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TXU Energy

USMD SeniorCare

Colleyville Courier



Times-Register

Grapevine Courier

Southlake Journal

Keller Citizen



Friday,
October 3, 2014
8:30 a.m. to 2:00 p.m.



Tarrant County Commissioner Gary Fickes

Meet Texas Ranger's
Legend & Three-Time
All-Star JIM SUNDBERG



Commissioner's Welcome



Welcome to Empowering Seniors 2014, the health and lifestyle expo that is making a difference in the lives of people ages 50 and better in Northeast Tarrant County.

Today is dedicated to issues that are important to you as a senior, senior-to-be, caregiver or loved one. Please take full advantage of the free health screenings and attend our workshop sessions, where you will receive important information about your health and lifestyle.

We extend our appreciation to our sponsors, exhibitors and volunteers for allowing you to enjoy this ***totally free event***.

In addition, we would like to thank First Baptist Church of Euless for their partnership with this event.

Have fun visiting with friends, watching great performances, visiting exhibitor booths and enjoying the tasty food booths!

Sincerely,

Gary Fickes

Our Empowering Seniors Committee

Judy Atwood, Faye Beaulieu, Melissa Burlison, Marcia Etie, John Fletcher, Renee Garrett, Jodi Griggs, Ron Parish, Linda Rea, Scott Sheppard, Inga Shivers, David Stuckey, Paul Swartz, Michelle Varley, and Vickie Vickers.

Thank you to our Exhibitors

Memory Maker Travel

Metroport Meals on Wheels

MHMR of Tarrant County

Mid Cities Dental

Mid Cities Pharmacy

Mid-Cities Care Corps

New Leaf Chiropractic

Nikken - Independent Consultant

North Hills Hospital

North Texas Orthopedics

Northgate Plaza

NRH Animal Adoption & Rescue Center

Office Depot

Office of the Tax Assessor/Collector

Oncor Electric Delivery

Procter & Gamble

Protenium Clinical Research

Reliant Mid Cities Medical Rehabilitation

Republic Services

River Oaks Health and Rehabilitation

Riverside Inn at Fossil Creek Memory Care Community

Sam Pack's Five Star Ford

Senior Citizen Services of Greater Tarrant County

Senior Getaways

Seniorific News

Senior's Assisted Living, Locator & Consultant

Service Master- Euless

Silverado Memory Care

Social Transportation for Seniors (STS)

Spine Team Texas

Star Telegram

State Representative Giovanni Capriglione

State Securities Board

Stoneybrook Memory Care of Grapevine

Super Value Pharmacy

Tarrant County Clerk - Vital Records Division

Tarrant County College Senior Education

Tarrant County Commissioner Gary Fickes

Tarrant County Credit Union

Tarrant County District Clerk

Tarrant County Elections/Texas A & M

AgriLife Extension Service

Texas Health Fort Worth Senior Health & Wellness Center

Texas Health Harris Methodist Hospital H-E-B

Texas Seniors' Guides

Texas Star Adult Medicine

Texas State Senator Kelly Hancock

The Carlyle

The Church of Jesus Christ of Latter-day Saints

The Senior Voice

The Wellington at North Richland Hills

Trail Creek Pharmacy

Trina Health of North Texas

TXU Energy

U.S. Memory Care

United Healthcare Community & State

UNT Health Science Center

USMD SeniorCare

Villages On MacArthur

Well Care Health Plans

Woodridge Health & Rehab

Young Living Essential Oils

Zounds Hearing Center

Thank you to our Exhibitors

6 Stones Mission Network

A Changing Season/Financial & Estate Planning Service

Absolute Quality Hearing, Inc.

ADRC of Tarrant County

Alzheimer's Association/Meals On Wheels, Inc.

