

Northeast Newsletter

Tarrant County Commissioner Gary Fickes - Precinct 3

Volume 13, Issue 5

Special Edition - Empowering Seniors

September 2020



Who's ready for some fun?

Join us for the

12th Annual Empowering Seniors 2020 Expo - An Exciting Virtual Event!

Friday, October 2 at

www.empoweringseniors.com beginning at 10:00 a.m.

Due to the public health situation, we will not have Coffee with the Commissioner in September, but enjoy a cup of coffee while you watch Empowering Seniors 2020.

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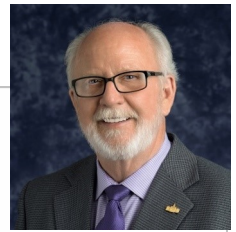
Presenting Sponsor

Join us!

SENIOR NEWS

Assistance Programs

COMMISSIONER'S CORNER



We're just three short weeks away from our first Virtual Empowering Seniors Event, and pre-registrations are well ahead of last year's numbers. This year we are very excited to have several special celebrity guests including Dallas Cowboys legend, Drew Pearson; gardening expert, Neil Sperry; iconic weatherman and Care N' Care member, Troy Dungan; broadcasting legend, Bobbie Wygant; NBC5's Chief Meteorologist, David Finrock; rodeo announcer, Bob Tallman; and "Car Pro" radio host, Jerry Reynolds.

We hope you can join us on Friday, October 2, for our VIRTUAL 12th Annual Empowering Seniors Health & Lifestyle Expo. The event will be streamed online at EmpoweringSeniors.com and on our Facebook page [@EmpoweringSeniors](https://www.facebook.com/EmpoweringSeniors). Watch from the comfort of your home on your phone, iPad, or computer. We are committed to providing our participants the same seminars on healthcare, the always anticipated "Ask the Doctor" panel, exciting workshops on gardening and healthcare, and our exhibitors, all providing a "one-stop-shop" for senior and caregiver information in Tarrant County and beyond.

Enjoy reading more about the event on the pages that follow. Thank you to our Presenting Sponsor, Care N' Care Insurance, who has been with us the past five years and shared this thought, "We are committed to serving seniors on a daily basis, and are delighted to continue our support of Empowering Seniors in this virtual format."

Just a reminder that the next Election Day in Tarrant County will be November 3. More details will post at a later date via Tarrant County Elections. Now is a good time to register to vote or update your address if you want to participate in this election. You may find more information

on the upcoming election, registering to vote, and updating your voter registration information at www.tarrantcounty.com/elections.

Another reminder for those who haven't yet responded: the last day for the decennial Census is on Wednesday, September 30. Every ten years, all U.S. residents, regardless of citizenship status, are required to be counted. Tarrant County is working with area cities and local partners to encourage everyone, including those who live in hard-to-count areas, to take part. The Census impacts federal funding, the number of Congressional seats for each state, redistricting, economic development, and quality of life. Also, remember the Census is legally bound not to share your information with other government agencies. Visit census.tarrantcounty.com for more information on how you and your family can be counted.

COVID-19 continues to be a focus and challenge during this time. The County has established a long-term testing site in Northeast Tarrant County at NRH20 in North Richland Hills. This site will serve any immediate needs for testing in our area and serve as a safeguard, providing a good volume of testing should the need increase. Visit covid.tarrantcounty.com for COVID updates in Tarrant County.

This newsletter includes information about the Empowering Seniors event, a West Nile Virus update, information on the November 3 General Election, a notice about Medicare Open Enrollment, and much more! Coffee with the Commissioner will not occur again this month due to the ongoing pandemic and our constituents' safety.

Gary Fickes

Health and Safety

Due to the number of human West Nile cases deaths. Learn how to protect yourself and be proactive in preventing mosquito breeding grounds at www.tarrantcounty.com/en/public-health.html.



