

PRESENTING



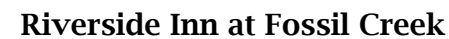
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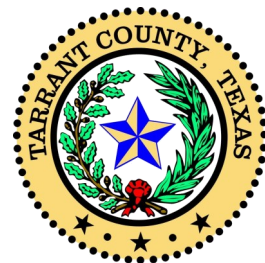
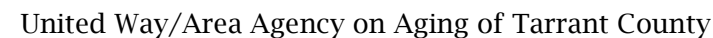
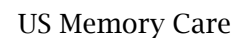
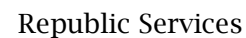
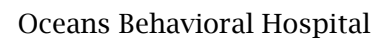
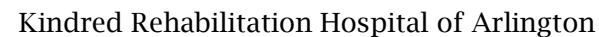
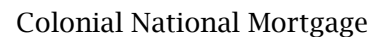
GOLD



SILVER



BRONZE



Courier-Journal

HEB News

Keller Citizen



Tarrant County Commissioner Gary Fickes

A Health & Lifestyle EXPO 2015

For Caregivers, Boomers and Seniors



BOOTH 33

MEET Dallas Cowboys Legend & NFL Hall of Famer **RANDY WHITE**
9:30 a.m. to 11:30 a.m.

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The Courier-Journal
The Keller Citizen

EXHIBITORS

Service Master of Euless
Social Transportation for Seniors (STS)
Star-Telegram
Stoneybrook Memory Care of Grapevine
Super Value Pharmacy
Tarrant County Clerk's Office - Vital Records
Tarrant County College JRWA Program
Tarrant County College Senior Ed Program
Tarrant County Commissioner Gary Fickes
Tarrant County Criminal District Attorney
Tarrant County Elections
Tarrant County Tax Assessor - Collector
Tarrant County Veteran Services
Tarrant County's Credit Union

TEX Rail
Texas Health Harris Methodist Hospital H-E-B
Texas Insurance Provider Services (TIPS)
Texas Seniors' Guides
Texas Star Adult Medicine
The Senior Voice
The Wellington at North Richland Hills
Trina Health North Texas
U.S. Congressman Kenny Marchant
United Way/Area Agency on Aging of Tarrant County
University of North Texas Health Science Center
US Memory Care - Colleyville
USMD Health System
Vascular Medicine Institutes
Visiting Angels

What an awesome event! I was so happy to be a part of it. I thoroughly enjoyed sharing some information with the attendees and I truly enjoyed their conversation, questions, comments, and jokes. It was so nicely organized and ran so smoothly, it was simply a joy to participate. Thanks for including us in this awesome event. I look forward to supporting and participating in it next year! Monica S., 2014 Exhibitor

The Senior Voice

A Free Community Newspaper



- Grand Times with your Grand Kids
- Informative Articles
- Entertainment and Events
- Fascinating Profiles
- Health and Well-Being
- Resources and Services
- And Much More...

For more information or to sign up for The Senior Voice Weekly, call 972-862-2668 or go to www.theseniorvoice.com

EXHIBITORS

6 Stones

A Changing Season
AARP

Aging & Disability Resource Center (ADRC)
Allstate - Lori Dixon
Alzheimer's Association
Area Chambers of Commerce
Area Senior Centers
Arlington Cancer Center

AT&T

Atmos Energy
Autumn Leaves of Fossil Creek
Avante Rehabilitation Center
Awareness Chiropractic
Back In Motion Family Chiropractic

Bardley Benefits

Baylor Regional Medical Center at Grapevine
Blue Cross Blue Shield of Texas
Bluebonnet Hills Funeral Home & Memorial Park

BrightStar Care of Grapevine
Brookdale Senior Living
Brookshire Dental

Call A Ride of Southlake (CARS)

Cantex (The Carlyle, The Harrison & Hollymead)
Captel Outreach

Catholic Charities Fort Worth
Chateau on Wildbriar Lake

Cigna-HealthSpring
City of Bedford

Colonial National Mortgage
ComForCare Home Care

Community Enrichment Center

Dan Dipert Tours & Coaches
Dancing River Assisted Living
Documation

Donate Life Texas
Easter Seals North Texas

Elite Audiology Resources

Emerald Hills Funeral Home and Memorial Park
Eules Family Life Senior Center
Extension Home Health Services

Eye Consultants of Texas

Financial & Estate Planning Services

First Baptist Church Eules

Fletcher Consulting
For Love & Art

Foundation Dental Solutions
GRACE

Grapevine Yoga

Guardianship Services, Inc.