American Jewelry & Estate Experts

Area Agency on Aging/United Way of Tarrant County

Area Chambers

Area Senior Centers

Arlington Cancer Center at Trophy Club

AT & T

Atmos Energy

Avante Rehabilitation Center

Awareness Chiropractic Center

Back In Motion Family Chiropractic

Bath Planet

Baylor Regional Medical Center at Grapevine

Blue Cross Blue Shield of Texas

BrightStar Care of Mid Cities

Brookshire Dental

Call A Ride of Southlake/NE Senior Community Forum

CaptionCall

Chateau on Wildbriar Lake

Choice Homecare

Cigna Health Spring

City of Bedford

Comforcare Home Care

Community Enrichment Center

Congressman Kenny Marchant

Conservatory at Keller Town Center

Copeland Insurance Group

Cruise One

Costco Wholesale

Dancing River Assisted Living & Memory Care

District 2E2 Lions

Du-West Bath Solutions

Easter Seals North Texas

Elite Audiology Resources

Eules Family Life Senior Center

Eye Consultants of Texas

First Baptist Church Eules

Documation/Fletcher Consulting

Generation Mortgage

Glade Modern Dentistry & Orthodontics

Golden Heart Senior Care/Hurst Senior Center

GRACE

Heard it Through the Grapevine Audiology

Hearing Loss Assoc. of America Ft. Worth Chapter

Helping Restore Ability

Honor Flight DFW

Horizon Bay North Richland Hills

Hughlett Chiropractic, P.A.

James L. West Alzheimer's Center

JPS Health Network

Kallal Medical Group

Klarus Home Care/South Colleyvine Ranch

Kroger

LifeGift

Lift-Aids, Inc.

Lucas Funeral Home

Meadow Lakes Retirement Community

Agenda

8:30 a.m.

Expo Opens

8:30 - 2:00

Health Screenings & Entertainment

9:00 - 9:40

Workshops - Session 1

9:30 - 1:30

Bingo Sessions (Green Room)

10:00 - 10:40

Workshops - Session 2

10:30 - 11:00

Welcome and Recognitions

10:30 - 1:00

Food Booths Open

11:00 - 11:40

Workshops - Session 3

12:00 - 12:40

Workshops - Session 4

2:00 p.m.

Expo Ends

Staff of Commissioner Gary Fickes

Tarrant County, Precinct 3

Carolyn Sims

Precinct Administrator

Rebecca Barksdale

Community Outreach Coordinator

Devin Wenske

Assistant Precinct Administrator

Theresa Parsons

Executive Secretary II

Roselee Kerr

IT Senior Support Specialist

Richard Schiller

Director, Field Operations

Southlake Office

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U.S. News & World Report examines hospitals for their annual “Best Hospitals” report. We’re proud to announce that for 2014-15 Baylor Regional Medical Center at Grapevine has been recognized for excellence state-wide in three specialties—Gastroenterology & GI Surgery, Geriatrics and Pulmonology. And we realize, we have to re-earn this reputation every day, with every patient.

For a physician referral or for more information, call **1.800.4BAYLOR** or visit us online at **BaylorHealth.com/Grapevine**



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1650 W. College St., Grapevine, TX 76051

See USNews.com/BestHospitals for complete listings.

Physicians are members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Regional Medical Center at Grapevine or Baylor Scott & White Health. ©2014 Baylor Scott & White Health BRMCGV_941_2014 CE.09.14

Booths 120-121

Thank you !

Door Prize Donors!

- | | |
|--|---|
| Awareness Chiropractic Center | NRH Animal Adoption & Rescue Center |
| Choice Homecare | Protenium Clinical Research |
| Cruise One | Senior Citizen Serv. of Greater Tarrant Co. |
| Eye Consultants of Texas | Silverado Memory Care |
| Financial & Estate Planning Services | State Securities Board |
| Heard it Through the Grapevine Audiology | Tarrant County College Senior Education |
| LifeGift | The Carlyle |
| Lift Aids, Inc. | The Harrison |
| Lucas Funeral Home | The Hollymead |
| Memory Maker Travel | The Wellington at NRH |
| Mid-Cities Care Corps | United Healthcare Community & State |
| North Hills Hospital | Woodridge Health & Rehab |

Food Booths



Thank you to our Senior Centers, Cities, Chambers of Commerce and District 2E2 Lions Club for your support of Empowering Seniors.