COVID-19 INFORMATION

CARE 4 TARRANT
[Tarrant County Coronavirus \(Covid-19\) Information Page](#)
[Tarrant County COVID-19 Updates, County Declarations and Orders](#)

Q&A with Troy Dungan, iconic weatherman, Care N' Care member and Care N' Care spokesman

care@care
Insurance Company, Inc.



Q: Why is Care N' Care involved in our local communities?

A: One of the main reasons is that Medicare can be so confusing with so many options. A lot of seniors don't fully understand the coverage they need and what they don't need, so that's why we work with local senior centers and the YMCA centers associated with the Metropolitan Fort Worth YMCA and others. We want their members to be fully informed so they can make wise decisions. In that sense, we see our participation as a public service.

Q: You don't just show up at those centers, do you?

A: We really do get involved personally. I like to say "Hi" and hug as many seniors as I can, because I am one. Of course, that's more difficult now that we're in this pandemic, but we still do our outreach, such as our first local popsicle drive-through event recently. And we're planning to do more.

Q: Why is Care N' Care such a major supporter of Empowering Seniors?

A: This event is an amazing outreach for seniors, caregivers and baby boomers, and they absolutely love it. I remember two years ago when it rained hard in the morning. The seniors showed up early and we still had a record crowd – even in the rain. They look forward to Empowering Seniors as a way to see friends, learn about health issues, attend workshops. It's a combination of socialization, recreation and healthcare.

Q: Will we see you at this year's virtual Empowering Seniors?

A: I'll definitely be there with my "Cooking with Troy" demonstration. There's no way I'll miss Empowering Seniors, even on a virtual basis. And my friends can watch me – along with some amazing guests – in the comfort of their homes live on their computers. I'm looking forward to seeing how well this virtual format works!

A message from Troy

<https://youtu.be/WxWxVZWUYC8>



ELECTION DAY **NOVEMBER 3, 2020**

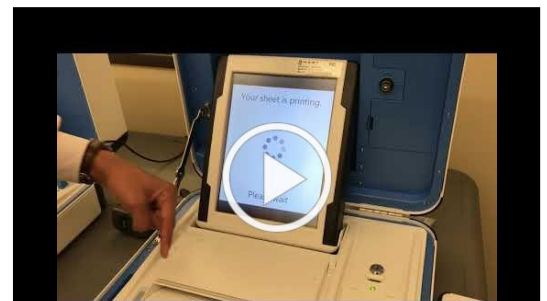
Early Voting - Joint General & Special Election

October 13, 2020 to October 30, 2020

Texas enables residents to vote early in person during the prescribed early voting period to make the voting process more convenient and accessible. Generally, a Tarrant County voter can go to any of the early voting locations in an election unless specified on the Early Voting Schedule. Follow the links below:

- ⇒ [Early Voting Schedule](#) (Available closer to the election)
- ⇒ [Last Day to Register to Vote](#) (For this election - **October 5, 2020**)
- ⇒ [View ID Requirements](#) for voting in person.
- ⇒ View information on [Absentee Ballot](#)
- ⇒ View the [closest early voting location\(s\)](#) to an address.
(Available closer to the election)
- ⇒ Check your [Tarrant County Voter Registration Status](#)
- ⇒ [Additional election information.](#)

[Election Day Information - November 3, 2020](#)



Note that Tarrant County has new voting equipment. View more about how to use the equipment in the above video.

EMPOWERING SENIORS HEALTH & LIFESTYLE EXPO IS GOING VIRTUAL



**Friday, October 2
Beginning at 10:00 a.m.**

REGISTER TO ATTEND

Presenting Sponsor

“At Care N’ Care, we are committed to serving seniors on a daily basis, and are delighted to continue our support of Empowering Seniors in this virtual format.”

care@care

Insurance Company, Inc.

Thank you to our Sponsors!

Platinum Sponsors

FACEBOOK



Centered in Care
Powered by Pride



Texas Health
Harris Methodist Hospital®
HURST-EULESS-BEDFORD



Baylor Scott & White
MEDICAL CENTER
GRAPEVINE



Cigna®

Special Feature Sponsors



Media Sponsors



Silver Sponsors

United Way's Area Agency on Aging of Tarrant County

Metroport Meals on Wheels

UnitedHealthcare Medicare Solutions by MLC Ins.

