

Northeast Newsletter

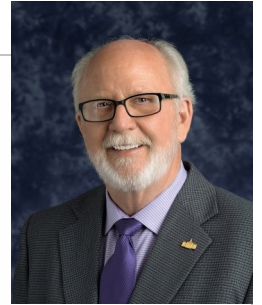
Tarrant County Commissioner Gary Fickes - Precinct 3

Volume 14, Issue 1

"Working together for a better tomorrow"

February 2021

COMMISSIONER'S CORNER



It's that time of year where we look forward with great anticipation to the Tarrant Transportation Summit (TTS). Due to the ongoing COVID-19 pandemic, we have decided to forgo this year's Summit. TTS has become one of the most significant transportation events in Texas. It provides an excellent resource for business owners, community leaders, and citizens across the region to learn more about how the transportation landscape will look in the future.

Due to the high volume of registrations through TCPH and limited vaccine availability, you will receive confirmation of registration, and be placed in the queue to be assigned an appointment. TCPH will notify you of the date, time, and location of your appointment. Please note, this may take several weeks.

We look forward to bringing the community the Tarrant Transportation Summit in 2022. Thank you to everyone for your support of the event over the past 11 years! View past events and find out more information at www.TarrantTransportationSummit.com.

Once vaccine volume increases from continued shipments and community collaborations, more and more daily appointments will be available. You may also check with other area providers, pharmacies, and clinics for possible vaccine availability. *We urge a little patience as the vaccine effort continues!*

Tarrant County Public Health (TCPH) and our community partners continue to navigate the almost year-long COVID-19 pandemic. Texas currently prioritizes those that fall into Phase 1A and 1B of the state's vaccination plan, including Texans 65 years of age and older and those over 16 years of age with certain medical conditions. Supplies of the vaccine continue to be limited, but Tarrant County will receive regular shipments. To check your qualifications and preregister for the vaccine through Tarrant County Public Health, visit www.tarrantcounty.com/covidshot.

I invite you to read on in this edition of the *Northeast Newsletter* for information about the City of Bedford's new mayor, City Point in North Richland Hills, the COVID-19 vaccine, Tarrant County Human Services, the City of Haslet, Empowering Seniors, senior tax preparation assistance and more!

Once again, our office will not be hosting Coffee with the Commissioner this month, but we look forward to a time soon when we can all assemble safely.

Gary Fickes

Question of the Month

Question: In 1942, the BBC banned a song during working hours on the grounds that its infectious melody might cause wartime factory-hands to neglect their tools while they clapped in time with the song. What song is this?

Answer on page 3

The Quote of the Month - "Our imitators strive to be like us, but one thing will elude them because they may never understand The Texan State of Mind—that mysterious secret which also supports our remarkable individualism."

— Ann Richards



87TH TEXAS LEGISLATURE

<https://capitol.texas.gov>



February is...

Heart Month

www.cdc.gov/heartdisease/american_heart_month.htm

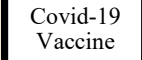
Due to the public health situation, we will not have Coffee with the Commissioner in February. We hope to resume Coffee with the Commissioner soon!

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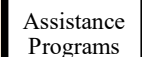
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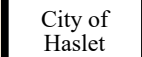
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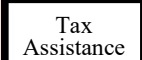
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Michael Boyter
Mayor, City of Bedford



Although Mayor Michael Boyter has only served as Bedford's Mayor since November 2019, he has been a staple in the community dating back to serving on the Historical Commission and Beautification Commission prior to first being elected to the City Council in 2012.

Michael is proud to have been born and raised in HEB and often refers to having attended Donna Park Elementary, Hurst Junior High School, and LD Bell High School. His mother, Takako Boyter, immigrated to the U.S. from Japan and ultimately settled in Hurst in the late 1960s. As a single mother and one of only a few Asians in the area, she endured many hardships because of the cultural division of the time. Despite the challenges, the support of her friends and neighbors left a lasting impression on both her and Michael's lives.

Takako passed away early last year after a long struggle with dementia and Alzheimer's disease. Because of the kindness and support of the community during those "difficult times," Michael has devoted his service in an effort to "give back" and to also honor his mother.

He is proud to be perhaps the only

Japanese-American Mayor in the State of Texas. Having been born and raised in HEB, this gives Mayor Boyter a unique perspective on the history of Bedford. With this in mind, he is always challenging the City to move things forward with innovation and efficiency in mind.