A special thank you to Senior Getaways for donating our Grand Prize BRANSON CHRISTMAS TRIP for TWO

Featured Guest

**Meet Texas Rangers' Legend &
Three-Time All-Star!**

JIM SUNDBERG

Three-Time All-Star



**Booth
87**

Health Screenings

Blood Pressure	JPS Health Network	52-53
Blood Glucose	UNT Health Science Center	37-38
Bone Density	North Hills Hospital	96-97
	UNT Health Science Center	37-38
Cholesterol	Baylor Regional Medical Center at Grapevine	120-121
Hearing	Absolute Quality Hearing, Inc.	95
Hemoglobin A1c	Protenium Clinical Research	99
HIV	JPS Health Network	52-53
PSA (Prostate)	JPS Health Network	52-53
Ultrasound Vein	Kallal Medical Group	32
Vision	District 2E2 Lions/Lions Organ and Eye Bank	55
	Eye Consultants of Texas	123

Additional Services

Proper Nutrition & Diets	Texas Health Harris Methodist Hospital H-E-B (Speak one-on-one with dietician)	92-93
Flu Shots	Super Value Pharmacy	101
	Trail Creek Pharmacy	42
	Mid Cities Pharmacy	18
Pneumonia	Kroger	115
Shingles Shots	Kroger	115
Whooping Cough	Kroger	115
Eye Glass Donation	District 2E2 Lions Club	55
	Additional Location (Outside at entrance)	
Medication Disposal	Super Value Pharmacy (Outside at entrance)	

Transforming Healthcare



in **our** region.



Centered in Care
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Booths 52-53

Entertainment and BINGO

Blue Expo Area



Sponsored by US Memory Care

9:00 - 10:00 Remembering the Favorites - Charles Spaulding

10:00 - 11:00 Hurst Senior Hula Class

11:00 - 12:00 The Vanderveers

12:00 - 1:00 Sinatra-Style Vocals - Ken Nelson



Purple Expo Area



Sponsored by Lucas Funeral Home



9:00 - 10:00 Elvis Tribute Artist - Gregg Moon

10:00 - 11:00 The Vanderveers

11:00 - 12:00 Movers Unlimited - Zumba-TCC NE Touring
Dance. Co.

12:00 - 1:00 Dallas Tap Dazzlers



Green Expo Area

Sponsored and Provided by Community Enrichment Center



BINGO

9:30 a.m. to 1:30 p.m.

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**MIGHTY
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SCIENCE CENTER**

Booths 37-38

Workshops 9:00 - 9:40

Ask The Commissioner



Room 1

(At Main Entrance)

Commissioner Gary Fickes
Tarrant County, Precinct 3

Stop in and meet Commissioner Gary Fickes. An opportunity to ask questions or share any concerns you may have.

Advances in GERD: From Diagnosis to Treatment



Room 2

(Blue Expo)

Jay Yepuri, M.D., M.S.
Gastroenterologist, Texas Methodist Hospital H-E-B

Learn what causes acid reflux and gastroesophageal reflux disease (GERD). Also get an overview of symptoms, how the condition is diagnosed, potential complications, treatment options available, and how lifestyle measures may have preventive benefits.

How to Recognize and Prevent Identity Theft/Fraud Schemes



Room 3

(Blue Expo)

Anthony Shelley, Detective Bedford Police Department
Assigned to US Secret Service Financial Crimes Task Force

A presentation providing tools and tips to assist with recognizing Identity Theft and Fraud Schemes before it is too late. This presentation will also provide the necessary steps needed if you become a victim of Identity Theft or Fraud.

Learn and Live Longer

Room 4

(Green Rm)

Judy Stanford, President of the Senior
Advisory Council at TCC, NE Campus

Come and learn how an active body and brain can slow the aging process. Also become better acquainted with the Tarrant County College NE Senior Education Program.