Check out what's in store for you on the following pages >>>

**For sponsorship, to become an exhibitor,
or to register to attend this FREE virtual event:**

www.EmpoweringSeniors.com

or call 817-248-6295

Ask the Doctor/Provider Panel



A panel of physicians and providers address questions covering specialties such as: Oncology, Cardiology, Neurology, Family Medicine, Pharmaceutical and many more...

If you have a general question about a certain health issue that you would like the doctors to consider for discussion during the “Ask the Doctor/Provider Panel workshops, please email your question to: rbarksdale@tarrantcounty.com.

The “Ask the Doctor/Provider” workshop will be available for viewing over the next 12 months at www.EmpoweringSeniors.com.

Thank you to our Sponsors!



This is a sample image of what you will see the day of the event. Tabs shown here, and the links below will show you how to move around the live event on October 2. For more information visit www.empoweringseniors.com and click on tutorials.

REGISTER TO ATTEND

Look forward to:

- Health seminars
- “Ask the Doctor” panel
- Informational workshops
- Gardening
- Cooking demonstrations
- Entertainment
- Special Guest Appearances
- Bingo
- Goodie Bag**
- Door Prizes**

**** You must pre-register to reserve your goodie bag, and to be eligible to win a door prize. Drawings take place during the live event.**

There's more >>>

Plan your day using the schedule

ENJOY This Year's 2020 VIRTUAL EMPOWERING SENIORS EVENT From the Safety of Your Home!



Presenting Sponsor
care@care
Insurance Company, Inc.

Empowering Seniors—the event for seniors, caregivers and baby boomers that has drawn over 3,000 attendees for the past several years - *is going virtual this year!*

To view live event, go to www.EmpoweringSeniors.com on **Friday, October 2 at 10:00 a.m.**

- Health seminars
- “Ask the Doctor” panel
- Informational workshops
- Gardening
- Cooking demonstrations
- Entertainment
- Pre-register to reserve your Goodie Bag
- Bingo
- Door Prizes

Troy Dungan, Watch this Iconic Weatherman and Care N’ Care Member showcase his culinary skills as he creates a Cooking Demonstration that you won’t forget!

Sponsored by:
Care N’ Care Insurance Co., Inc.



Bobbie Wygant, KXAS Entertainment Reporter, will share memories of her favorite interviews, from Bob Hope and Charlton Heston to Johnny Carson and more!

Sponsored by:
MHMR of Tarrant County



Neil Sperry, Guru of Texas gardening and horticulture will help you understand timely fall planting and nurturing for your flowers, plants, shrubs and more.

Sponsored by:
Forest Ridge Funeral Home



David Finrock, KXAS Chief Meteorologist, will share secret tips about the weather and how he often overrides the computers to deliver accurate forecasts.

Sponsored by:
UnitedHealthcare



Special Guests!

Drew Pearson, “The Original #88 for the Dallas Cowboys, who caught the legendary “Hail Mary” pass from Roger Staubach, will share behind-the-scenes Cowboys Information.

Sponsored by:
Home Care Assistance



Bob Tallman, Hall of Fame Rodeo Announcer, will share secrets of enjoying country living.

Sponsored by:
Friends of Empowering Seniors



Ruth Buzzi, American actress, comedian, and singer. Best known for her performance on the comedy-variety show Rowan & Martin’s Laugh-In.

Sponsored by: Friends of Empowering Seniors



Jerry Reynolds, CarProUSA Radio Host, a trusted source of automotive news.

Sponsored by:
Five Star Ford, NRH

**REGISTER
TO ATTEND**

SENIOR NEWS



A Safe, Easy-to Access, Virtual Celebration!

Friday, October 2, 2020 at 10:00 a.m.

