

# 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.

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## 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.

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## 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.

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## 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.

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## 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.

# 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.

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## 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.

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## Understanding Medicare



**Room 4**  
(Green Expo)

Karen Travit  
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.

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## 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.

# Workshops 11:00 - 11:40

## Medicare 2015 Tips & Updates

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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.

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## 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.

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## 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.

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## 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.

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## 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.

# 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.

