

# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO

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Times-Register

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4th Annual Award-Winning



a Health and Lifestyle EXPO for Caregivers, Boomers, & Seniors

Commissioner Gary Fickes • Tarrant County, Precinct 3

## WELCOME

Enjoy... Learn... Relax...



## MAKE A DAY OF IT!

8:30 to 1:30 p.m.

Friday, October 5, 2012

FBCE Campus West • 205 N Industrial • Bedford TX 76021

[www.EmpoweringSeniors.com](http://www.EmpoweringSeniors.com)

# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO



Welcome to Empowering Seniors 2012, 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 learn about health and lifestyle information.

Most importantly, enjoy yourself as you are around friends, watching fun performances, visiting exhibitor booths and receiving a free lunch.

We extend our appreciation to our sponsors, exhibitors and volunteers for allowing you to enjoy this *totally free event*.

We look forward to seeing you at next year's Empowering Seniors event.

Sincerely,

Gary Fickes

## Our Empowering Seniors Committee

Bobbie Arthur, Judy Atwood, Faye Beaulieu, Linda Eilenfeldt,  
John Fletcher, Stacey Howard, David Medina, Rachel Nobles,  
Ron Parish, Linda Rea, Scott Sheppard, Heather Teems,  
Michelle Varley, Brenda Whitley.

# EMPOWERING SENIORS 2012

## Thank you to our Exhibitors

Meadow Lakes Retirement Community  
Meals on Wheels, Inc., Tarrant County  
Metroport Meals on Wheels  
Mid Cities Dental  
Mid-Cities Care Corps  
Neighbor Helping Neighbor  
**North Hills Hospital**  
North Texas Orthopedics  
Northeast Senior Leadership  
**Office Depot**  
Office of U.S. Congressman Kenny Marchant  
**ONCOR Electric Delivery**  
Park West Chiropractic  
Preferred Care Inc.  
Protenium Clinical Research  
Reliant Mid-Cities Rehabilitation Hospital  
**Republic Services/Allied Waste**  
Rita's Ice  
Senior Citizen Services  
**Senior News**  
Seniors Helping Seniors  
Serenity, Inc.  
Silver Ridge Assisted Living and Memory Care  
Social Transportation for Seniors (STS)  
**Spine Team Texas**  
St Luke's Pharmacy  
**Star-Telegram**

Super Value Pharmacy  
**Tarrant County Credit Union**  
Tarrant County Clerk  
**Tarrant County Commissioner Gary Fickes**  
Tarrant County District Clerk - Passports  
Tarrant County Elections  
Tarrant County Public Health Chronic Disease  
Tarrant County Tax Assessor Collector  
Tarrant County Veteran Services  
Tarrant County College Senior Education  
Texas A & M AgriLife Extension  
**Texas Health Harris Methodist Hospital H-E-B**  
The New You Miracle Band  
Traci Hutton Attorney  
TrueMedicine  
United Healthcare Community Plan  
United Planning Group  
United Senior Services  
Universal Healthcare  
**US Ostomy Supply, Inc.**  
Villas of Stone Glen  
WellCare  
Wells Fargo Advisors  
**Woodhaven Bank**  
Wright Senior Apartments  
YMCA of Metropolitan Fort Worth

Thank you to our Senior Centers, Cities, and Chambers of Commerce for your support of Empowering Seniors.



# EMPOWERING SENIORS 2012

## Thank you to our Exhibitors

**6Stones**  
**AARP Texas**  
Aging & Disability Resource Center (ADRC)  
Alzheimer's Association  
Area Agency on Aging  
Area Chambers of Commerce  
Area Senior Centers  
Assisted Transition  
**AT&T**  
Atmos Energy  
Autumn Leaves of Grapevine  
Back in Motion Family Chiropractic  
**Baylor Regional Medical Center at Grapevine**  
Bedford Animal Shelter  
Best Buy Walk In Bath Tubs  
Blue Cross Blue Shield of Texas  
Bluebonnet Hills Funeral Home and Memorial Park  
Botanical Research Institute of Texas (BRIT)  
Call A Ride of Southlake (CARS)  
CaptionCall  
Care Improvement Plus  
City of Euless  
Colleyville Lions Club  
Comfort Keepers  
**Community Enrichment Center**  
Deaf Action Center

