

Roy Charles Brooks
Tarrant County
Commissioner



September 2017
Volume 2, Issue 3



PRECINCT ONE NEWS

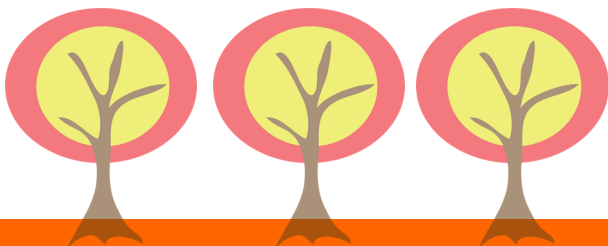
MESSAGE FROM COMMISSIONER ROY CHARLES BROOKS

My esteemed friends and neighbors,

First and foremost, thank you for your continued support of our activities in Tarrant County Precinct One. I am truly honored to have the opportunity to represent you here locally as well on a national level through the National Association of Counties. Together we are stronger and establish a longer reach for a more effective and impactful outcome.

As we enter into the Fall, my focus will be on serving the underserved as well as planning for our upcoming events. This year's Alzheimer's Education Seminar turned out to be another successful event. Along with over 40 exhibitors from across the county, participants benefited from education seminars through presentations and interaction.

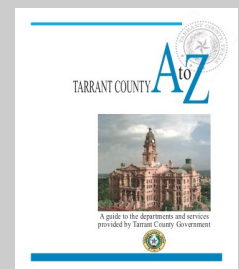
Lastly, I invite you to please give your input and comments about newsletter items. Questions and submissions can be emailed directly to our team at pctl@tarrantcounty.com.



Sincerely,
Roy Charles Brooks
Roy Charles Brooks

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Don't Miss The Award-Winning 9th Annual

EMPOWERING Seniors

AGES 50 PLUS

Tarrant County Commissioner Gary Fickes
An Event for Caregivers, Boomers and Seniors

Presenting Sponsor **care@care**
Insurance Company, Inc.

with... **NEIL SPERRY** | **TROY DUNGAN**
The Most Familiar Voice in Texas Horticulture | Iconic Weatherman and Care N' Care Member

FRIDAY, OCTOBER 6, 2017
9:00 A.M. TO 2:00 P.M.

FIRST EULESS CAMPUS WEST
205 N. Industrial Blvd. • Bedford, Texas

For complete details and to register, please visit
www.empoweringseniors.com or call **817-581-3600**

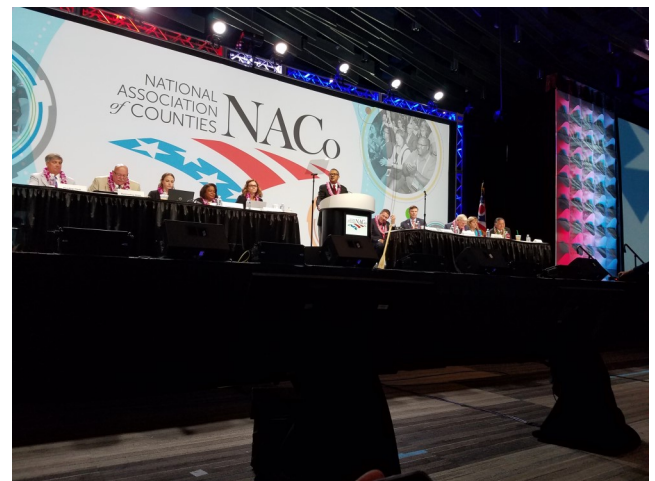
Plus

FREE FLU SHOTS
with your Medicare Card!

REGISTER TODAY

MEET YOUR NEW NACo PRESIDENT!

On July 24, 2017, Tarrant County Commissioner Roy Charles Brooks was sworn in as the new President of the National Association of Counties (NACo). In his new role, Commissioner Brooks will focus on his presidential initiative, "Serving the Underserved." This initiative will focus on the critical role counties play in breaking multi-generational cycles of poverty, especially with children. NACo unites the country's 3,069 county governments and officials together to advocate on national policy, exchange ideas and build new leadership skills, pursue transformational county solutions, enrich the public's understanding of county government, and exercise exemplary leadership in public service. For more information on NACo and Commissioner Brooks' presidential initiative please visit www.naco.org.



CARNAVAL DE SALUD

In its 12th year, Carnaval de Salud will move to a new location. This year's health fair will take place in Downtown Fort Worth at the Tarrant County College Trinity River Campus. Hosted by the Hispanic Wellness Coalition, the fair will provide families with free flu shots, free health screenings along with music and fun. This is a family friendly event where all are welcome.

