Meals on Wheels Program

SHERMAN, JUNE 19, 2015 – Dr. Susan Thomas, Executive Director of Texoma Council of Governments (TCOG) announced today the Area Agency on Aging of Texoma has current availability in the Care Coordination services for Home Delivered Meals. These services help homebound seniors receive a nutritious meal each week day and are served to seniors in all three counties, Grayson, Fannin and Cooke.

"Adequate nutrition is necessary for health, functionality and the ability to remain independent." says Dr. Thomas. "Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Home delivered meals ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking."

Meals on Wheels of Texoma serves over 30,000 meals per month to seniors most at risk for ages 60 and over who live alone and are challenged to the point that meal preparation is difficult or impossible. To find out if you or a loved one qualifies, please call the number listed below.

The Texoma Council of Governments is a voluntary association of the local governments in Cooke, Fannin, and Grayson Counties. Established in 1968, the Texoma Council of Governments promotes economy and efficiency in the coordinated planning and development of the tri-county region through its community and economic development activities. Either directly, or through contractors, the Council provides housing, utility assistance, and weatherization services for low-income citizens in the region and assists the elderly through a variety of Area Agency on Aging programs. The Council also facilitates the delivery of grant funding for homeland security and criminal justice.

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Texoma Council of Governments | Susan B. Thomas, PhD, *Executive Director* | Honorable Creta L. Carter II, President, *Governing Board*