Despite the challenges of 2020, he has been working with the City Council in creating an aggressive agenda to take on a number of pressing issues in the City. Tantamount to these issues is his desire to create an "Organization of Excellence" at City Hall focused on the singular objective of improved attention to residents' needs. An example of this lies in hiring Jimmy Stathatos as Bedford's new City Manager this past August.

Mayor Boyter is focused on creating a new approach to Economic Development in the City. One example is in the newly-envisioned Bedford Commons, which shifts from conventional apartments to a balanced development with single family residents, green space, and unique retail and restaurant opportunities. This new approach is already seeing widespread interest from developers and restauranteurs. After slow progress, the voter-approved Generations Park at the Boys Ranch is now moving forward with concrete pouring this week. Boyter is working with the City Manager to identify money savings opportunities in current and future budgets. This includes coordinating

with the 4B Board to create a new plan to jump-start work on the major streets that are in dire need of attention. Moving Bedford forward means making hard decisions after years of little to no progress. It also means responding to the concerns of residents and staff.

On a more personal note -

What do you do for fun? *Between work and the City, there isn't much free time, but I enjoy traveling, and in particular, traveling around the country attending baseball games (prior to COVID).*

Favorite Movie? *"The Right Stuff" movie is based on Tom Wolfe's novel.*

Favorite Restaurant? *Elizabeth Street Café in Austin, but my favorite local restaurant is Chetra's Kitchen Grill & Bistro.*

Favorite vacation spot? *Italy*

Last book read? *"Brunelleschi's Dome" by Ross King*

People would be surprised to know... *I am an art museum nerd. I make notes of all the pieces of art from museums around the world that I have visited. I record the notes into a spreadsheet so that I can follow them between collections and exhibitions.*

COVID-19 Vaccine: Helps protect you from getting COVID-19

As directed by the Texas Department of State Health Services, Tarrant County Public Health, along with other Texas-based health entities, provides vaccinations in phases. Vaccine appointments will first go to those most at risk of catching, spreading, or having severe complications from COVID-19. The initial groups are called Phase 1A and 1B. If you are eligible, please sign up and you will be assigned an appointment as vaccine becomes available.

If you are not eligible at this time, you can still sign up and TCPH will assign you a group as the State announces other phases. If you show up without an appointment, you will be turned away.

Because vaccine supply is currently limited and we're trying to provide a COVID-19 safe environment for all, there may be some lines outside to aid social distancing and further assure client safety. Please dress appropriately. If standing in line for an extended time is medically difficult, please speak to medical screeners on-site to make other arrangements.

For the most current information on vaccine distribution, please visit

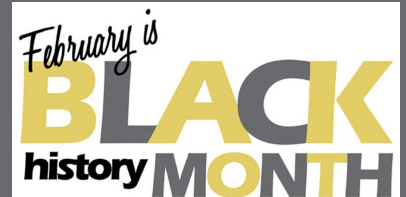
<http://www.tarrantcounty.com/en/public-health/disease-control--prevention/COVID-19/COVID-19-Vaccine.html>

Register here for the COVID VACCINE

- Each person registering needs their own email account. [Learn more about free email accounts here](#)
- Once registered, you will receive a **Covid-19 Vaccination Sign-Up Confirmation**.
- **Watch for information** on your appointment through either text, phone, or email **from Tarrant County Public Health**. Your appointment may be scheduled at any of our partner locations. Please follow the instructions in your appointment message that will ask you to follow a link to complete an online form. You will also need to sign a consent form that you can download and print to bring with you or complete at your appointment. Please **confirm your appointment** per instructions, and plan on arriving at the scheduled place and time.
- You'll receive information on your second dose when you go to your first appointment.



<https://marchforbabies.org/>



www.history.com/topics/black-history/black-history-month

NRH

ECONOMIC DEVELOPMENT

Developer Breaks Ground on Former North Hills Mall, Called City Point



New homes and businesses will soon be built on the land along City Point Drive surrounding North Richland Hills City Hall. Centurion American Development Group is developing the 52 acres, which were once home to North Hills Mall. Located out of Farmers Branch, Centurion is a developer of master-planned communities, including The Riverwalk in Flower Mound, Entrada in Westlake, Mercer Crossing in Farmers Branch, and Founders Parc in Euless.

The new City Point development will have a mix of uses, including 70,000 square feet of restaurant and retail space along City Point Drive and a hotel on the corner of Boulevard 26 and Rodger Line Drive. Additionally, there will be 370 single-family homes and approximately 400 multi-family residences. Construction will be done in phases and is expected to take 5 to 7 years to reach build-out.