You can view the live event at

www.EmpoweringSeniors.com

They help us spread the word to you about Empowering Seniors. Please visit our media sponsors and see what they have to offer you!



Alzheimer's Association Walk

Join Commissioner Fickes' Team in the Alzheimer's Association Walk to End Alzheimer's to raise awareness and funds for Alzheimer's care, support and research! This year's Northeast Tarrant County Walk is on Saturday, October 17, 2020, and can be done anywhere you are! Register early at [Team Fickes](#) to receive your Walk T-shirt and bonus items!



On Saturday, October 17, 2020, the Northeast Tarrant County Courthouse grounds will display the Alzheimer's Association's Walk to End Alzheimer's Promise Garden.

Please drive by and see the beautiful flowers placed in honor of the reasons we walk – our loved ones.

Medicare Open Enrollment



Getting started with Medicare

Whether you're new to Medicare, getting ready to turn 65, or preparing to retire, you'll need to make several important decisions about your health coverage. If you wait to enroll, you may have to pay a penalty, and you may have a gap in coverage. Use these steps to gather information so you can make informed decisions about your Medicare.

[Medicare and You: Understanding Your Medicare Choices](#) (Video)
[Get started with Medicare](#)

Important Links - Helpful Tools

- Medicare.gov
- [Medicare & You Handbook](#) (select your format)
- [Sign Up-Change Plans](#)
- Contact Medicare at 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048.
- Local Area Agency on Aging (AAA) for assistance understanding prescription drug coverage. 1-800-252-9240
- [What Medicare Covers](#)
- [Drug Coverage](#)
- [Medicare Costs](#)
- [Forms-Help-Resources](#)
- [Supplements and Other Insurance](#)
- [Find Medicare plans](#)
- You can get personalized health insurance counseling at no cost to you from your local [State Health Insurance Assistance Program \(SHIP\)](#); Local SHIP office for Tarrant County: 817-258-8102 <http://www.unitedwaytarrant.org/aaa>
- Contact Social Security:
 - By phone - Call 800-772-1213 from 7 a.m. to 7 p.m. Monday through Friday. If you are deaf or hard of hearing, you can call us at TTY 800-325-0778.
 - In person - Visit your local Social Security office. (Call first to make an appointment.) [Find local Social Security Office](#)
- [Texas Department of Insurance](#)
- [Manage Your Health at My Medicare](#)

Information on Extra Financial Help

- [Help With Paying Costs](#)
- [Extra Help with Medicare Prescription Drug Plan Costs](#)

More information available at www.medicare.gov and www.ssa.gov



Way to go Tarrant County! We have achieved a significant milestone: Tarrant County census self-response rate is now above the 2010 level at 66.8%! The U.S. Census Bureau will end enumeration on September 30, 2020; so if you have not responded to the 2020 Census please go to www.census.tarrantcounty.com, or call the Census Customer Service Center at 800-923-8282.

Fun and Adventure/Calendar

- Oct 2 Virtual Empowering Seniors 2020 www.empoweringseniors.com
- Oct 23 City of Hurst Senior Center Craft & Holiday Market www.hurstx.gov
- Celebration Magazine virtual zoom events www.celebrationmagazine.com
- Fort Worth YMCA Group Fitness Classes www.facebook.com/DowntownFortWorthY
- Interactive Tours of four parks [America's National Parks](http://America'sNationalParks)
- Monterey Bay Aquarium - Experience the wonder of the ocean <https://www.montereybayaquarium.org/animals/live-cams>
- Natl. Women's History Museum - Listen to oral histories <https://www.womenshistory.org/resources/general/rosie-riveter-oral-histories>
- Senior Planet - Join other seniors for free online discussions and more at <https://seniorplanet.org>
- StoryCorps - Listen to recorded Veterans' stories <https://storycorps.org/discover/military-voices>

Transportation and Assistance Programs in Northeast Tarrant County for Seniors, Disabled and Low-Income

Tarrant County Commissioner Gary Fickes finds residents solutions by bringing people together. In 2009, the first Empowering Seniors event came to light as a platform for seniors to have access to essential information about services. Also, with the fast growth taking place in Northeast Tarrant County, he saw another need to fill, and in 2010 started the Northeast Tarrant Transportation Summit. He brought community leaders, business owners, and others together to keep everyone informed about transportation construction projects, and to provide an outlet for ongoing dialogue and proposed solutions for our most pressing transportation problems. Both events have served the community for the past eleven years.