Heard It Through The Grapevine Audiology

Helping Restore Ability

Heritage House of Keller

Home Care Assistance

Hurst Senior Activities Center

Insurance Solutions USA

Jack's Place Assisted Living

James L. West Alzheimer's Center

JPS Health Network

Kindred Rehabilitation Hospital of Arlington

Kroger

Legends770KAAM

Lift-Aids, Inc.

Lions Club District 2-E2

Love To Hear Again

Lucas Funeral Homes

Meals on Wheels, Inc. of Tarrant County

Medicaid Solutions for Texans - John E. Hampton

Medication Outreach Center

Metroport Meals on Wheels

MHMR of Tarrant County

Mid-Cities Care Corps

MidCities Pharmacy

Moncrief Cancer Institute

North Hills Hospital

North Texas Orthopedics

Northeast Seniors Community Forum

Oceans Behavioral Hospital

Office Depot

Oncor Electric Delivery

Parkwood Retirement Community

Protenium Clinical Research

Radiant Care Hospice

Republic Services

Riverside Inn & Meadowbrook Memory Care

Senior Assist Texas

Senior Citizen Services of Greater Tarrant County

Senior Corps Retired & Senior Volunteer Program (RSVP)

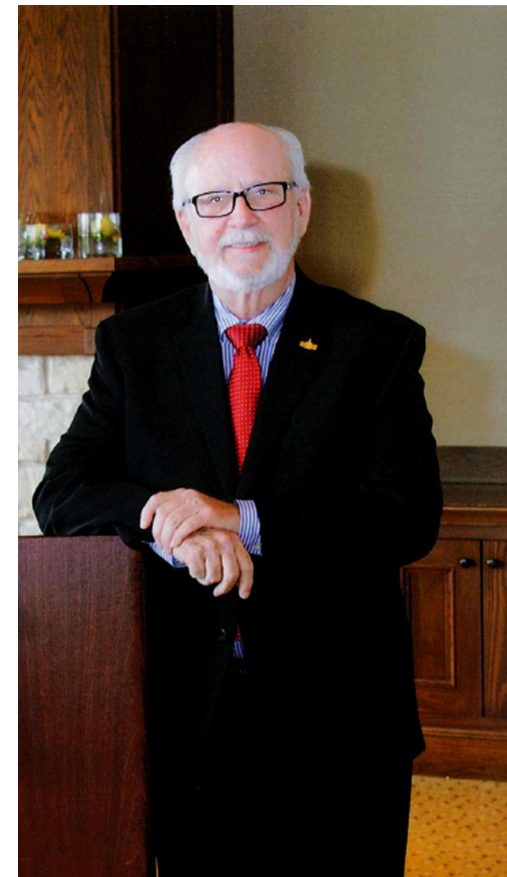
Senior Focus Groups

Senior Getaways

Senior Reverse Mortgage Services

Seniorific News

COMMISSIONER'S WELCOME



Welcome to Empowering Seniors 2015, 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 Eules 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

Staff of Commissioner Gary Fickes
Tarrant County, Precinct 3

Rebecca Barksdale, Precinct Administrator
Devin Wenske, Community Outreach Coordinator
Theresa Parsons, Assistant Precinct Administrator
Freida Landerholm, Office Administrator
Roselee Kerr, IT Senior Support Specialist
Richard Schiller, Director, Field Operations

Northeast Courthouse - 645 Grapevine Hwy., Ste. 200, Hurst Texas 76054 | 817-581-3600

Our Empowering Seniors Committee

Judy Atwood, Faye Beaulieu, Melissa Burleson, Rocky Dehkiani, Amanda English, Marcia Etie, John Fletcher, Renee Frizzell, Jodi Griggs, Michelle Holloway, Ron Parish, Scott Sheppard, David Stuckey, Michelle Varley, and Vickie Vickers.

