

PRESENTING

care@care  
Insurance Company, Inc.

PLATINUM



Star-Telegram



GOLD



Specialty



SILVER



Blue Cross Blue Shield of Texas | Cigna | Frost Bank | Kindred Healthcare | Lion Hospice | Moncrief Cancer Institute | ONCOR  
Republic Services | Riverside Inn Memory Care Community | The Thompson Group at Classic Chevrolet | USMD SeniorCare

BRONZE

Bardley Benefits | Greenwood-Mount Olivet Cemeteries & Funeral Homes | HealthSouth Rehabilitation Hospital of the Mid-Cities | Lakewood Village  
Lucas Funeral Homes | Martha's Senior Gourmet | United Way/Area Agency on Aging | US Memory Care-Colleyville | Vascular Medicine Institutes

Courier-Journal



Keller Citizen

HEB News

Welcome to the 8th Annual

# EMPOWERING Seniors



AN EVENT FOR CAREGIVERS, BOOMERS AND SENIORS

Tarrant County Commissioner Gary Fickes  
& our Presenting Sponsor Welcome You!

care@care  
Insurance Company, Inc.

Meet

Troy Dungan, Iconic  
Weatherman and  
Care N' Care Member!



**BOOTH 111**  
9:00 a.m. - 12:00 p.m.



Workshop Rm. 1

Back by popular demand...

**ASK the Doctor/ Provider Panel Returns!**

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# EXHIBITORS

## 6 Stones

- AAA Texas, LLC
- Aging & Disability Resource Center
- Alzheimer's Association
- Area Chambers of Commerce
- Area Senior Centers
- At Home Personal Care

## AT&T

- Atria Grapevine Senior Living
- Attiva by Cortland Partners
- Awareness Chiropractic Center
- Back in Motion Family Chiropractic

## Bardley Benefits

## Baylor Scott & White Medical – Grapevine

## Blue Cross and Blue Shield of Texas

- BrightStar Care
- Brookdale Senior Living
- Brookshire Dental
- Call A Ride Of Southlake (CARS)
- Care N' Care Insurance Co., Inc.
- Catholic Charities of Fort Worth

## Celebration Magazine

- Christian Care Hospice

## Cigna

## City of Bedford

## Community Enrichment Center

- Dan Dipert Tours
- Dancing River Assisted Living
- Dignity Memorial
- Dispute Resolution Services of North Texas, Inc.

## District 2E2 Lions Club

## Documation

## Donate Life Texas

## Easter Seals North Texas

## Eules Family Life Senior Center

## First Eules

- Fletcher Consulting
- Focus Internal Medicine
- Forest Ridge Funeral Home
- Four Seasons Gutter Protection USA, LLC

