

THE STATE OF TEXAS  
COUNTY OF SABINE

On this the 12th day of November, 1973, the Honorable Commissioners' Court met in regular session with the following members present, to-wit:

Charlie Forse	County Judge
R. E. Smith	Commissioner, Precinct No. 1
G. W. Russell, Jr.	Commissioner, Precinct No. 2
Paul Lout	Commissioner, Precinct No. 3
H. E. Wilburn	Commissioner, Precinct No. 4
W. W. Cavender	Clerk of the Court

Motion by Commissioner G. W. Russell, Jr., seconded by Commissioner H. E. Wilburn the Court voted to pay \$10.00 to Ralph Bohannon for furnishing butane and stove to Sexton Election Precinct.

Resignation of C. B. Taylor, Constable of Justice Precinct No. 4, due to physical health was accepted on motion by Commissioner G. W. Russell, Jr., seconded by Commissioner R. E. Smith and all voting favorable.

Election returns of the Constitutional Amendment Election were canvassed and approved by the Court.

Mr. King from Deep East Texas Council of Governments gave a talk to the Court about a program to help the Mental Retarded in an area of 13 Deep East Texas counties, which includes Sabine.

He presented a Resolution to the Court which was approved by a motion from Commissioner G. W. Russell, Jr. and seconded by Commissioner Paul Lout, with all voting in favor of the following Resolution:

THE STATE OF TEXAS  
COUNTY OF SABINE

COMMISSIONERS COURT  
SABINE COUNTY, TEXAS

R E S O L U T I O N

WHEREAS, in the County of Sabine there exists a need for Comprehensive Community Mental Health and Mental Retardation Services and,

WHEREAS, the opportunity exists to establish facilities and procure personnel to meet this need by cooperatively working with the other counties in State Planning Region 14, NOW THEREFORE,

BE IT RESOLVED, that the Commissioners Court of Sabine County authorizes the County Judge of Sabine County to appoint a Board Member nominee to serve on the Board of Trustees for the Deep East Texas Community Mental Retardation Center.

/s/ Charlie Forse  
County Judge Sabine County, Texas

ATTEST:  
/s/ W. W. Cavender  
County Clerk

434



Within each of the 21 States Planning Regions, clusters of three rural counties were analyzed in order to select five rural areas with the highest percentage of persons 65 years and older living below the poverty level.

The Deep East Texas State Planning Region was fortunate to be one out of the 21 State Planning Regions to be designated. The three-county cluster chosen is composed of Sabine, San Augustine and Shelby counties.

The goal of the nutrition program during the first year of program operation is to provide 325 older Americans in the three-county area, particularly those with low incomes, with daily, low-cost, nutritionally sound and satisfying meals served in strategically located group settings where participants can also obtain rehabilitative and social services. From such congregate settings, the delivery of food and supportive services may also be made to homebound participants. The ultimate goal is to serve, on a daily basis, as many as possible of the elderly Americans who require nutrition and supportive services.

#### REASON FOR PROGRAM

The Act summarizes the findings which motivated the Congress to act:

Many elderly persons do not eat adequately because: (1) they cannot afford to do so; (2) they lack the skills to select and prepare nourishing and well-balanced meals; (3) they have limited mobility which may impair their capacity to shop and cook for themselves; and (4) they have feelings of rejection and loneliness which obliterate the incentive necessary to prepare and eat a meal alone. These and other physiological, social, and economic changes that occur with aging result in a pattern of living which causes mal-nutrition and further physical and mental deterioration.

#### REQUIREMENTS

Basic nutrition requirements are:

Each project will provide meals in a congregate setting.

Each congregate meal site established by the project must provide at least one hot meal per day, 5 or more days a week and any additional hot or cold meals which the project may elect to provide. (Sites operated in sparsely populated rural areas may serve less than 5 days a week when the need for an exception is documented by the State agency and if, at sites through out the project area, the project provides hot meals at least 5 days a week.)

Each meal served must contain at least one-third of the current daily recommended dietary allowances as established by the Food and Nutrition Board of the National Academy of Science-National Research Council.

Home delivered meals (will be provided) where necessary and feasible to meet the needs of target group eligible individuals who are homebound.

Supportive services required are defined:

- (1) Transportation of individuals and personal escort services to and from the congregate meal sites;
- (2) Information and referral services;
- (3) Health and welfare counseling services;
- (4) Nutrition education;
- (5) Shopping assistance; and
- (6) Recreation activities incidental to the project.

#### TITLE VII

90 - 10 match

10% in-kind

Project to be funded 1 year at a time - indefinitely

Motion by Commissioner Paul Lout, seconded by Commissioner Horace Wilburn and with Commissioner R. E. Smith voting against the Court voted to divide the Revenue Sharing money as follows:

Permanent Improvement - \$3,000.00  
Each Commissioner Precinct - \$5,000.00 each

Commissioner Paul Lout made a motion to hire Burtis L. Cartwright as Constable of Justice Precinct No. 4 to replace C. B. Taylor who resigned. The motion was seconded by Commissioner G. W. Russell and all voted "AYE".

A motion was made by Commissioner G. W. Russell, Jr. seconded by Commissioner Paul Lout to print a Treasurer's Quarterly Report in the paper. Voting against the motion was Commissioner R. E. Smith and Commissioner H. E. Wilburn. Motion carried when Judge Charlie Forse voted for the motion.

436

All accounts were allowed and made payable.

There being no further business, the Court adjourned.

Charlie Forse  
COUNTY JUDGE

R. E. Smith  
COMMISSIONER, PRECINCT NO. 1

Paul Lent  
COMMISSIONER, PRECINCT NO. 3

B. W. Russell  
COMMISSIONER, PRECINCT NO. 2

H. E. Wilburn  
COMMISSIONER, PRECINCT NO. 4

A. B. ...  
CLERK OF THE COURT