CELEBRITY GUEST

RANDY WHITE

Meet Dallas Cowboys Legend, Super Bowl MVP
and Pro Football Hall of Famer



**BOOTH
33**
9:30 - 11:30 a.m.

Our Fabulous Food Booths

Anna's
Mexican Grill
Booth #118

Bacon's
Bistro & Cafe
www.BaconsBistroandCafe.com
Booth #54

Black-eyed Pea
HOME STYLE COOKING AT ITS BEST™
Booth #109

Chick-fil-*&*
Hurst
Booth #21

DICKEYS
BARBECUE PIT
Booth #102

Kroger
Booth #48

McALISTER'S
DELI
CATERING *that Delivers*
Booth #105

Palo's
Pizza Cafe
Booth #32

Rita's
Ice-Custard-Happiness
Booth #4

Sweet
Memories
Cakes & Catering
138 Kaller Parkway
Keller, TX 76248
(817) 379-3777 * (817) 337-5331
www.sweetmemoriescakes.com
Booth #141

TEXAS
ROADHOUSE
Booth #40

Seniorific.com

&

Seniorific News

Serving Seniors and Caregivers with
Information to Improve the Best Time of Life

... **TODAY!**

Thank you Door Prize Donors

A Changing Season
 Advanced Healthcare-Heritage House of Keller
 Atmos Energy
 Avante Rehabilitation Center
 Awareness Chiropractic
 Back In Motion Family Chiropractic
 Bardley Benefits
 Blue Cross Blue Shield of Texas
 Brookdale Senior Living
 Brookshire Dental
 Cantex (The Carlyle, The Harrison, Hollymead)
 Community Enrichment Center
 Chateau on Wildbriar Lake
 Cigna-HealthSpring/Cigna-Medicare
 Dan Dipert Tours & Coaches
 Dancing River Assisted Living
 Elite Audiology
 Eye Consultants of Texas
 Financial & Estate Planning Services
 Foundation Dental Solutions
 Heard it Through the Grapevine Audiology

Kindred Rehabilitation Hospital of Arlington
 Love to Hear Again
 Lucas Funeral Home
 Medication Outreach Center
 Moncrief Cancer Center
 North Hills Hospital
 Parkwood Retirement Community
 Protenium Clinical Research
 Riverside Inn & Meadowbrook Memory Care
 Senior Corps Retired & RSVP
 Senior Getaways
 Senior Reverse Mortgage Services
 Stoneybrook Memory Care
 Super Value Pharmacy
 Texas Star Adult Medicine
 The Wellington at North Richland Hills
 Trina Health North Texas
 US Memory Care
 United Way/Area Agency on Aging of Tarrant County
 Vascular Medicine Institutes
 Visiting Angels

(As of September 27, 2015)

DOOR PRIZE OPPORTUNITY!!!

- Visit exhibitor booths listed on the front of the passport to get a stamp for their booth.
- Collect a minimum of 8 stamps for door prize eligibility.
- Write your name and phone number on the card.
- Turn card into **door prize booth #84**

Door prize drawings begin at 10:00 a.m. and continue throughout the day until all door prizes have been drawn.



GOOD LUCK!

Thank you to our Senior Centers, Cities, Chambers of Commerce and District 2E2 Lions Club for your support of Empowering Seniors and a special thank you to Kroger for providing our bottled water for today's event.