## Frost Bank

## GRACE

## Greenwood-Mt. Olivet Cemeteries & Funeral Homes

## Guardianship Services, Inc.

## HealthSouth Rehabilitation Hospital of the Mid-Cities

- Heard It Through The Grapevine Audiology
- HLAA Fort Worth Chapter

## HEB ISD

- Hurst Senior Activities Center
- Innovative Insurance Solutions

## JPS Health Network

## KAAM Radio 770 AM

## Kindred Healthcare

## Lakewood Village Retirement Community

## Liberty Mutual Insurance

## Lift Aids, Inc.

## Lion Hospice

## Love To Hear Again

## Lucas Funeral Homes

## Martha's Senior Gourmet

## Mary Lib Saleh Eules Public Library

## Meals On Wheels Of Tarrant County, Inc.

## Metroport Meals On Wheels

## MHMR of Tarrant County

## Mid Cities Ambucs

## Mid-Cities Care Corps

## MidCities Pharmacy

## Mission Central

## Moncrief Cancer Institute

## NE Seniors Community Forum

## Neuro Fitness Foundation

## Neuropathy & Pain Centers of Texas

## New LifeStyles

## North Hills Hospital

## Northwestern Mutual - Patrick E. Powers III

## Office of the Tax Assessor Collector

## ONCOR

## Preferred Care

## Prestige Dermatology of Alliance

## Prodigy Insurance

## Protenium Clinical Research

## Red Hat Society

## Republic Services

## Retired Senior Volunteer Program (RSVP)

## Riverside Inn Memory Care Community

## Senior Citizen Services of Greater Tarrant County

## Senior Downsizing Experts

## Senior Reverse Mortgage Services, Inc.

## Seniorific News

## Social Transportation for Seniors

## Star-Telegram

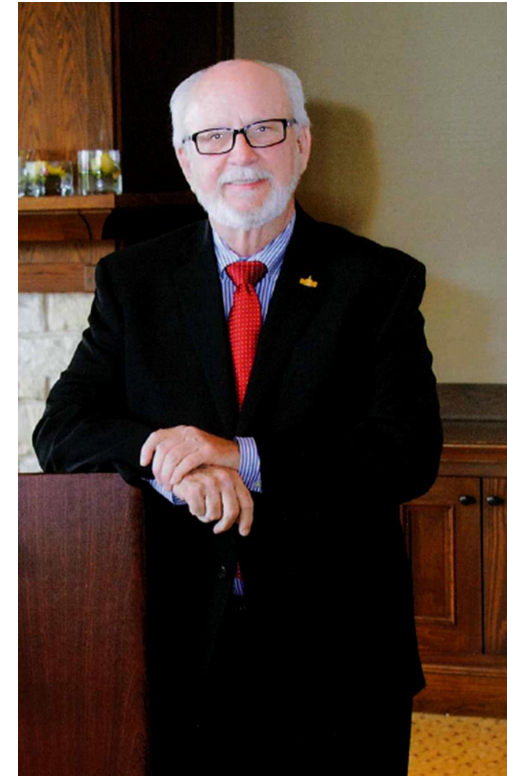
## Super Value Pharmacy

## Susan G. Komen of Greater Fort Worth

## Tarrant County Clerk - Vital Records



# COMMISSIONER'S WELCOME



Welcome to Empowering Seniors 2016, an event 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 that could be beneficial for you, a friend, or a loved one.

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 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
- Malory Shank, Administrative Assistant V
- Freida Landerholm, Office Administrator
- Roselee Kerr, IT Senior Support Specialist
- Richard Schiller, Director of Field Operations

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

## Our Empowering Seniors Committee

- Judy Atwood, Faye Beaulieu, Christine Casbeer, Amanda English, John Fletcher, Annabel Luna, Marcia Etie, Renee Frizzell, Michelle Holloway, Terri Palamino, Ronnie Parish, Randy Clinton, Michelle Varley, Mark Lucas Kelly, Ann Farmer, Richard Schiller, Melissa Burleson, Scott Sheppard

**CELEBRITY GUEST**

*Meet*  
**TROY DUNGAN**

**BOOTH 111**  
9:00 a.m. to 12:00 pm



7 DAY FORECAST							NORTH TEXAS
93 S 5-10	75 91 S 5-10	72 83 LIGHT S/N	65 79 N/NE 10	63 80 LIGHT N	62 83 NE/E 5-10	63 85 SE 5-10	
10% MOSTLY SUNNY SKIES	30% SCATTERED T-STORMS	80% T-STORMS LIKELY	50% SCATTERED T-STORMS	30% SCATTERED T-STORMS	PARTLY SUNNY SKIES	MOSTLY SUNNY SKIES	
<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	

**Iconic Weatherman and Care N' Care Member!**

**THANK YOU TO OUR FABULOUS FOOD BOOTHS**

<p><i>Anna's Mexican Grill</i></p> <p><b>#29</b></p>	<p><b>#48</b></p>	<p><b>#127</b></p>	<p><b>#99</b></p>
<p><b>#4</b></p>	<p><b>#23</b></p>	<p><b>#45</b></p>	<p><b>#101</b></p>
<p><b>#91</b></p>	<p><b>#61</b></p>	<p><b>#97</b></p>	

Empowering Seniors is recognized as a valuable asset to the caregivers, boomers and seniors in Northeast Tarrant County, and beyond. Through the support of our sponsors and participation of our exhibitors, you are able to benefit from professional health screenings, informational workshops, delicious food, fun, and entertainment! Also, something we would like to share with you today is that a portion of the proceeds from this event has gone to these northeast transportation agencies for the past five years. They are able to assist area senior citizens, disabled adults, and disadvantaged people with transportation needs. A brief description of these agencies is listed along with their contact information for your convenience.