Medicare 2015 Tips & Updates

Room 5

(Green Rm)

Carol Ray & Stephanie Perez
United Way/Area Agency on Aging

An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral source on how healthcare reform will affect Medicare beneficiaries. What you need to know about Medicare basics, how you can sign up, and what trusted resources are available to learn more about Medicare.



North Hills Hospital

An Affiliate of HCA

Senior Health Clinic

Helping Seniors Successfully Navigate Health Care

The North Hills Hospital Senior Health Clinic was built specifically for seniors 65 years and older. Proudly accepting Medicare and most insurance plans, the Senior Health Clinic is a primary care office, located on the North Hills Hospital campus. With specialists only a few steps away, the Clinic offers a free shuttle service across the North Hills Hospital campus. Finally, the Clinic is staffed by full-time nurses, ensuring comprehensive care from the moment you arrive.

In addition, our patients have access to a social worker specializing in the needs of seniors to help navigate:

- Insurance and Medicare/Medicaid Questions
- Identifying Specialists and Other Resources
- Safety Issues in the Home
- Home Health Providers and Other Services
- Health-Related Financial Issues
- Prescription Assistance
- Housing and Independence Assistance
- Government Assistance Programs



Navigating
Health Care for Seniors

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Booths 96-97

Workshops 12:00 - 12:40

Signs of Dementia



Room 1

(At Main Entrance)

Saira Jamal, M.D.

Baylor Family Medical Center at Grapevine

Dr. Jamal will discuss geriatric issues including signs and symptoms of dementia and available Alzheimer's screenings and treatment.

Simple Dietary Changes to Lose Weight and Control Diabetes



Room 2

(Blue Rm)

Justin V. Bartos III, M.D.
North Hills Hospital

When you have diabetes, being overweight or obese increases your risk for complications. Learn how to lose weight in a healthy way and start feeling better!

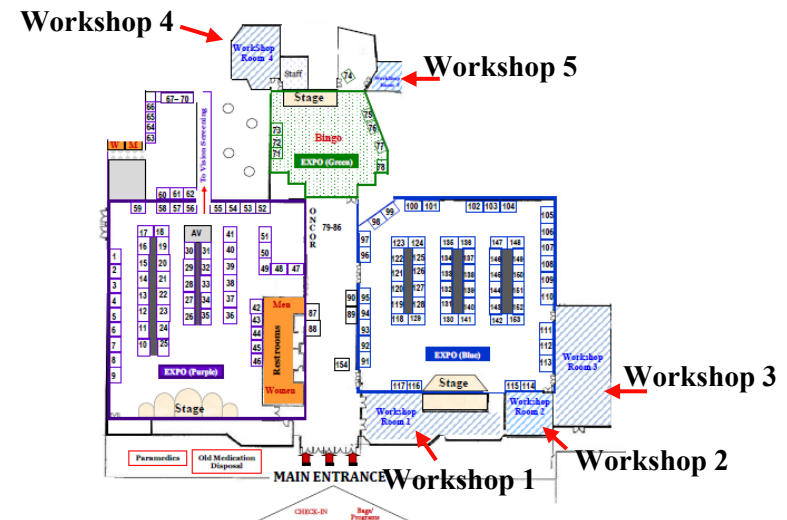
The IRS and Your Social Security Benefits: Are they taxable? Are they subject to Levy?

Room 3

(Blue Rm)

Joni Balamut, Staff Attorney
Legal Aid of NW Texas

An overview of events that can make your Social Security benefits taxable and how to prevent an IRS levy.





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The Colleyville Courier The Grapevine Courier The Keller Citizen
The Southlake Journal The Times - Register

Booths 39

Workshops 10:00 - 10:40

Memory Enhancers Sharpen Your Memory and Keep It Strong!