AGENDA

8:30 a.m.	Morning Coffee and Check-In
9:00 a.m.	Expo Opens
9:00 - 2:00	Health Screenings & Entertainment
9:30 - 10:10	Workshops - Session 1
9:30 - 1:30	Ask the Doctor/Provider Panel (3 Sessions-see page 15)
9:30 - 1:30	Bingo Sessions (Green Room)
10:30 - 11:10	Workshops - Session 2
10:30	Welcome and Recognitions
10:30 - 1:30	Food Booths Open
11:30 - 12:10	Workshops - Session 3
12:30 - 1:10	Workshops - Session 4
2:00 p.m.	Expo Ends



RECOGNITION IS OUR TRADITION

Once again, *U.S. News & World Report* ranked Baylor Regional Medical Center at Grapevine as a leading hospital in the Dallas Metro Area. Baylor Grapevine is recognized in its latest “*Best Hospitals for Common Care*” rating for excellence performing hip replacements and in treating COPD (Chronic Obstructive Pulmonary Disease) and heart failure. For you, these recognitions simply confirm our commitment to providing safe, quality, compassionate health care each day. It’s one more way we are Changing Health Care. For Life.™



Now part of **Baylor Scott & White HEALTH**

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

1650 W. College St., Grapevine, TX 76051

See USNews.com/BestHospitals for complete listings.

FOLLOW US ON: Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers, and do not provide clinical services as employees or agents of those medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. ©2015 Baylor Scott & White Health BRMCGV_1041_2015 CE 09.15

BOOTH 43-44

GREEN EXPO AREA

BINGO
Sponsored by
COMMUNITY ENRICHMENT CENTER



- 9:30 a.m. to 10:00 a.m.
- 10:30 a.m. to 11:00 a.m.
- 11:30 a.m. to 12:00 p.m.
- 12:30 p.m. to 1:00 p.m.
- 1:30 p.m. to 2:00 p.m.



EMPOWERING VIDEO SNIPPETS

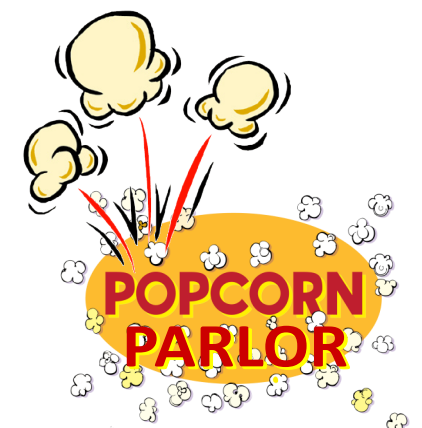
Brought to you by
Empowering Seniors 2015 Exhibitors & Sponsors



Between bingo sessions, please sit back and enjoy some brief educational video snippets from some of our exhibitors and sponsors.

Be sure to grab some popcorn from the Popcorn Parlor located in the Purple Expo Room...

Just follow your nose!



2015 Empowering Seniors



FREE SCREENINGS

UNT Health Science Center's students are hosting a booth offering free blood glucose testing and information on various programs:

- SAGE
- Mighty Care

**BOOTH #
27 & 28**



HEALTH SCREENINGS

BLOOD GLUCOSE TESTING	27-28
UNT Health Science Center	
BONE DENSITY	94-95
North Hills Hospital	
CHOLESTEROL	43-44
Baylor Regional Medical Center at Grapevine	
HEART AND STROKE AWARENESS	86-87
Texas Health Harris Methodist Hospital H-E-B	
ORAL HEALTH & JPS CONNECTION	96-97
JPS Health Network	
VEIN SCREENING	119
Vascular Medicine Institutes	

It's time!

Don't let the flu bug get you...

Symptoms of the flu—which usually come on suddenly—include fever, cough, sore throat, nasal congestion, headache, body aches and extreme fatigue.

- ⇒ Get a flu shot.
- ⇒ Keep your hands clean. Germs get into your body by riding on your hands.
- ⇒ Cover your nose and mouth when sneezing.
- ⇒ Avoid touching your eyes, nose or mouth if you are not able to wash your hands often.
- ⇒ Avoid close contact with people who are sick.
- ⇒ If you are sick, stay at home. Ask someone to help with errands. You will help prevent others from getting sick.

Win A SHOPPING SPREE

Worth Over \$500.00

At Empowering Seniors 2015

One free ticket available per person at Empowering Seniors 2015 on Friday, October 2nd. Drawing to be held at 1:30 p.m.