Please be sure to thank our sponsors today when you pass by their booths!

**NORTHEAST TRANSPORTATION AGENCIES**  
*Transportation for Seniors, Disabled and Low-Income*

**Call A Ride Southlake (CARS)**

CARS provides service for senior citizens and disabled adults in Southlake for medical purposes within a 25-mile radius of Southlake and a 7-mile radius for medical, dental, social, business and personal needs. Services are provided by volunteers who supply their own vehicle, time and gas.

CARS was established in 2000. 817-798-4022 www.cityofsouthlake.com



**HEB Transit**

HEB Transit provides transportation for disadvantaged people in Hurst, Euless and Bedford and access to employment destinations within those cities and the Hurst/Bell and CentrePort/DFW Airport Trinity Railway Express (TRE) stations. Services are provided by Catholic Charities.

HEB Transit was established in 2006. 817-336-8714 www.hebtransit.org

**Mid-Cities Care Corps (MCCC)**

MCCC's mission is to preserve the independence of senior neighbors in Northeast Tarrant County by providing transportation (for routine medical), Helping Hands projects, and social outreach to break isolation for senior citizens age 65+.

MCCC was established in 1981. 817-282-0531 www.midcitiescarecorps.org



**Northeast Transportation Service (NETS)**

NETS provides transportation services to older adults (55 years of age or older) and individuals with disabilities in Northeast Tarrant County for medical, work, social services, senior centers, education and shopping. Services are provided by both the Fort Worth Transportation Authority and Catholic Charities.

NETS was established in 2002. 817-336-8714 www.ridenets.com

**Social Transportation for Seniors (STS)**

STS provides non-emergency round trip transportation for seniors 62 years and better in North Richland Hills for leisure and social activities with the purpose of re-engaging isolated seniors back into the community. Services are provided within a 7-mile radius by volunteers.

STS was established in 2009. 817-514-0773 www.stsrides.org



# THANK YOU DOOR PRIZE DONORS

Aging & Disability Resource Center  
 At Home Personal Care  
 Back in Motion Family Chiropractic  
 Celebration Magazine  
 Cigna  
 Community Enrichment Center  
 Dispute Resolution Services of North Texas, Inc.  
 Donate Life Texas  
 First Eules  
 HealthSouth Rehab. Hospital of the Mid-Cities  
 KAAM Radio  
 Kindred Healthcare  
 Lucas Funeral Home  
 Martha's Senior Gourmet

Mission Central  
 Moncrief Cancer Institute  
 New Lifestyles  
 Senior Downsizing Experts  
 Tarrant County Tax Assessor Collector  
 TCC Northeast Senior Ed Program  
 The Thompson Group @ Classic Chevrolet  
 Trauma Support Services of North Texas  
 Tylock - George Eye Care  
 United Way Tarrant County  
 US Memory Care  
 USMD SeniorCare  
 Vascular Medicine Institutes

(As of September 28, 2016)

## 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 the **door prize booth (Green Expo Room)**



Door prize drawings begin at 11:00 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 a.m. – 2:00 p.m.	Health Screenings & Entertainment
<b>9:30 a.m. – 10:10 a.m.</b>	<b>Workshop Session 1</b>
9:30 a.m. – 1:30 p.m.	Ask the Doctor/Provider Panel (3 Sessions – Pg. 15)
9:30 a.m. – 1:30 p.m.	Bingo Session (Off Blue Expo Room)
<b>10:30 a.m. – 11:10 a.m.</b>	<b>Workshop Session 2</b>
<b>10:30 a.m.</b>	<b>Commissioner Fickes Welcome and Recognitions</b>
10:30 a.m. – 1:30 p.m.	Food Booths Open
<b>11:30 a.m. – 12:10 p.m.</b>	<b>Workshop Session 3</b>
<b>12:30 p.m. – 1:10 p.m.</b>	<b>Workshop Session 4</b>
2:00 p.m.	Expo Ends

# \$0 PPO & HMO PLANS

care@care  
Insurance Company, Inc.