Originally part of the Calloway Family's farm, the property became North Hills Mall in the late 1970s. The mall thrived as a regional shopping center for several decades; however, with competition and

changes in shopping patterns, customers and tenants moved elsewhere, and the mall eventually closed its doors in 2004. The mall owner was unsuccessful in revitalizing the property, so the building was demolished in 2007.

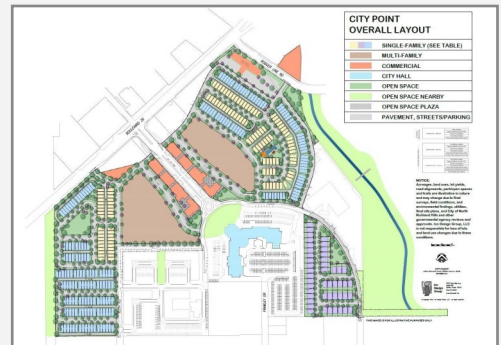
A key catalyst for the project was establishing a tax increment reinvestment zone (TIRZ) called Reinvestment Zone #3. Both the city and county agreed to allocate 25% of incremental property tax revenues within City Point toward the cost of public improvements.

In Spring 2020, construction broke ground on the infrastructure needed to support the new City Point development, including streets, sidewalks, street lighting, water lines, sewer lines, and drainage improvements.

For more information about the City Point Development, visit www.nrhed.com/citypoint or call NRH Economic Development at 817-427-6090.



CITY POINT DEVELOPMENT
(Seen just beyond City Hall)



CITY POINT LAYOUT

Article courtesy of Elizabeth Copeland,
Economic Development Analyst, City of NRH

Question of the Month

Question: In 1942, the BBC banned a song during working hours on the grounds that its infectious melody might cause wartime factory-hands to neglect their tools while they clapped in time with the song. What song is this?

“Deep in the Heart of Texas”

Initially recorded by Alvino Rey and his Orchestra November 21, 1941. Listen [here](#)



CONGRATULATIONS ON YOUR RETIREMENT!

We want to express our most sincere appreciation for your dedication and hard work. Although you will be terribly missed, we do wish you all the best in your retirement. Enjoy!



Jay Singleton
Assistant County Administrator
21 years of service with Tarrant County



Patricia Ward
Community Development Director
25 years of service with Tarrant County



Steve Chaney
Horticulturist, Master Gardener
20+ years of service with Texas A&M AgriLife Extension and Tarrant County



Jack Beacham
Purchasing Agent
24 years of service with Tarrant County



Julie Parks
Human Services Director
25 years of service with Tarrant County



David Phillips
Facilities Management Director
30 years of service with Tarrant County

TARRANT COUNTY DEPARTMENT OF HUMAN SERVICES



Tarrant County Department of Human Services provides temporary rent and utility assistance to low-income county residents thanks to the County Commissioners' support and generosity. The department's mission is to prevent homelessness for people experiencing a crisis causing a reduction in income.

This department helps people when they need it the most. A 73-year-old woman lost her job after she became ill. Her \$794 monthly Social Security stipend was enough to cover rent, food, and medicine, but not enough to pay for utilities. Human Services kept her gas and electricity from being shut off. The agency is a safety net designed to help keep people safe and healthy and remain in their homes. The department does not supplement income but helps stabilize people - some are just one crisis away from being homeless.

Tarrant County Department of Human Services continues to operate during the pandemic. Although the office is closed to the public to protect staff and the public, dedicated employees provide needed financial assistance to applicants/clients during this tragic time through the telephone call center, drop box, and mail.

ELIGIBILITY REQUIREMENTS

There are basic requirements to be met to receive assistance. These include but are not limited to the following:

- Tarrant County resident;
- U.S. Citizen or permanent documented resident;
- An adult over 18 or emancipated minor;
- No accessible resources or assets;
- Must apply for SNAP and other resources;
- Must be disabled or registered for work;
- Must meet specific income guidelines;
- All income is counted and must be verified. Income includes child support, child's SSI, TANF, the income of any person living in the household, ongoing contributions from outside sources, and other income benefits.

CATEGORIES OF ASSISTANCE

DISABLED - Clients must have a currently written verification from an MD or DO stating they are unable to work. Those with long-term disabilities are required to apply for Social Security benefits and may be assisted until they receive a decision from the Administrative Law Judge. Others with short-term disabilities are assisted until their physician releases them for employment.

UNEMPLOYED - Unemployed clients must have no ongoing income, including unemployment benefits. They are required to do job search contacts and attend employment classes. There is a 30-day waiting period for clients who have quit their job or were terminated. Unemployed clients may be assisted three times during a 12-month period.