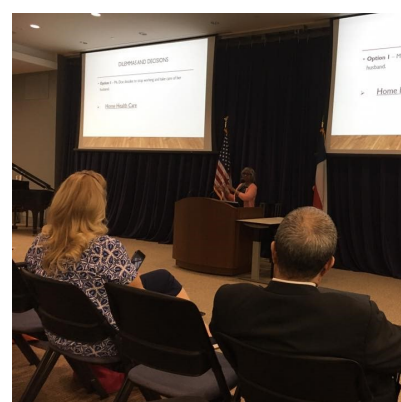


Saturday, October 7
9AM—1PM
TCC Trinity River
300 Trinity Campus Circle
Fort Worth, TX 76102



HLM: ALZHEIMER'S EDUCATION SEMINAR

Commissioner Brooks held his 2nd Annual Healthy Lives Matter Alzheimer's Education Seminar on August 19, 2017. Over 200 attendees took advantage of educational sessions presented by speakers from both the medical and educational professions. We would also like to recognize and thank the AGE-u-cate Training Center for making our Dementia Live Experience a possibly event attendees. Thank you to all the speakers, sponsors, partners, volunteers and staff that made this event a possibility again this year. We hope to see you again next year!



SAVE THE DATE

4th Annual
Prostate Cancer
Screening Event

Healthy
Lives Matter

02.10.18

MEET: SIXTY & BETTER

Have you heard about the non-profit organization Sixty & Better? Can you believe they have been providing services to Tarrant County residents for 50 years now? If you have NOT heard of this organization and you ask yourself how this is so. That is because Sixty & Better is not a new organization, they are the formerly known Senior Citizens Services of Greater Tarrant County! On September 9, 2017, Sixty & Better celebrated their Golden Anniversary by honoring cofounders, Roz Rosenthal and Evelyn Siegel. And although the name of the organization has changed, the mission is still the same, “to empower older adults to live with purpose, independence and dignity.” Congratulations Sixty & Better on your 50th Anniversary. We look forward to your next 50 years of vital services in our communities.

If you would like to find out more about Sixty & Better be sure to visit their website at

www.sixtyandbetter.org.



HAVE YOU HEARD OF NAMI TARRANT COUNTY?

In a world of uncertainty and time limits, the National Alliance of Mental Illness (NAMI) of Tarrant County is a non-profit organization dedicated to improving the lives of individuals with serious mental illnesses. NAMI works with one of our most delicate population. Often times there is a stigma associated with those with mental disorders.

NAMI Tarrant County makes it their mission to, “improve the quality of life for all affected by mental illness, to support their recovery,

and to eradicate the stigma and misconceptions of mental illness.” Free classes and peer support groups are offered each month throughout the county. In addition to education, NAMI organizes walking events nationally to raise awareness and fund local programs.

If you would like to find out more about NAMI Tarrant County or to register for this year’s NAMIWalk, taking place on October 14, please visit www.namitarrant.org.



Tarrant County

COWBOY SANTAS PROGRAM REGISTRATION NOW OPEN

Cowboy Santas Program Inc. is a non-profit organization that provides toys to children (12 and under) from low-income Tarrant County families. Founded in 1981, community leaders realized how difficult the holiday season was for some families and decided to help. Since then, the program has grown from providing assistance out of Fort Worth, to providing assistance throughout the entire county.



Families can register three different ways:

1. Register at CAP Centers - Beginning in September
2. Register at the Cowboys Santas Warehouse - Beginning in October - 541 North Main Street, Fort Worth, TX 76164
3. Mail in Application - Coming Soon

For center locations please visit the Cowboy Santas website at www.cowboysantas.org

NEW VETERANS GRANT IN FORT WORTH

On September 8, 2017, the Texas Veterans Commissioner made a special visit to Fort Worth to award several non-profit organizations and foundations with grants to fund veteran services. The City of Fort Worth's Community Action Partners (CAP), a community action agency, was one of those awardees. Other awardees included United Way of Tarrant County and the Presbyterian Night Shelter. CAP was awarded \$300,000 to fund the Forward Home Veteran Assistance Program. This program will assist income-eligible veterans and families with rent, mortgage and utility bills. In addition to financial assistance, the program will connect

clients with other resources that included legal aid, training, employment and home modifications for those who are disabled.

Veterans in need of services can call (817) 392.5790 or visit the CAP website at www.fortworthtexas.gov/CAP



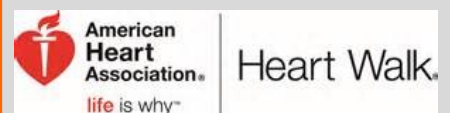
TARRANT COUNTY HEART WALK



On Saturday, September 9, 2017, Commissioner Brooks along with Tarrant County Judge Glen Whitley and county staff, participated in the Tarrant County Heart Walk. Each year, the American Heart Association (AHA) organizes a walk in Fort Worth, where participants can run or walk a one or three mile course.