## YOUR PLAN. TRUSTED DOCTORS. In the Heart of Texas

Care N' Care was created by local doctors to give seniors in North Texas healthy advantages. Through their experience treating thousands of North Texans just like you, physicians designed and created Care N' Care Medicare Advantage plans with the benefits, programs and services to keep you healthy. **It's what you should expect from people who care about you.**



<b>\$0</b>						
HMO and PPO plans starting as low as \$0	Low out-of-pocket maximum costs	Doctors and specialists in your local area	Nationwide coverage when you travel	Silver&Fit® fitness program	Your Personal Healthcare Concierge	Prescription coverage

### MEDICARE QUESTIONS? ANSWERED.

Call **877-665-2622** (TTY 711)  
8am-8pm (CST), seven days a week, or visit [cnchealthplan.com](http://cnchealthplan.com)

Care N' Care is a Medicare Advantage Organization with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

Care N' Care is a Medicare Advantage Organization with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Care N' Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak Spanish or Vietnamese, language assistance services, free of charge, are available to you. Call 1-877-665-2622 (TTY:711). Care N' Care cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-665-2622 (TTY: 711). Care N' Care tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-665-2622 (TTY: 711). Out-of-network/non-contracted providers are under no obligation to treat Care N' Care members, except in emergency situations. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for a pre-service organization determination before you receive the service. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

**BOOTH 112-115**

Y0107\_16\_181 Accepted



## POPCORN / ACTIVITY ROOM / LOUNGE

Popcorn booth  
Sponsored by

TARRANT COUNTY'S  
CREDIT UNION

Relax and enjoy a cool drink and a bag of delicious popcorn! Located off the Purple Expo Room

## PHOTO BOOTH #tagmebro

Capture a memorable, fun photo with family and friends to take home with you and/or share on social media with a touch of a button. Located in our Popcorn/Activity Area off the Purple Expo Room.



## Join Us For An Art Session! - Art on Wheels

Provided by  
Arts Council Northeast



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



**5 - 45 minute sessions for you to express yourself! Seating is limited!**  
An Artist will guide the group with step-by-step instructions. Participants may work on a traced canvas or create their own artwork. By the end of the session, everyone has a work of art they have created themselves to treasure for a lifetime! All supplies are provided.

**ADDITIONAL INFORMATION**



BINGO - located off the Blue Expo Area

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.



**SCREENINGS**

<b>Baylor Scott &amp; White</b> .....	<b>39-40</b>
Cholesterol	
Injury and Fall Prevention	
<b>JPS Health Network</b> .....	<b>41-42</b>
Fall-ty Hazards Room	
Oral Health	
Prostate Risk Assessment	
<b>North Hills Hospital</b> .....	<b>89-90</b>
Bone Density	
<b>Texas Health HEB</b> .....	<b>81-82</b>
Diabetes Care	



**Win A SHOPPING SPREE Worth Over \$500.00**

**At Empowering Seniors 2016**

One free ticket available per person  
Drawing to be held at 1:00 p.m.  
Need not be present to win.



Entry tickets must be received by 12:45 p.m. at Care N' Care's booth #113 to be eligible for the drawing.

**BOOTH 113**



**ADDITIONAL SERVICES**

**FLU SHOTS**

Kroger .....	<b>43-44</b>
MidCities Pharmacy .....	<b>95</b>
Super Value Pharmacy .....	<b>86</b>
Walgreens .....	<b>7</b>

**PNEUMONIA**

Kroger .....	<b>43-44</b>
MidCities Pharmacy .....	<b>95</b>

**SHINGLES SHOTS**

Kroger .....	<b>43-44</b>
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**WHOOPIING COUGH**

Kroger .....	<b>43-44</b>
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**HbA1c**

Protenium Clinical Research	<b>87-88</b>
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**HEARING TEST**

Love to Hear Again .....	<b>92-93</b>
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**VISION SCREENING**

District 2E2 Lions Club .....	<b>107</b>
-------------------------------	------------

**MEDICATION DISPOSAL**

At Entrance  
Super Value Pharmacy  
(Outside at Entrance)



# RECOGNIZED FOR EXCELLENCE\*

COLON CANCER SURGERY  
COPD  
HEART FAILURE  
HIP REPLACEMENT  
KNEE REPLACEMENT

\*According to U.S. News & World Report's 2016-2017 ratings.