NEWLY EMPLOYED - Clients who have been unemployed and have just been hired to a new full-time position but have not received their first paycheck may be eligible for assistance under this category.

SPECIAL UTILITY ASSISTANCE PROGRAM (SUAP) - Applicants who receive Social Security benefits or similar income and who meet income guidelines may be eligible for limited utility assistance under this program. All adults living in the household must verify that they are on Social Security or are permanently disabled. The average household income for clients under this program is \$794 per month.

CRISIS - This assistance permits intervention when an unanticipated, time-limited financial emergency occurs, which is unplanned and could not be prevented, that causes deprivation of basic human needs such as food, shelter, and utilities.

TRAINING ASSISTANCE PROGRAM - Low-income residents of Tarrant County who are in the last six months of training for a demand occupation may be eligible for rent and utility assistance.

COVID-19 (Disasters) - Recently, the department created a category of assistance for rent and utilities related to a reduction in income due to disasters such as COVID-19.

The Call Center is open Monday-Thursday, 8:00 am -12:00 pm at **817-531-5620**.

You can find additional information about the Tarrant County Department of Human Services at <https://www.tarrantcounty.com/en/human-services.html>

*Article courtesy of Julie Parks,
Director, Tarrant County Human Services*

2-1-1 ASSISTANCE FOR FAMILIES IN NEED

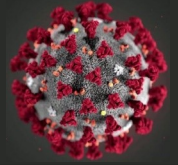
www.211texas.org is a website for individuals needing assistance related to COVID-19. Enter "COVID-19" as search term.

You can also dial 211. The phone line is serviced 24/7.

COVID-19 INFORMATION

CARE 4 TARRANT

Tarrant County Coronavirus (Covid-19) Information Page
 Tarrant County COVID-19 Updates; County Declarations and Orders



[Covid-19 Vaccine](#)



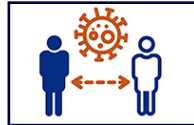
[Covid-19 Testing](#)



[Report a Covid-19 Case](#)



[About Covid-19](#)



[Contact Tracing](#)



[Contact Tracing Alert Messaging](#)



[Local County Orders](#)



[Latest News](#)



[Covid-19 Family Resources](#)



[Covid-19 Transmission](#)



[Covid-19 Health Guidance](#)



[Frequently Asked Questions](#)



[Covid-19 Guidance for Schools](#)

[En Español](#)

[Tiếng Việt](#)

Community Resources & Volunteer Opportunities

6 Stones

- [ACH Child & Family Services](#)
- [Alliance for Children](#)
- [Catholic Charities Fort Worth](#)
- [Christ's Haven for Children](#)
- [Community Enrichment Center](#)
- [Community Storehouse](#)
- [The Gatehouse](#)

GRACE

- [Meals on Wheels of Tarrant County](#)
- [Metroport Meals on Wheels](#)
- [Mid-Cities Care Corps](#)
- [Mission Central](#)
- [North Texas SNAP](#)
- [One Safe Place](#)
- [SafeHaven of Tarrant County](#)

Salvation Army DFW

- [Sixty and Better](#)
- [Tarrant Area Food Bank](#)
- [Tarrant County Homeless Coalition](#)
- [United Way of Tarrant County](#)
- [The Women's Center of Tarrant County](#)

Homelessness: For those in need of **Community Resources** call **211**. If you are experiencing homelessness or are at risk, call **817-996-8800** or click this link to fill out an [Online helpline form](#).

Tarrant Area Food Bank Mobile Pantry Schedule: www.taafb.org

Child Care: [The Best Place for Kids!](#)

Mental Health: For those dealing with mental health issues during the COVID-19 pandemic, call the MHMR (My Health My Resources) **ICare** call center at **817-335-3022** or for the hearing impaired use the **TTY_TDD** numbers at **817-569-4488**.

Employment Solutions

Tarrant County Workforce Solutions has several resources available, but you must register to attend:

- **MAPS Series Virtual Sessions** - Professional development opportunities through a variety of career planning, job seeking, self-evaluation assessments and soft skills.
- **Welcome and Information Session Workshops** - Provide you with access to jobs with immediate openings, no cost workshops, training opportunities and more. Feb. Calendar <https://workforcesolutions.net/events/2021-02/>
- Fort Worth Business Assistance Center** <https://www.fortworthtexas.gov/departments/ecodev/smallbusiness/bac>
- Jobs at AllianceTexas** www.alliancetexas.com/jobs-at-alliancetexas
- Tarrant County College (TCCD)** <https://www.tccd.edu/>
- Tarrant County College Workforce Services** <https://www.tccd.edu/community/workforce-services/>
- Tarrant County Employment Opportunities** <https://www.tarrantcounty.com/en/human-resources/employment-opportunities.html>
- Workforce Solutions for Tarrant County** <https://workforcesolutions.net/>
- Texas Workforce Commission** <https://www.twc.texas.gov/>
- Fort Worth Virtual Career Fair (3/4/21)** <https://www.eventbrite.com/e/fort-worth-virtual-job-fair-march-4-2021-tickets-129787787767?aff=ebdssbdestsearch>
- Career One Stop** www.careeronestop.org/JobSearch/job-search.aspx
- Eventbrite Job Fairs** <https://www.eventbrite.com/d/tx--fort-worth/job-fair/>
- Simplyhired Job Fairs** [https://www.simplyhired.com/search?q=job+fair&l=fort+worth%](https://www.simplyhired.com/search?q=job+fair&l=fort+worth%25)
- USA Jobs** www.usajobs.gov
- Work In Texas** www.workintexas.com/vosnet/Default.aspx
- Linkedin Jobs** www.linkedin.com/jobs

Welcome to our series "Northeast Tarrant County Cities," where we share information about one of the cities located in Precinct 3 in each newsletter. It's impossible to share everything on one page that makes a city great, but we hope to scratch the surface on what makes each city a wonderful place to live, work, and play.

Northeast Tarrant County is home to 16 municipalities in one of the most urbanized regions in the State of Texas. Commissioner Fickes, along with Tarrant County, partners with many entities, including our cities. With these partnerships, our communities continue to thrive via road projects, economic development, public health services, public safety, and emergency management.

Haslet is a city of 1,994 residents located adjacent to Alliance Airport and I-35W in Tarrant and Denton Counties. Established in 1883, Haslet has matured from rural beginnings to become the home of unique residential and commercial opportunities fostering wellness, safety, and civic engagement. Haslet is poised for substantial growth for the next several years with five new residential subdivisions and multiple Haslet-based corporations offering jobs such as Amazon, JCPenney, and Williamson-Dickie.

Students attend the award-winning Northwest Independent School District (NWISD). The NWISD has a vision of empowering learners and leaders to impact the world positively and is one of the State's largest school districts. The new state-of-the-art Haslet Elementary facility opened in 2020 to replace the decades-old existing school. Future plans have this campus joining with new middle and high schools to accommodate Haslet's growing student population.

Haslet is home to the award-winning Haslet Public Library fostering life-long learning and cultural enrichment. The Library provides a gathering place for area residents to take advantage of numerous programs for children and adults of all ages. In addition to traditional library materials, the library provides access to computers onsite and checkout of devices for personal use, e-books, audiobooks, and online access to multiple library collections through its membership in the North Texas Library Consortium. The Northwest Independent School District has recognized the Library as a community partner. It offers books listed on the NWISD student reading lists and online tools to assist students with researching assignments such as The Portal to Texas History and other databases.

The parks and trails are enjoyed by residents and visitors alike. John Gammill Park features a covered pavilion and a fenced-in play area with recently updated all-inclusive playground equipment. The adjacent Haslet Community Park features a perimeter walking trail with solar lighting, covered basketball/multi-use sports court, 18-hole disk golf course, covered picnic area, and restrooms. Other recreational offerings include tai chi, yoga, the senior and community center, and area sports organizations including the Haslet Sports Association for youth baseball, softball, basketball, and volleyball and the Haslet Area Soccer Association for youth soccer.

Haslet offers an annual slate of special events including the signature Wild West Fest and Rodeo, Christmas in the Park, Annual Easter Egg Hunt, Independence Day Celebration, National Night Out, and Haslet Hustle.

The Haslet Fire Department is a regional emergency services agency that provides fire and medical emergency response to citizens and residents of the immediate unincorporated surrounding area of north Tarrant County. Police protection services are contracted through and provided by the Tarrant County Sheriff's Department.

Take time and explore Haslet. You will discover the many amenities and enjoyments experienced by those that call it home.



