
ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Oct 12, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The WIC (Women Infants and Children) program at NETHealth is discussed with Vanessa Adams. There are 21 WIC clinics in the East Texas area, offering health information and referrals, nutrition information and counseling, healthy foods for women and children, and breastfeeding counseling and training, all at little to no cost to qualifying applicants.

ISSUE: Economy/Jobs/Quality of Life

PROGRAM NAME: East Texas This Week

DATE: Oct 19, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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October is Emotional Wellness Month. Your emotional well being has an effect on your overall health. Thomas Alford of NETHealth discusses how mental and emotional stress can translate into negative physical reactions, a weakened immune system and poor health. Ways to reduce stress and process feelings in a healthy way are discussed.

ISSUE: Family Safety Issues

PROGRAM NAME: East Texas This Week

DATE: Oct 26, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Day Care and Foster Care program is discussed with Jonathan Barena. NETHealth provides a day care inspection program to ensure that all day care facilities are operating in a safe manner. What you should do if you feel you have seen a day care facility operating in an unsafe manner.

ISSUE: Education Issues

PROGRAM NAME: East Texas this Week

DATE: Nov 2, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Great American Smokeout is coming. Thomas Alford discusses this program which since 1977 has strived to educate Americans about the dangers of smoking. The various activities going on around East Texas are discussed.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 9, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The WIC (Women Infants and Children) program at NETHealth is discussed with Vanessa Adams. There are 21 WIC clinics in the East Texas area, offering health information and referrals, nutrition information and counseling, healthy foods for women and children, and breastfeeding counseling and training, all at little to no cost to qualifying applicants.

ISSUE: Family Safety Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 16, 2022 **TIME:** 1:00pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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NETHealth sponsors monthly Peer Dad Meetings. Terrence Ates explains that Peer Dads is designed to help make dads feel more comfortable and included at WIC. Included in the monthly meetings are discussion/support sessions; child development concepts and parenting skills; job readiness classes; and a workshop where dads can receive a certificate of achievement.

ISSUE: Healthcare and Health Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 23, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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With the holidays coming up, food safety issues are discussed with Jonathan Barena. Just how long can you safely keep those holiday leftovers? And what is the best way to transport food to family gatherings.

ISSUE: Healthcare and Health Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 30, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Influenza immunization week is coming up. Sylvia Warren discusses the importance of getting a flu shot, especially this year with a double whammy of flu and covid being possible. Some myths about the flu vaccine are discussed. And if you are current on covid vaccinations do you really need the flu shot? Part one of two.

ISSUE: Healthcare and Health Issues

PROGRAM NAME: East Texas This Week

DATE: Dec 7, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Influenza immunization week is coming up. Sylvia Warren discusses the importance of getting a flu shot, especially this year with a double whammy of flu and covid being possible. Some myths about the flu vaccine are discussed. And if you are current on covid vaccinations do you really need the flu shot? Part two of two.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Dec 14, 2022 **TIME:** 1:00 PM **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The WIC (Women Infants and Children) program at NETHealth is discussed with Vanessa Adams. There are 21 WIC clinics in the East Texas area, offering health information and referrals, nutrition information and counseling, healthy foods for women and children, and breastfeeding counseling and training, all at little to no cost to qualifying applicants.