Debby Hein Agency - State Farm Insurance  
Department of Aging & Disability Services (DADS)  
DFW Cruises and Travel  
Earl Williams & Associates, LLC  
Financial & Estate Planning Services  
Fletcher Consulting  
**Fort Worth Seniors' Guide**  
ForU  
Franklin Park at Hometown  
Frusher Internal Medicine  
GRACE  
Healthagy  
Heard it Through the Grapevine  
Audiology  
Home Care Assistance  
Hurr Law Office  
Hurst Plaza/Lexington Place/Woodridge  
Hurst Senior Activities Center  
IntegraCare Hospice  
**James L West Alzheimer Center**  
**JPS Foundation**  
**Labs at Home/His Grace Medical Supply**  
Law Offices of Phyllis Lambert  
LifeGift  
Lift Aids, Inc.  
Lone Star Script Care  
**Mature Texan Magazine**

## Thank you to our Lunch Sponsors!



# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO

## Agenda

<b>8:30</b>	<b>Expo Opens</b>
<b>8:30 - 1:30</b>	<b>Health Screenings</b>
<b>9:30 - 10:10</b>	<b>Workshop Session 1</b>
<b>10:10 - 10:30</b>	<b>Welcome and Recognition</b>
<b>10:30 - 11:10</b>	<b>Workshop Session 2</b>
<b>11:10 - 1:00</b>	<b>Lunch</b>
<b>12:15 - 1:00</b>	<b>Workshop Session 3</b>
<b>1:30</b>	<b>Expo Ends</b>

## Staff of Commissioner Gary Fickes

### Tarrant County, Precinct 3

Carolyn Sims, Precinct Administrator  
Rebecca Barksdale, Community Outreach Coordinator  
Devin Wenske, Assistant Precinct Administrator  
Theresa Parsons, Executive Secretary II  
Roselee Kerr, IT Senior Support Specialist  
Neal Welch, Director, Field Operations

Hurst Office  
817-581-3600

Southlake Office  
817-481-8234



# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO

## Health Screenings

**Blood Pressure - Booths 73 & 74**

JPS Health Network

**Bone Density Screening - Booths 62 & 63**

North Hills Hospital

**Cholesterol Screening - Booths 42 & 43**

Baylor Regional Medical Center at Grapevine

**Diabetes/Blood Glucose Screening - Booths 42 & 43**

Baylor Regional Medical Center at Grapevine

**Fall Risk - Booths 49 & 50**

Texas Health Harris Methodist Hospital  
Hurst-Euless-Bedford

**Healthy Back and Neck Questionnaire - Booths 53 & 54**

Spine Team Texas

**Hearing - Booth 35**

Heard it Through the Grapevine Audiology

**PSA (Prostate) Screening - Booths 73 & 74**

JPS Health Network

**Vision - Booth 66**

Colleyville Lions Club

**Flu Shots - Booths 37 & 52**

St. Luke's Pharmacy - Booth 52

Super Value Pharmacy - Booth 37

**Medication Disposal by Super Value Pharmacy**

**Food Drive by Mid-Cities Pacesetters Rotary Club**

Benefiting:

- 6 Stones
- Community Enrichment Center



# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO



## Entertainment and Bingo



### Green Expo Area

7:30 - 8:45 Tranquil Musical Moments - Stan Paschall

9:00 - 10:00 Young at Heart Band

10:15 - 10:30 Welcome and Recognition



10:30 - 10:50 Young at Heart Band *Continues...*

11:00 - 12:00 Sinatra-Style Vocals - Ken Nelson

12:00 - 12:30 Jump in and Juggle - Brent McIlvain

12:30 - 1:30 Piano Melodies - Carolyn Lynch



### Purple Expo Area

#### BINGO

Provided by Community Enrichment Center



Games start every hour

9:00 • 10:00 • 11:00 • 12:00 • 1:00

(Limited Seating Available)

9:00 - 9:30 BINGO

9:30 - 10:00 Salsa Dance & Zumba by Kristina

10:00 - 10:30 BINGO

10:30 - 11:00 Piano Melodies - Carolyn Lynch

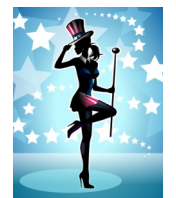
11:00 - 11:30 BINGO

11:30 - 12:00 Dallas Tap Dazzlers

12:00 - 12:30 BINGO

12:30 - 1:00 Dallas Tap Dazzlers *Continues...*

1:00 - 1:30 BINGO



# EMPOWERING SENIORS 2012

Health & Lifestyle EXPO

## Workshops Room 3

(Located in Purple Expo Area)

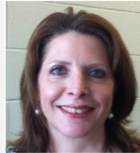
### 9:30 - 11:10 **Better Choices, Better Health** Senior Citizen Services

According to the CDC, 80% of older adults live with a chronic condition such as arthritis, heart disease or diabetes. Older adults who practice healthy choices can avoid complications of chronic conditions and maintain their independence and quality of life. These highly interactive sessions introduce several strategies for living with chronic conditions. You'll learn practical ways to avoid injuries from falls and medication use, which are both costly events that are associated with having chronic conditions. You'll also benefit from connecting to free interventions available in Tarrant County through Senior Citizen Services, the Area Agency on Aging, and the United Way.