City of Haslet

101 Main Street, Haslet, Texas 76052-3309
817-439-5931

- Emergencies 9-1-1
- After Hours Water/Wastewater Management Emergency 817-829-4415
- Police Non-Emergency 817-884-1213
- Fire Department 817-439-1048
- Animal Control 972-382-3647
- Code Enforcement 817-439-5931 x107
- Library 817-439-4278
- Municipal Court 817-439-5931 x108
- Public Information/Inquiries 817-439-5931 x102
- Permitting and Building Inspections 817-439-5931 x115
- Special Events and Parks 817-439-5931 x100
- Utility New Accounts/Billing 817-439-5931 x101

www.haslet.org



EMPOWERING SENIORS CONTINUES THROUGHOUT THE YEAR

Due to the pandemic, we held last year’s Empowering Seniors event virtually so we could keep you safe, and we have since updated the website to keep you connected to essential resources to help you in your daily life. Please be sure to visit often as new content and games are added regularly.

Happy Valentine’s Day. We are bringing you some February fun with new content and a new game. The “Heart to Heart Scavenger Hunt” game started yesterday—find the letters and unscramble for the solution to be eligible for the drawing for a \$50.00 Visa Gift card. GOOD LUCK!

<https://empoweringseniors.com>

Congratulations to our two most recent game winners: Anita Jeannet who won the Jingle Jangle Holiday Scramble drawing, and Claudia Taylor who won the ‘Tis the Season for Trivia game drawing. Each won a VISA gift card. Will you be our next lucky winner?



Heart to Heart

Game starts February 8th



Scavenger Hunt

Shortcuts to your favorite places... Click on the box of your choice.

Sponsors	Special Guest Videos	Virtual Expo	Ask the Doctor/ Provider Workshops	Resources	Other Helpful Videos	Fun and Activities
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Decluttering: Why Less is More

Decluttering is a trend that is sweeping the nation, and for good reason.

Clutter can be the source of stress, memory problems, and can make you less safe in your own home. Decluttering an entire home may seem like a daunting task, but benefits are absolutely worth the effort.

Why Declutter?

SAFETY. Whether you’re downsizing to a smaller space or planning to age in place, home safety should be a top priority. Reducing clutter can help decrease your risk of dangerous falls and accidents that could lead to a loss of mobility and independence. Clearing away the clutter is especially important for older adults who rely on a walker or other mobility device. Decluttering will allow for easier movement around your living space.

ORGANIZATION. If you feel like you spend a lot of time searching for misplaced items, you’re not alone. House keys, reading glasses and the TV remote control are among the items people tend to misplace. Removing clutter from your home will make it easier to find the items you need when you need them, especially if you commit to putting things in their proper place (and only in their proper place) each time you use them.

MENTAL HEALTH. Clutter can leave you feeling stressed, anxious and even depressed. Studies have also shown that a messy or disorganized environment can make it difficult to process information. Reducing clutter will create a more open, spacious environment that will benefit you both physically and mentally.

Now that you know why decluttering is so important, here are three tips to help you get started:

Sort your stuff. It doesn’t matter where you begin, whether it’s one whole room, one small cabinet or one pile of paperwork. Decide what space you want to tackle, and then put those belongings in one of these categories: keep, donate or trash. If an item is important and useful to you, keep it. If an item does not “spark joy” - a term coined by organization expert Marie Kondo - then it may be time to let it go. Kondo suggests you “thank the item for its service” and then decide whether it belongs in the trash or donation pile.

Set a time limit. Set aside an hour or two each day and do as much as you can for that amount of time. Rather than wearing yourself out or becoming overwhelmed, you can stop when the time is up and then readily return to the task the next day.

Ask someone to help you. Whether it is a close friend or a family member, having another person there with you can keep you focused through the process – and can even help make it a little fun. Some items may spark a happy memory you want to share. Your “declutter buddy” can provide positive



reinforcement when you’re choosing whether to keep or toss an item. Those decisions are often the hardest part of decluttering.

[Read more](#)

Article courtesy of our Empowering Seniors Presenting Sponsor, Care N’ Care Insurance Company, Inc.

care@care
Insurance Company, Inc.



SENIOR NEWS



TAX PREPARATION ASSISTANCE

*****Many sites are temporarily closed*****

Some VITA/TCE sites do not operate at full capacity this year, and others are not opening.

To locate an open site near you, use the [VITA/TCE Locator Tool](#) (800-906-9887) or the [AARP Site Locator Tool](#) (888-687-2277)

Note: The locator tools are updated throughout the filing season, so check back if you don't see a nearby site listed. Please review the other online resources and tax help tools on IRS.gov, including tax forms, instructions and publications, online payment methods, and options to file with [IRS Free File](#) – free for most taxpayers. The American Association of Retired Persons (AARP), Volunteer Income Tax Assistance (VITA), and Tax Consulting for the Elderly (TCE) offer free tax help to people who generally make \$57,000 per year or less. Tax counselors will answer your questions and assist with preparing your 2020 tax forms utilizing IRS-approved, professional computer programs.