Once again, *U.S. News & World Report* ranked Baylor Scott & White Medical Center – Grapevine a leading hospital in the Dallas Metro Area. Baylor Scott & White – Grapevine is recognized in the latest “Best Hospitals” ratings as high performing in treating **heart failure and COPD (chronic obstructive pulmonary disease)** and in performing **colon cancer surgery, hip replacement and knee replacement**. For you, these recognitions confirm our commitment to providing quality health care each day.

We're Changing Health Care. **For Life.**®



To find out more about our award-winning care, call **1.800.4BAYLOR** or visit [BaylorHealth.com/Grapevine](http://BaylorHealth.com/Grapevine).

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 or Baylor Scott & White Health. © 2016 Baylor Scott & White Health. BRMCGV\_1175\_2016 SOM

BOOTH 39-40

## BLUE EXPO AREA



Sponsored by  
**PROTENIUM CLINICAL RESEARCH**



9:00 a.m. - 10:00	Learn to Juggle with Brent McIlvain - CFP, Edward Jones
10:00 - 10:30	Steel Drum Music - Charlie Duhon
10:30	Commissioner Fickes Welcome and Recognitions
11:00 - 12:00	Line Dancing - Hurst Liners
12:00 p.m. - 1:00	Sinatra-Style Vocals - Ken Nelson



### Blue Expo Food Booths



## PURPLE EXPO AREA



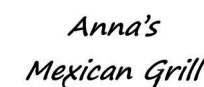
Sponsored by  
**MHMR OF TARRANT COUNTY**



9:00 a.m. - 10:00	Steel Drum Music - Charlie Duhon
10:00 - 11:00	Zumba Gold - Hurst Senior Activities Center
10:30	Commissioner Fickes Welcome and Recognitions
11:00 - 12:00	Taps' n Tunes
12:00 p.m. - 1:00	House Blend Jazz - Fred Mills



### Purple Expo Food Booths







Putting your health  
above it all.

At Texas Health Harris Methodist Hospital Hurst-Euless-Bedford, we are here for you and your loved ones. With an experienced staff and technologically advanced care, our dedication is to your health. We are also expanding our campus to improve the care experience for the most critically ill patients in Northeast Tarrant County. Whether you need 24-hour emergency 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 ■ Weight Loss Surgery ■ Women & Infants ■ Wound Care

1-877-THR-WELL | [TexasHealth.org/HEB](http://TexasHealth.org/HEB)



Doctors on the medical staff practice independently and are not employees or agents of the hospital. © 2016

BOOTH 81-82



**WORKSHOP SESSION 1 9:30 - 10:10**

**Room 2 Fit Start: Exercise for ALL Levels**

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.

**Room 3 Medicare 2016 Tips and Updates**

Jamie Harwell, MSW, Community Living Program Manager  
Area Agency on Aging of Tarrant County

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



**WORKSHOP SESSION 2 10:30 - 11:10**

**Room 2 The Basics of Memory Loss, Dementia and Alzheimer's**

Shelly Young, MS, Program Manager  
Alzheimer's Association - North Central Texas Chapter

This session will address how to know when memory loss is simply benign forgetfulness or a symptom of something more serious. This session will provide an overview of the symptoms of Alzheimer's, related dementias, diagnosis and treatments.

**Room 3 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.



# WORKSHOP 3 11:30 - 12:10

## Room 2 Your Home... Your Choice



John Cowan, SFR, SRES, and Dan Bourland, e-Pro, SRES, Realtors, Ultra Realty 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 Understanding Medicare



Renee Shannon, Benefits Consultant  
Care N' Care Insurance Company, Inc.