Room 1
(At Main Entrance)

Jaime Cobb, CDP
James L. West Alzheimer's Center

Come learn tricks and techniques that help boost your memory and improve your attention. Also learn easy proven methods to reduce your risk for Alzheimer's disease and dementia.

Cultural Changes in Funeral Service- 154 years in 30 minutes



Room 2
(Blue Expo)

Mark Lucas-Kelly
Public Relations Director

If you or your loved one passed away today who would you call? Would you call a family operated funeral home, or a corporate owned funeral service? Do you know the difference? Learn about all the changes that have taken place over the years and what helpful things you need to know for you and your family regarding end of life choices, including process, types of services and financial options.

How to Recognize and Prevent Identity Theft/Fraud Schemes



Room 3
(Blue Expo)

Anthony Shelley, Detective Bedford Police Department
Assigned to US Secret Service Financial Crimes Task Force

A presentation providing tools and tips to assist with recognizing Identity Theft and Fraud Schemes before it is too late. This presentation will also provide the necessary steps needed if you become a victim of Identity Theft or Fraud.

Understanding Medicare



Room 4
(Green Expo)

Karen Travitt
Blue Cross Blue Shield

Do you understand Medicare? Original Medicare has many different parts. This is an overview of how Original Medicare works (Parts A & B), as well as how Medicare Advantage plans (Part C), Prescription Drug Plans (Part D), and Medicare Supplement Insurance Plans work. An excellent orientation for people becoming Medicare eligible and people who have been on Medicare for years, this presentation will cover every option available.

Healthy at Home



Room 5
(Green Expo)

Beth Noah, LMSW - ADRC, AAA, MHMR
Matt Weaver, PhD, CIRS - AAA, UW

Empowering older adults with resources and evidence-based interventions to keep them healthy and at home.

Page 9



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We hope you never need us, but if you do, you can trust that we at Texas Health Harris Methodist Hospital Hurst-Euless-Bedford will be there for you and your loved ones. With an experienced staff and technologically advanced care, our dedication is to your health. Whether you need 24-hour emergency trauma care or women's health services, we're equipped to handle your every need. Visit TexasHealth.org/HEB-ED to learn more and receive a free first aid kit for all of life's little emergencies.

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Doctors on the medical staff practice independently and are not employees or agents of the hospital. © 2014

Booths 92-93

Workshops 11:00 - 11:40

Medicare 2015 Tips & Updates

Room 1

(At Main Entrance)

Carol Ray & Stephanie Perez
United Way/Area Agency on Aging

An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral source on how healthcare reform will affect Medicare beneficiaries. What you need to know about Medicare basics, how you can sign up, and what trusted resources are available to learn more about Medicare.

Fall Prevention for Seniors



Room 2

(Blue Expo)

Mary Ann Contreras, RN: Injury Prevention/
Trauma Outreach Coordinator JPS Health Network

This program is a didactic interactive power point expounding on the current tsunami of falls within our growing elder population. Factors that put a person at risk for a fall can be intrinsic and extrinsic. While many senior adults consider falls a part of aging, in fact, there are a host of interventions that can be initiated to prevent falls. This program aims to identify fall risks and prevention opportunities that can be put into place.

Geriatric Programs in our Community



Room 3

(Blue Expo)

Yolanda Lane, CHES
Gail Berky, MSW
Judith O Jiles, PhD
UNT Health Science Center

Hear about special programs benefiting seniors through community partnerships in Tarrant County.

Empowering Seniors for Employment



Room 4

(Green Expo)

Leslie Thompson
Fort Worth Marketing Team

Leslie is the Employment/Education Director for the Community Enrichment Center. In her position she assists seniors in obtaining their educational and career goals.

Fit Start: Exercise for ALL Levels

Room 5

(Green Expo)

Gerald Campbell, Instructor
Hurst Senior Activities Center

Known as the Guru of Fitness, Gerald Campbell brings over 50 years of personal training and fitness experience in low-impact exercise drills that are fun. Today you're going to learn some simple exercises that can help you be healthier, stronger and feel better.