Need not be present to win.

Entry tickets must be received by 1:25 p.m. 10/02/2015 to be eligible for the drawing.

BOOTH 84

ADDITIONAL SERVICES

<p>Flu Shots</p> <p>Kroger 46 MidCities Pharmacy 107 Super Value Pharmacy ... 93</p> <p>Pneumonia</p> <p>Kroger 46 MidCities Pharmacy 107</p> <p>Shingles Shots</p> <p>Kroger 46</p> <p>Whooping Cough</p> <p>Kroger 46</p>	<p>Eye Glass Donation</p> <p>District 2E2 Lions Club62</p> <p>Medication Disposal</p> <p>Super Value Pharmacy (Outside at entrance)</p> <p>AARP Shred Truck</p> <p>AARP (Near entrance in parking area)</p>
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JPS Magnolia Health Center

Serving aging adults through innovative, compassionate care



Are you age 64 or older and approaching Medicare eligibility?

Our new Main Street primary care location is dedicated to serving you and others like you. Offering outstanding primary health care delivered by our world class geriatricians and clinical team. In addition to Primary Care delivered through our aging adult medical home, we also offer a *Welcome to Medicare* program.

Welcome to Medicare, is:

- FREE
- A preventative visit, not a physical exam
- Health promotion, disease prevention, and detection
- A review of medical and social history
- Discussing and documenting your wishes

To schedule a *Welcome to Medicare* appointment call **817-702-7392**

To schedule a clinic visit at the **JPS Magnolia Health Center**, call **817-702-1100**

Located at 1400 S. Main Street, Fort Worth, Texas 76104 on the 4th floor

JPShealthnet.org



BOOTH 96-97

BLUE EXPO AREA



Sponsored by
LUCAS FUNERAL HOMES



- 9:00 - 10:00 **The Cowtown Comedian - Richard Don Simms**
- 10:00 - 11:00 **Hurst Senior Hula Class**
- 10:30 **Welcome, Randy White and Elected Officials**
- 11:00 - 12:00 **The Vanderveer Brothers String Band**
- 12:00 - 1:00 **Sinatra-Style Vocals - Ken Nelson**



BLUE EXPO FOOD BOOTHS



PURPLE EXPO AREA

Sponsored by
BLUE CROSS BLUE SHIELD of TEXAS



ZUMBA

- 9:00 - 10:00 **Movers Unlimited - Zumba-TCC NE Touring Dance. Co.**
- 10:00 - 11:00 **The Vanderveer Brothers String Band**
- 10:30 **Welcome, Randy White and Elected Officials**
- 11:00 - 12:00 **Dallas Tap Dazzlers**
- 11:30 **Steppin' Grannies**
- 12:00 - 1:00 **Line Dancing with Barbara Albright**



PURPLE EXPO FOOD BOOTHS



Good health never gets old.

The way we care for seniors is different: we don't believe in the cookie-cutter approach that just chalks things up to the aging process. We believe in individualized treatment that doesn't stop when patients leave our offices. Because USMD is more than a healthcare system. It's a healthcare home.

For more information, call 817.514.5277 and ask about the USMD SeniorCare program.



BOOTH 89-90

ESEADKW092015

WORKSHOP 1 9:30 - 10:10

LEGENDS770KAAM
Music you "love." Pros you trust.

Room 2

Your Home... Your Choice

John Cowan, SFR, SRES, and Dan Bourland, e-Pro, SRES, Realtors, Ultra Reality of Texas

Senior Real Estate Specialists who are regulars on Legends770 KAAM Radio with an hour talk show, John Cowan and Dan Bourland, will discuss the multiple options you have when it comes to the following:

- You want to stay in your home but may need financial options such as refinancing, reverse mortgage, or home equity loans as well as how to deal with physical changes to the home that may need to be done.
- Move by right-sizing your housing needs whether in town, across the country and considerations for senior housing, new construction, etc.
- Finance options to purchase a home including the new reverse mortgage as a purchase option in Texas.
- How to prepare your home for sale and how to deal with the options for getting rid of your 'stuff' including estate sales and more.