Whether you have been on Medicare for a while or just now coming into Medicare, it can be very confusing.

This presentation will help you understand what:

- Original Medicare (Part A & B)
- Traditional Medicare (Part A & B with a Medicare Supplement & Part D)
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)

What all the parts are, how they work, what they cover and what they don't cover. When you become eligible and when you need to apply without getting penalized. How Medicare works if you are still working. We will break it down, so it is easier to understand and not so confusing!



# WORKSHOP 4 12:30 - 1:10

## Room 2 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.

## Room 3 Are We There Yet?

Leigh Lyons, Director of Communications  
Grapevine Convention & Visitors Bureau

As the weather gets cooler, we're all looking for ideas on how to enjoy the season. This session will focus on tips and suggestions for discovering fun things to do throughout North Texas.



# ASK THE DOCTOR / PROVIDER PANEL



## 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
- Neurology
- Family Medicine
- and many more...

The "Ask the Doctor/Provider" workshop room is located in the Green 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. We would also like to thank Vinny Taneja, Director of Public Health, for serving as moderator today. What a great service to the community!*





# 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 89-90

## Serving aging adults through innovative, compassionate care

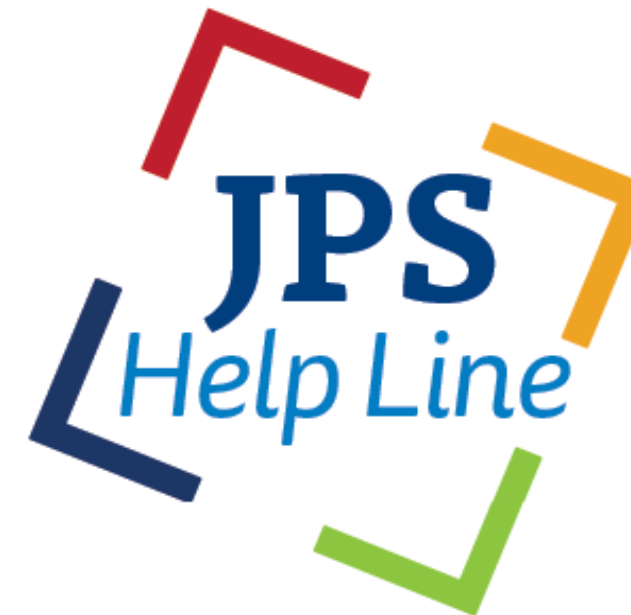
- Patient Center Medical Home
- Home Visits
- Inpatient Consults
- Inpatient HELP Volunteers



[jpshealthnet.org](http://jpshealthnet.org) | (817) 702-1100



Centered in Care  
Powered by Pride



**24-Hour  
Nurse Advice  
817-702-1100**

Call for health concerns, nurse advice or to make and reschedule appointments.

[JPSmychart.org](http://JPSmychart.org)  
[JPSHealthnet.org](http://JPSHealthnet.org)



Get social with JPS

BOOTH 41-42



Workshop Room 1

Workshop Room 2

Workshop Room 3

- Health Screenings
- Workshops
- Food Booths
- Rest Rooms
- Information/Copy Service
- Activity Room
- Door Prizes
- Coffee/Water