What most people don't realize is for the past nine years, a significant portion of the proceeds from these two events have gone to area non-profits as a donation. These funds supplement their funding for the transportation assistance they offer area seniors, disabled residents, and help other non-profits with specialized programs for citizens in Tarrant County. All of this is possible, thanks to the wonderful sponsors, vendors, and supporters of our events while using no taxpayer dollars.

Information from Community Partners:

[Atmos Energy](#)
[DFW International Airport](#)
[IPS Health Network](#)
[Oncor](#)
[Tarrant County College \(TCCD\)](#)
[Trinity Metro](#)

Senior Agencies depend on volunteers. If you are interested in joining one of these agencies, please give them a call.



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 the city 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 | callaridesouthlake.org



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 | catholiccharitiesfortworth.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
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
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. | 817-427-6696 | stsrider.org

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](#)

[Veterans Coalition 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.tafb.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**.

Calendar

- Sep 17 NE Tarrant Chamber Hometown Heroes www.netarrant.org
- Sep 17 North Texas Giving Day www.northtexasgivingday.org
- Sep 17 Alliance for Children Sporting Clay Tournament www.allianceforchildren.org
- Sep 17 Community Enrichment Center Party with a Purpose www.cechope.org
- Sep 18-20 Colleyville Lions Club Hole-In-One Shootout www.colleyvillelions.com
- Sep 19 Community Storehouse: Run In the Dark www.runinthedarkdfw.com
- Sep 21 Colleyville Chamber Classic Golf Tournament www.colleyvillechamber.org
- Sep 21 CASA Garage Men’s Grooming Golf Tournament ... www.speakupforachild.org
- Sep 24 HEB Chamber Birthday Bash www.heb.org
- Oct 2 Virtual Empowering Seniors www.empoweringseniors.com**
- Oct 2-4 Southlake Oktoberfest www.southlakechamber.com
- Oct 5 Grapevine Chamber: Annual Golf Tournament..... www.grapevinechamber.org
- Oct 6 National Night Out..... www.natw.org
- Oct 15 Keller Chamber Wine & Jazz..... www.kellerchamber.com
- Oct 16-17 6Stones CPR..... www.6stones.org
- Oct 17 City of Hurst: Fall Festival..... www.hursttx.gov
- Oct 17 NETC Walk to End Alzheimer’s..... www.act.alz.org
- Oct 22-31 NE Tarrant Chamber Annual Golf Classic..... www.netarrant.org
- Oct 24-31 CASA: Superhero Run..... www.speakupforachild.org
- Oct 29 North Texas Regional Job Fair www.grapevinechamber.org
- Oct 29 Stan the Chamber Man’s Annual Chili Challenge www.heb.org
- Oct 30 Metroport Chamber Annual Golf Classic www.metroportchamber.org
- Nov 5 Mid-Cities Care Corps Festival of Friends www.midcitiescarecorps.org
- Nov 7 GRACE Gala 2020 www.gracegala.com

Chambers of Commerce

- Colleyville Chamber of Commerce www.colleyvillechamber.org
- Grapevine Chamber of Commerce www.grapevinechamber.org
- HEB Chamber of Commerce www.heb.org
- Greater Keller Chamber www.kellerchamber.com
- NE Tarrant Chamber of Commerce www.netarrant.org
- Metroport Chamber www.metroportchamber.org
- Southlake Chamber of Commerce www.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
- 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

November 28 & 29 Thanksgiving Holiday

Commissioner’s Office Precinct 3

Gary Fickes, Commissioner
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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
fmlanderholm@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