Room 3

The IRS & Your Social Security Benefits

Joni Balumet, 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.

WORKSHOP 2 10:30 - 11:10

Room 2

Elder Fraud—What is it? Who are the victims? Who are the suspects? What now?

Investigator Greg McNeese, Tarrant County Criminal District Attorney White Collar/Public Integrity Unit

Participate in a brief presentation on how to recognize signs of financial exploitation, such as investment fraud, home repair fraud, sweetheart swindles, and more. Followed by a brief question and answer session.

Room 3

Medicare Tips

Karen Travitt
Blue Cross Blue Shield of Texas

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.



WE'VE BEEN HERE SINCE YOU WERE A TEENAGER

Services centered around older adults

North Hills Hospital has long-known older adults need specialized services and care. That's why our Dr. David Pillow Senior Health Clinic has become one of the top resources for access to care for older adults. In addition, our new Geriatric Behavioral Unit at North Hills Hospital is yet another resource for those with special behavioral health concerns.

northhillshospital.com • (817) 255-1000  



BOOTH 94-95

ASK THE DOCTOR/PROVIDER PANELS

All NEW



Ask The Doctor/ Provider

Room 1

Ask the Doctor/Provider Panel

3 Sessions at:

**9:30 a.m. to 10:30 a.m.
11:00 a.m. to 12:00 p.m.
12:30 p.m. to 1:30 p.m.**

A panel of physicians and providers address your questions covering specialties in:

**Oncology
Cardiology
Orthopedics
Family Medicine / Geriatrics
and many more...**

The "Ask the Doctor/Provider" workshop room is located off the Blue Expo Area in Workshop Room 1. Once you enter the room, take a question card to write any questions you may have. Please raise your hand and a staff member will pick up your question card for the session.

A special thank you to our doctors and providers from the hospitals below for providing this workshop for our caregivers, boomers and seniors. What a great service to the community!





Never leave your health to chance.

We hope you never need us, but if you do, you can trust that we at Texas Health Harris Methodist Hospital Hurst-Euleless-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.

**Behavioral Health • Cancer Care • Critical Care • Digestive Health • Fitness Center
Heart & Vascular • Hyperbaric Medicine Center • Orthopedics • Radiology
Rehabilitation & Therapy • Women's & Infants' Health • Wound Care**

1-877-THR-WELL | TexasHealth.org/HEB



WORKSHOP 3 11:30 - 12:10

Room 2

Geriatric Medicine Overview



Hedieh Davanloo, M.D., DABSM, DABHPM, CMD, FACP
Board Certified in internal medicine by the American Board of Internal Medicine, USMD Health System

Geriatric medicine of various types has become an increasingly important component of the geriatric health care delivery system in the United States. This presentation will provide an overview of the differences between geriatric medicine and internal/family medicine.

Room 3

Caring for the Caregiver - Stress Management

Jaime Cobb, Certified Senior Advisor and the Vice President of Community & Caregiver Education at James L. West Alzheimer's Center.

The responsibilities of a caregiver can be overwhelming and stressful at times. Knowing how to best respond in stress situations takes skill and practice. This program covers the effects of stress on our well-being and techniques on how to best manage the stress of caregiving.

WORKSHOP 4 12:30 - 1:10

Room 2

"Assassination and Commemoration"



Stephen Fagin, Associate Curator at The Sixth Floor Museum at Dealey Plaza. Fagin is the author of *Assassination and Commemoration* (University of Oklahoma Press, 2013) and an assistant editor of *Legacies Dallas History Journal*.

This program explores Dallas in the aftermath of the Kennedy assassination and the long struggle to memorialize the site of that tragic event. Though a number of people called for the demolition of the controversial Texas School Book Depository building, it was preserved, restored, and eventually became the location of The Sixth Floor Museum at Dealey Plaza. This presentation features rare photographs, floor plans, and museum concept art.