County employees not only participated in the walk but helped to raise funds for the AHA. Be sure to visit the AHA website at www.heart.org



WHAT ARE OPIOIDS AND WHY IS THERE AN EPIDEMIC?

What are opioids? Simply put, opioids are a type of narcotic pain medication. They are usually prescribed to patients to treat moderate-to-severe pain following surgery, injury, or health conditions such as cancer.¹ Opioids work by binding to receptors in your brain, spinal cord, and other areas throughout your body.²

Examples include:

- Codeine
- Hydrocodone
- Morphine
- Oxycodone

Side effects include:

- Tolerance
- Physical dependence
- Increased sensitivity to pain
- Confusion
- Depression
- Nausea, vomiting, and dry mouth

Despite the risk and lack of evidence about long-term effectiveness, there has been an increase in the acceptance and use of prescription opioids for pain-management.

This epidemic is affecting people from all races and economic statuses. Anyone can become dependent on these drugs. Today, opioids kill more people than any other drug and car accidents.³ And it does not matter where you live, this epidemic is in urban and rural areas across the United States. Some states have more opioid prescriptions than people!³

The Center for Disease Control and Prevention tells us that the best way to prevent opioid overdose deaths is to:

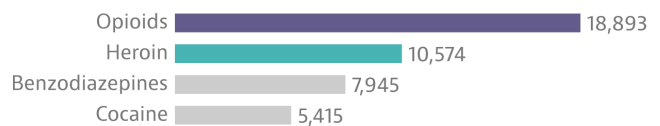
1. Improve opioid prescribing
2. Reduce exposure to opioids
3. Prevent misuse
4. Treat opioid use disorder



More than
40
PEOPLE

die every day from overdoses involving **prescription opioids.**

Drug Overdose Deaths in 2014



Data: CDC



Nearly
HALF

of all opioid overdose deaths involve a **prescription opioid.**



Risk Factors for Prescription Opioid Pain Reliever Abuse and Overdose



Obtaining overlapping prescriptions from multiple providers and pharmacies.



Taking high daily dosages of prescription opioid pain relievers.



Having mental illness or a history of alcohol or other substance abuse.



Living in rural areas and having low income.

Retrieved from CDC website

References:

1. [CDC.gov](http://www.cdc.gov)
2. [WebMD.com](http://www.webmd.com)
3. [PBS.org](http://www.pbs.org)

ROY CHARLES BROOKS

Commissioner
Precinct One

ADMINISTRATIVE OFFICES

Miller Avenue
Administration Building
3500 Miller Avenue
Fort Worth, TX 76119
Phone: (817) 531-5600

Southwest Sub-Courthouse

TEMPORARY LOCATION

Phone: (817) 370-4500

Maintenance Facility
800 E Rendon–Crowley Road
Burleson, TX 76028
(817) 615-4050

Director of Field Operations
Dr. T.C. Webster

EMAIL:



STAY CONNECTED:



COMMUNITY CALENDAR

- September.....National Prostate Cancer Awareness Month
- September 22-25.....HWNT State Conference, click [HERE](#)
- September 24.....2017 Worth Reading Celebration, click [HERE](#)
- September 28.....FWHCC’s Five Pillar Lecture Series: Business, click [HERE](#)
- September 28.....Forest Hill’s Hispanic Heritage Month Celebration, click [HERE](#)
- October 3.....[National Night Out](#)
- October 3.....Hasta Los Muertos Bailan HWNT Gala, click [HERE](#)
- October 6.....Empowering Senior, click [HERE](#)
- October 6.....SafeHaven’s Legacy of Women Awards, click [HERE](#)
- October 7.....Carnaval de Salud, click [HERE](#)
- October 9.....Columbus Day (County Office Open)
- October 13.....The Women’s Center Monster Mash Event, click [HERE](#)
- October 13.....Communities in Schools’ Women & Shoes Event, click [HERE](#)
- October 14.....NAMIWalks, click [HERE](#)
- October 14.....Lord’s Acre Harvest Festival, click [HERE](#)
- October 26.....FWMBCC Golf Classic, click [HERE](#)
- October 28.....Take Back Meds Day, click [HERE](#)
- Nov 5.....Daylight Saving Time Ends
- November 19.....Parade of Lights, click [HERE](#)
- November 23.....Fort Worth YMCA Turkey Trot, click [HERE](#)
- November 23-24.....Thanksgiving (County Offices Closed)
- December 24-25.....Christmas (County Offices Closed)

OUR ADMINISTRATIVE TEAM

Cathy Young Junior
Executive Administrator of
Administrative and Constituent Services

Roderick Miles, Jr.
Executive Administrator of
Programs and Outreach

Amanda Applon
Community Outreach Coordinator

Jeanette Martinez
Asst. Precinct Administrator

Stephanie D. Thompson
Office Administrator

Leon Polk
Executive Secretary