For a complete list of what to bring, click on the link below:
[Important Documents to Bring to the Tax-Aide Site](#)

How Does Sleep Affect Your Heart Health?

Getting adequate sleep isn't just important for your energy levels—it's critical for your heart health, too. Sleep helps your body repair itself. Getting enough good sleep also helps you function normally during the day. Most adults need at least 7 hours of sleep each night. While it may be fine for a day or two, not getting enough sleep over time can lead to serious health problems—and make certain health problems worse.

What can I do to get better sleep?

- Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.
- Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.
- Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.
- Don't eat or drink within a few hours of bedtime; avoid alcohol and foods high in fat or sugar in particular.
- Keep your bedroom cool, dark, and quiet.

Work with your health care team to identify obstacles to good sleep, including other medical conditions.

More information at <https://www.cdc.gov/>

CURBSIDE DROP-OFF Tax Help

(February 1 - April 30)

Call for appointment 682-428-2939

Community Enrichment Center

6250 Northeast Loop 820
North Richland Hills
Monday & Wednesday 2-7 p.m.
Thursday 3-7p.m.
Saturday 9 a.m. to 2 p.m.

GRACE

837 E. Walnut St.
Grapevine
Monday, Tuesday, Wednesday
& Friday 2-7 p.m.

How Curbside Drop-Off Works

- Call **682-428-2939** for an appointment.
- You'll be given a time to drop off documents at the location.
- Documents will be copied and returned to taxpayer.
- You must have a Social Security Card or ITIN.
- Staff will complete the tax return onsite the day the information is received.
- Taxpayers will remain in their vehicles at all times.
- Taxpayers will need to wear a mask.

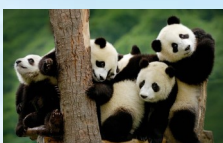
Who Is **NOT** Eligible?

- Taxpayers who file Married Filing Separately.
- Taxpayers who have rental income.
- Taxpayers with business expenses over \$35,000.

VIRTUAL ENJOYMENT - Animals, Oceans, Nature and the Universe

San Diego Zoo - Live Cams

[Ape](#) [Hippo](#)
[Baboon](#) [Koala](#)
[Burrowing Owl](#) [Panda](#)
[Condor](#) [Penguin/Platypus](#)
[Elephant](#) [Polar Bear](#)
[Giraffe](#) [Tiger](#)



Smithsonian's National Zoo

- [Lion Cam](#)
- [Giant Panda Cam](#) (Mei Xiang and her cub)
- [Elephant Cam](#) (Meet Spike, Bozie, Kamala, Swarna and Maharani)

Nature & Music by Peter B. Helland, and Other

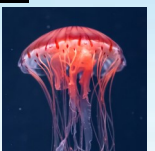
- [Sunny Mornings](#)
- [3 Hours of Beauty](#)
- [6 Hours of Music and Nature](#)
- [Worlds Most Beautiful Places](#)
- [Universe Fly-Through](#)

Oceans - Live Cams

[Tropical Reef Aquarium](#)
[Waimea Bay, Hawaii Cam](#)
[Deerfield Beach Underwater Cam](#)
[OrcaLab Main Cam](#)

Monterey Bay Aquarium

[Jelly Cam](#)
[Open Sea Cam](#)
[Monterey Bay Cam](#)