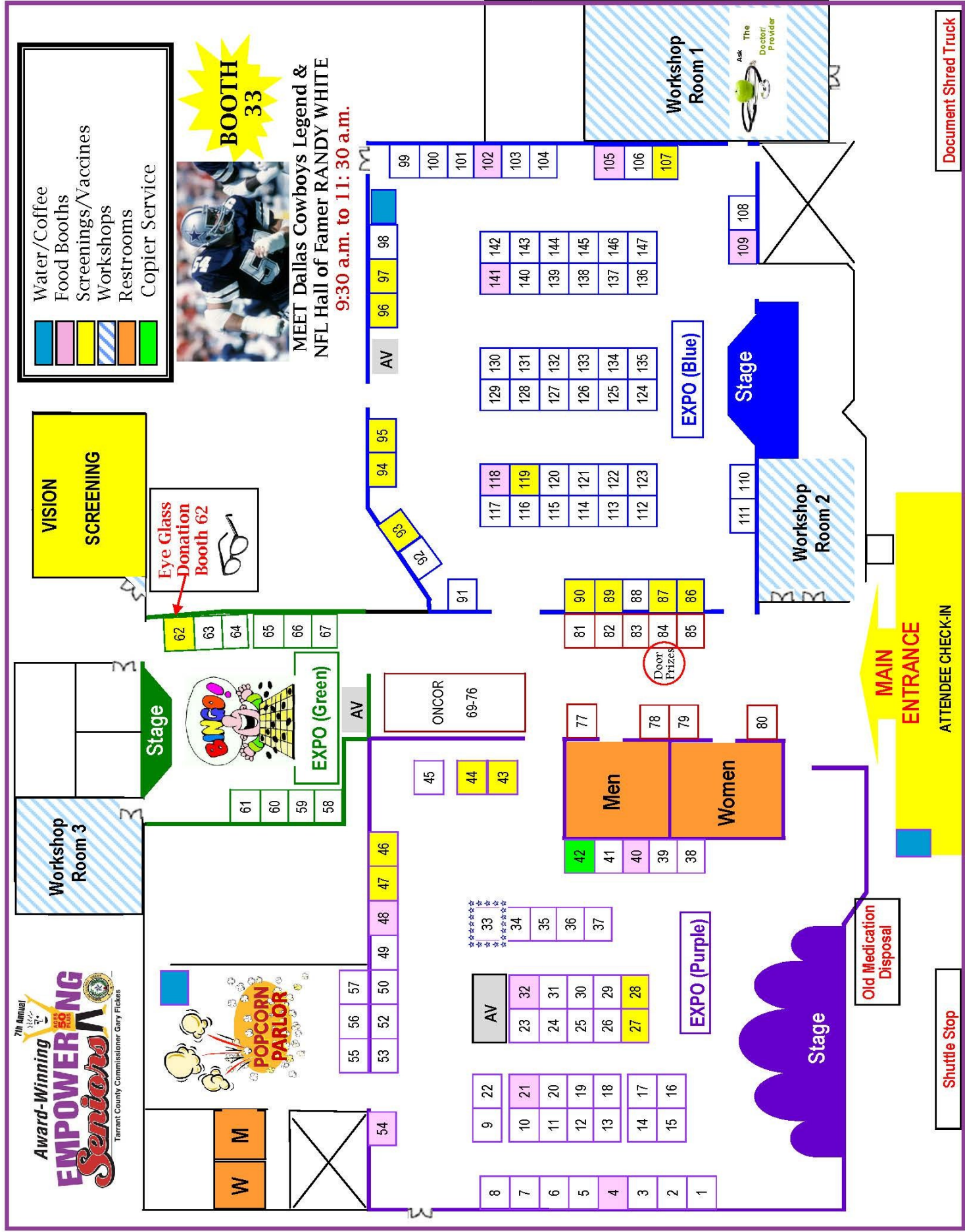
Room 3

Medicare 2015 Tips & Updates

Jamie Harwell, Service Navigation Manager Area Agency on Aging of Tarrant County

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.

EXHIBITOR/BOOTH NO.



EXHIBITOR/BOOTH NO.

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