawings for every 5% of weight loss. A starting weight is registered at the official weigh-in. The weigh out will measure the number of pounds lost and qualify participants for the prize drawings.

Weigh-in: NOW - March 31

Weigh-out: May 19 - May 31

As an official weigh-in station, participants can visit ETCOG on Fridays to register their weight. Find out more and where the closest weigh-in station is to you at <http://lightenupeasttexas.com>.



Area Agency on Aging of East Texas staff promoting health and wellness in partnership with Lighten UP East Texas.

NEW WORKFORCE SOLUTIONS EAST TEXAS CENTER NOW OPEN IN PALESTINE MALL



Workforce Solutions East Texas recently relocated its Anderson County location to the Palestine Mall. The new site opened in January and is a full service workforce center offering job search assistance, training and education, child care assistance, programs and services for special populations and more. By changing locations, ETCOG saves \$38,000 per year in lease costs and additional cost savings are anticipated over time.

*Palatine Mall
2000 Loop 256, Suite 18
Palatine, Texas*

*Hours of Operation
Monday - Friday
8 a.m. - 5 p.m.*

Office Phone: (903) 729-0178

Office Fax: (903) 729-3030

*Hearing impaired may call Texas Relay
Number*

1-800-735-2988 VOICE, 1-800-735-2989 TDD

East Texas Council of Governments

3800 Stone Road Kilgore, TX 75662

Phone - (903) 984-8641

Fax - (903) 983-1440

www.etcog.org

ETCOG is an Equal Opportunity Employer / Program. Auxiliary Aids and Services are available upon request, to individuals with disabilities. Relay Texas: 1-800-735-2989 (TTY); 1-800-735-2988 (Voice); 1-800-662-4954 (Español).