Calendar

- Feb 13 Grapevine Sweetheart Wine Trailwww.grapevinetexasusa.com
- Feb 14 Valentine's Day
- Feb 15 Presidents' Day.....
- Feb 23 - 24 Tarrant County Days: Virtual -*Visit your area chamber for details*
- Feb 25 Town of Trophy Club: Fun Run 4 Kindnesswww.trophyclub.org
- Feb 26 HEB Chamber: Annual Awards Luncheonwww.heb.org
- Feb 27 Colleyville Clean Sweepwww.colleyville.com
- Feb 27 Alliance for Children: Let's Play Bingo! ...www.allianceforchildren.org
- Feb 28 Virtual Haltom Stampedewww.haltomcitytx.com
- Mar 6 City of Roanoke Fishing in the Parkwww.roanoketexas.com
- Mar 14 Daylight Savings Time.....
- Mar 15 Colleyville Lions Knights of Sight Golf Tourn.www.colleyvillelions.com
- Mar 15-19 Spring Break.....
- Mar 17 St. Patrick's Day.....
- Mar 24 Keller Chamber Awards Luncheonwww.kellerchamber.com
- Mar 26 CASA: Pull For Kids Clay Shootwww.speakupforachild.org
- Mar 27 - Apr 3 Casey's Kids Family Fun Run-City of Keller ...www.runsignup.com
- Mar 27 Colleyville Chamber: City Slickerswww.colleyvillechamber.org
- Mar 29 Cesar Chavez Day.....
- Apr 2 Good Friday.....
- Apr 4 Easter.....
- Apr 5 Southlake Chamber: Annual Golf Shootoutwww.southlakechamber.com
- Apr 10 Heritage Park Open Housewww.eulesstx.gov
- Apr 15 Tax Day.....
- Apr 16 SafeHaven: Purple Partywww.safehaventc.org
- Apr 16-17 6Stones: CPRwww.6stones.org
- Apr 17 City of Bedford: Clean Up Bedford Daywww.bedfordtx.gov
- Apr 19 GCISD Annual Golf Tournamentwww.gcedfoundation.org
- Apr 22 HEB Chamber Golf Classicwww.heb.org
- Apr 22 Keller Chamber: 2021 Fired Upwww.kellerchamber.com
- Apr 24 City of Colleyville: Car Show.....www.colleyville.com
- Apr 30 -May 1 6Stones: CPR.....www.6stones.org

Chambers of Commerce

- Colleyville Chamber of Commercewww.colleyvillechamber.org
- Grapevine Chamber of Commercewww.grapevinechamber.org
- HEB Chamber of Commercewww.heb.org
- Greater Keller Chamberwww.kellerchamber.com
- NE Tarrant Chamber of Commercewww.netarrant.org
- Metropolitan Chamberwww.metroportchamber.org
- Southlake Chamberwww.southlakechamber.com

Senior Centers

- Bedford Senior Center (817) 952-2326 www.bedfordtx.gov
- Colleyville Senior Center (817) 503-1195 www.colleyville.com
- Eules Family Life Sr. Center..... (817) 685-1671 www.eulesstx.gov
- Grapevine Active Adults at The REC (817) 410-3465 www.gograpevine.com
- Haltom City Sr. Citizens Center..... (817) 834-8021 www.haltomcitytx.com
- Haslet Senior Weekly Meetings (817) 439-5931 www.haslet.org
- Hurst Sr. Citizens Activities Center (817) 788-7710 www.ci.hurst.tx.us
- Keller Senior Activities Center..... (817) 743-4370 www.cityofkeller.com
- N. Richland Hills Senior Center (817) 427-6600 www.nrhtx.com
- Richland Hills Sr. Activities Center (817) 616-3738 www.richlandhills.com
- Southlake Senior Activity Center ... (817) 748-8315 www.ci.southlake.tx.us
- Watauga Senior Center (817) 514-5892 www.ci.watauga.tx.us

(Please note, center opening and hours have changed due to the public health situation. Be sure to call them for current information concerning their center.)



Centered in Care
Powered by Pride

Locations In Northeast Tarrant County

Health Clinics

Gertrude Tarpley JPS Health Center .. 817-514-5036
6601 Watauga Road, Watauga 76148

JPS Medical Home Northeast Tarrant 817-702-1100
3200 W. Eules Boulevard, Eules 76040

School-Based Clinics

Birdville 817-547-3046
8200 O'Brian Way, N. Richland Hills 76180

Birdville 817-759-2035
2807 Layton Avenue, Haltom City 76117

Grapevine/Colleyville 817-251-5751
3050 Timberline Drive, Grapevine 76051

HEB 817- 399-3500
3115 W. Pipeline Road #B, Eules TX 76040

Georgia Kidwell - HEB 817-399-3366
3115 W. Pipeline Road #D, Eules TX 76040

For a complete list of Health Clinics and
School-Based Clinics log onto:
www.jpshealthnet.org

COUNTY HOLIDAY CLOSINGS

February 15 - Presidents' Day
March 29 - Cesar Chavez Day

Commissioner's Office Precinct 3

Gary Fickes, Commissioner
gufickes@tarrantcounty.com

Rebecca Barksdale, Precinct Administrator
rbarksdale@tarrantcounty.com

Devin Sanders, Community Outreach Coordinator
dwsanders@tarrantcounty.com

Theresa Parsons, Assistant Precinct Administrator
tparsons@tarrantcounty.com

Freida Landerholm, Office Administrator
fnlanderholm@tarrantcounty.com

Dee Long, Office Administrator
sdlong@tarrantcounty.com

Northeast Courthouse
645 Grapevine Highway, Suite 200
Hurst, Texas 76054
817-581-3600
Fax: 817-581-3603