**BOOTH 111**  
9:00 a.m. - 12:00 p.m.  
*Meet* Troy Dungan, Iconic Weatherman and Care N' Care Member!

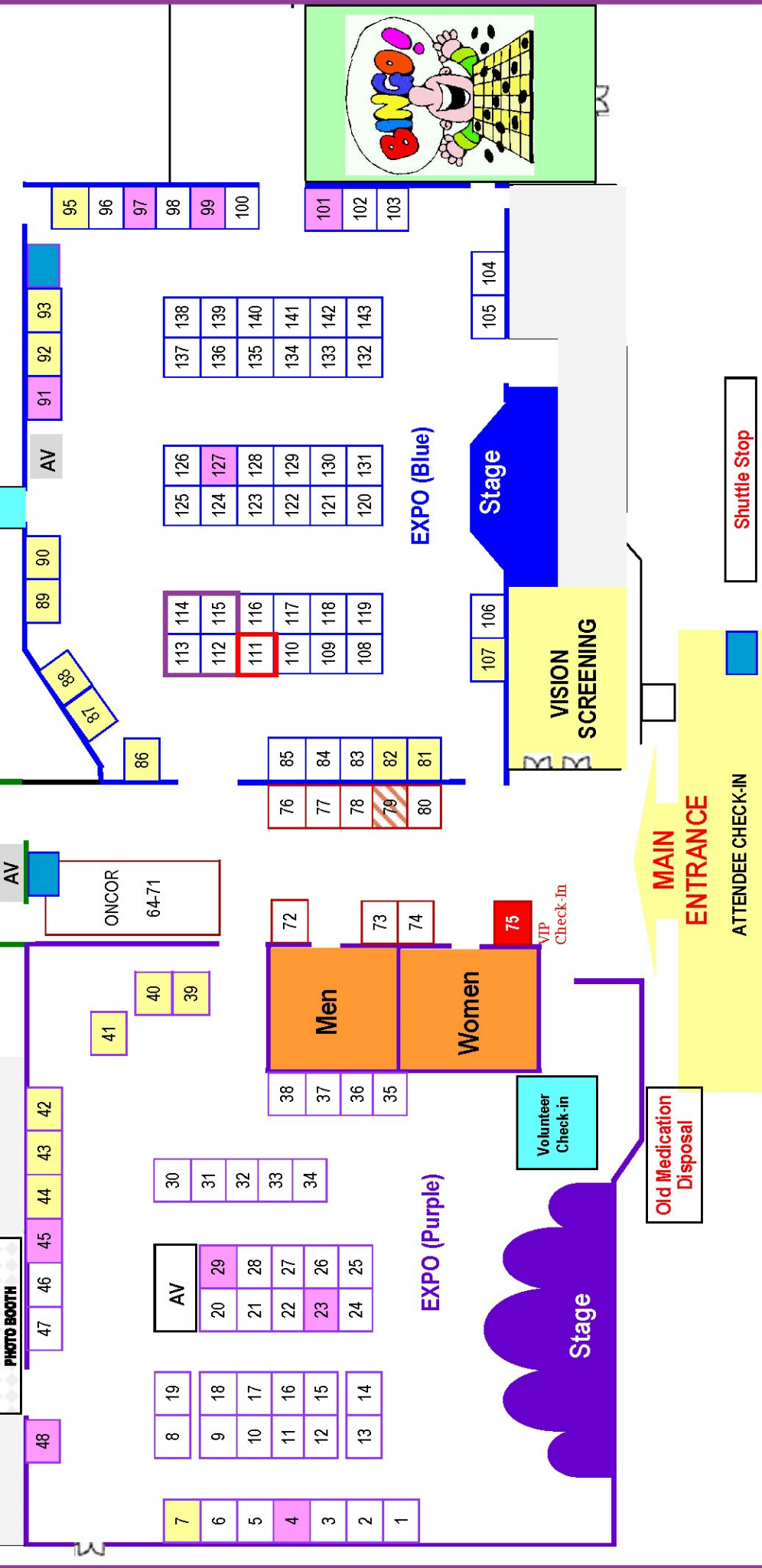


Volunteer Break Area

EXPO (Green)

EXPO (Green)