#### (9:30-10:00) **Healthy Living & Self-Management** of Chronic Conditions

**Maria Gray**

Better Choices, Better Health Program Coordinator



(10:00-10:05) *Break*

#### (10:05-10:35) **Managing Concerns About Falling**

**Darlene Rhodes**

Matter of Balance Program Coordinator



(10:35 -10:40) *Break*

#### (10:40 - 11:10) **Managing Medication Use**

**Delores Little, LCSW**

HomeMeds Medication Management Program Coordinator



### 12:15 - 1:00 **Stress Management Tips for** **You and Those You Care For**

**Zanda Hilger, M. Ed., LPC**

Area Agency on Aging, United Way, and ADRC



Learn better ways to manage stress and balance the different roles you play in your life, including caring for older family members and people with chronic illness. Learn some specific techniques including deep breathing and stretching exercises to loosen up your neck and back when you find yourself tensing up.

# EMPOWERING SENIORS 2012

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## Workshops Room 1

### 9:30 - 10:10 **ID Theft and Fraud**

**Raymon Cannon**

Colleyville Police Department



ID theft occurs when someone uses your personal information without your permission—like your name, Social Security number or credit card number—to commit fraud or other crimes for personal gain. Officer Raymon Cannon will show us how people like us fall for identity theft and fraud and how we can protect ourselves from becoming a victim.

### 10:30 - 11:10 **Celebrities Who Have** **Made a Difference in My Life**

**Bobbie Wygant**

Entertainment Reporter and Critic for NBC 5



Bobbie Wygant has spent all 64 years of her broadcasting career with NBC 5. Bobbie joined NBC 5 two weeks before the station went on the air as WBAP-TV. To quote Bobbie, "they poured me in with the foundation."

Born in Lafayette, Indiana, Bobbie came to Texas with a degree in broadcasting and psychology from Purdue University in West Lafayette, Indiana.

During the early years Bobbie did live game shows, commercials and produced and hosted a live talk show for 16 years. She is noted for her celebrity interviews with everyone from Bob Hope to Rob Pattinson.

# EMPOWERING SENIORS 2012

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## Workshops Room 1

12:15 - 1:00

### Women to Women: Living Smarter. Living Stronger



**Jennifer Pope**  
AARP



**Deborah Williams**  
AARP

Armed with the right resources and tools, women in their 40s, 50s, and 60s can take charge of their future today by:

- Getting up close and personal with their finances
- Building and expanding support networks (job, family, friends, community and faith)
- Having a heart-to-heart with loved ones about their personal wishes for future care
- Researching what amenities their community offers and deciding where they want to live in the future

## Workshops Room 2 (Located in Green Expo Area)

9:30 - 10:10

### Creative Caregiving



**Barbara L. Harty, RN, GNP**  
UNT Health Science Center



**Kay Pace Sharp, RN**  
James L. West Alzheimer Center

1. Why can the person with dementia remember things one day and not on another?
2. What is on the horizon for treatment or prevention of the disease and what can the caregivers do to help?
3. How important is the caregivers attitude?
4. Suggestions for a positive approach and outcome.

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## Workshops Room 2 *Continued ...* (Located in Green Expo Area)

10:30 - 11:10

### Volunteerism as a Path to Meaning



**Peter Luby**

Senior Citizen Services of Greater Tarrant County

How older adults choose to spend their time in later life matters a great deal for their health and quality of life. Volunteering is more than just a way to “give back”: it represents an opportunity to explore new interests and develop new skills; to build upon and share the skills and wisdom acquired throughout life and career; and to connect to the community in a meaningful way. This presentation will discuss the varied opportunities to volunteer in North Texas and you will hear from older adults who have found a great deal of meaning through their volunteer work.

12:15 - 1:00

### Marketing Your Skills for an Effective Job Search



**Sal Adamski**

Workforce Solutions for Tarrant County

This humorous, interactive workshop will give the participant effective, proven techniques that will assist in marketing their “transferable” skills, which will give them the advantage over other job seekers. Topics include:

- What the Lone Ranger, Tarzan and Superman taught us about job search
- Using the supermarket approach to identify your best skills
- How to really network to get that ideal job
- What employers are really looking for