Activity Area  
PHOTO BOOTH  
ART



EXHIBITOR	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
6 Stones	76	Greenwood-Mt. Olivet Cemetery & Funeral Home	120	Red Hat Society	83
AAA Texas, LLC	2	Guardianship Services	57	Republic Services	24
Aging & Disability Resource Center	51	HealthSouth Rehab Hospital of Mid-Cities	32	Retired Senior Volunteer Program (RSVP)	15
Alzheimer's Association	53	Heard It Through The Grapevine Audiology	136	Rita's Ice	61
Anna's Mexican Grill	29	HLAA Fort Worth Chapter	63	Riverside Inn Memory Care Community	132
Area Chambers of Commerce	59	HEB ISD	77	Senior Citizen Services of Greater TC	60
Area Senior Centers	62	Hurst Senior Activities Center	6	Senior Downsizing Experts	9
At Home Personal Care	141	Innovative Insurance Solutions	13	Senior Reverse Mortgage Services, Inc.	122
AT&T	80	Italiani's Restaurant	23	Seniorific News	131
Atria Grapevine Senior Living	8	JPS Health Network	41-42	Social Transportation for Seniors	140
Attiva by Cortland Partners	121	KAM Radio 770 AM	106	Star-Telegram	116
Awareness Chiropractic Center	104	Kindred Healthcare	46	Super Value Pharmacy	86
Back in Motion Family Chiropractic	5	Kroger	43-44	Susan G. Komen-Greater Fort Worth	49
Bacon's	48	Kroger Deli	45	Tarrant Co. Clerk—Vital Records	20
Bardley Benefits	143	Lakewood Village	31	Tarrant Co. College Sr. Education	56
Baylor Scott & White Medical-Grapevine	39-40	Liberty Mutual Insurance	16	Tarrant Co. Commissioner Gary Fickes	79
Blue Cross and Blue Shield of Texas	100	Lift Aids	118	Tarrant Co. Criminal District Attorney	129
Boulevard Eats	127	Lion Hospice	38	Tarrant Co. Elections	72
BrightStar Care	138	Love To Hear Again	92-93	Tarrant Co. Veteran Services	72
Brookdale Senior Living	133	Lucas Funeral Homes	47	Tarrant County's Credit Union	108
Brookshire Dental	126	Martha's Senior Gourmet	34	Texas Center for Proton Therapy	19
Call A Ride Of Southlake (CARS)	22	Mary Lib Saleh Eulless Public Library	11	Texas Health HEB	81-82
Care N' Care Insurance Co., Inc.	112-115	McAlister's Deli	101	Texas Roadhouse	97
Catholic Charities of Fort Worth	28	Meals On Wheels Of Tarrant County	53	Texas Senior's Guides	119
Celebration Magazine	14	Metropert Meals On Wheels	124	The Senior Voice	102
Chick-fil-A	99	MHMR of Tarrant County	85	The Thompson Group at Classic Chevrolet	110
Christian Care Hospice	21	Mid-Cities Ambucs	58	The Wellington at North Richland Hills	84
Cigna	130	Mid-Cities Care Corps	128	Trauma Support Services of North Texas	57
City of Bedford	73-74	Mid-Cities Pharmacy	95	Troy Dungan	111
Community Enrichment Center	103	Mission Central	52	Trust 100	12
Dan Dipert Tours	105	Moncrief Cancer Institute	30	Tylock-George Eyecare	10
Dancing River Assisted Living	125	NE Seniors Community Forum	6	U.S. Congressman Kenny Marchant	123
Dickey's Barbecue Pit	4	Neuro Fitness Foundation	117	United Healthcare	135
Dignity Memorial	134	Neuropathy & Pain Centers of Texas	26	United Way / Area Agency on Aging	18
Dispute Resolution Service of N. Texas	54	New LifeStyles	35	USMD SeniorCare	109
District 2E2 Lions Club	107	North Hills Hospital	89-90	US Dept. of Labor	49
Donate Life Texas	55	Northwestern Mutual - Patrick E. Powers III	3	US Memory Care - Colleyville	33
Easter Seals North Texas	50	Office of the Tax Assessor Collector	27	Vascular Medicine Institutes	137
Eulless Family Life Senior Center	11	Oncor Electric Delivery	64-71	VIP Check-In	75
First Eulless	78	Palio's Pizza Cafe	91	Walgreens	7
Focus Internal Medicine	98	Preferred Care	1	Western Center Eyecare	96
Forest Ridge Funeral Home	36	Prestige Dermatology of Alliance	142		
Four Seasons Gutter Protection USA	37	Prodigy Insurance	139		
Frost Bank	25	Protenium Clinical Research	87-88		
GRACE	17				