

# Welcome to

*5th Annual Award-Winning*

# EMPOWERING SENIORS 2013



a Health and Lifestyle EXPO for Caregivers, Boomers & Seniors



Presented by  
**Commissioner Gary Fickes**  
Tarrant County, Precinct 3





**EMPOWERING SENIORS 2013**  
a Health and Lifestyle EXPO for Caregivers, Boomers & Seniors  
Commissioner Gary Fickes • Tarrant County, Precinct 3

**Featured Speaker**



The Myths and Mystiques of  
Gardening--Facts, Fantasies  
and Fun!

**Neil Sperry**

WBAI Radio Talk Show Host  
Program Columnist

WCKSHO  
3



Me



# Sponsors



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Reaching Seniors At Home & Online



Community  
Enrichment Center



**JAMES L. WEST**  
ALZHEIMER'S CENTER



[www.5StarFord.com](http://www.5StarFord.com)



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TARRANT COUNTY  
CREDIT UNION



**mhmrarrant**  
WE CHANGE LIVES



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Believe • Belong • Bless

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Colleyville Courier

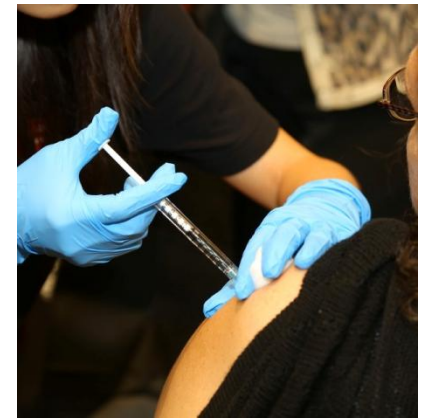
Grapevine Courier

Keller Citizen

Times-Register

Southlake Journal







# Featured Speaker



## Neil Sperry

*The Myths and Mystiques of Gardening—Facts, Fantasies and Fun!*

WBAP Radio Talk Show Host and *Star-Telegram* Columnist

The most familiar voice in Texas horticulture and one of the most tenured gardening talk show host in America!



# Workshops

## Advanced Directives



**Justin V. Bartos III, M.D.**  
North Hills Hospital

## Empowering Seniors for Employment

**Leslie Thompson**  
Fort Worth Marketing Team



# Workshops



## **Accessing Services in Tarrant County**

### **Ashley Perry**

Director of Intake & Access for MHMR  
Tarrant IDD Authority

## **Senior Moments or Something More?**



### **Jaime Cobb, CDP**

James L. West Alzheimer's Center





# Workshops

## Better Balance – Stronger Seniors

**Sandra Angell, BS, CPFT**  
Group Exercise Coordinator  
Texas Health HEB



**Crystal Allan**  
Fitness Specialist



# Workshops



## Health & Wellness for Seniors

**Saira Jamal, M.D.**  
Baylor Family Medical Center at Grapevine

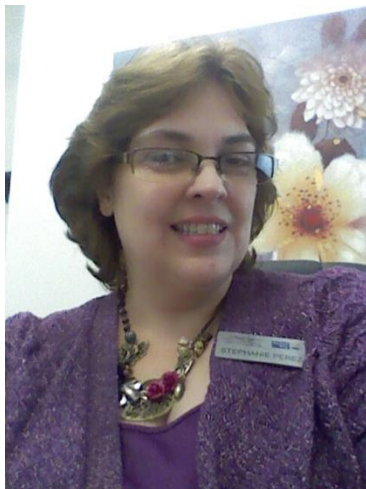
## Recognizing the Signs of Alzheimer's Disease

**Dr. Lesca Hadley, M.D.**  
Director of Geriatric Fellowship  
JPS Health Network



# Workshops

## Medicare and You: Empowering Your Choice!



**Stephanie Perez**  
Benefits Counseling Program Manager  
Area Agency on Aging



**Carol Ray**  
AAA Certified Benefits Counselor







# Entertainment



Sponsored by  
**James L. West Alzheimer's Center**  
**Sam Pack's Five Star Ford**



**Golden Melodies - Piano** by Carolyn Lynch

**Guitar** by The Gillan Brothers

**Hula Dancers** - Na Pua O Kuulei, The Blossoms of Kuulei

**Juggling** - Brent McIlvain, Edward Jones Investments

**Sinatra-Style Vocals** - Ken Nelson

**Soothing Tunes - Piano** by Karen Parsons, TCC NE Campus Music Dept.

**The Vanderveers**

**Tranquil Musical Moments** by Stan Paschal, TCC NE Campus Music Dept.

**Zumba** - by Shara Janolo, TCC NE Campus Dance Dept.





# BINGO

Sponsored and  
Provided by



Community  
Enrichment Center









# Volunteers



*A special thank you to . . .*



First Baptist Church, Euless – Campus West



Bedford Paramedics



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District 2E2 Lions –  
Lions Organ and Eye Bank

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# ***Thank you to our Cities!***

**Bedford**

**Keller**

**Colleyville**

**North Richland Hills**

**Eules**

**Richland Hills**

**Fort Worth**

**Roanoke**

**Grapevine**

**Southlake**

**Haltom City**

**Trophy Club**

**Haslet**

**Watauga**

**Hurst**

**Westlake**







# ***Thank you to our Senior Centers!***

**Bedford**

**Hurst**

**Colleyville**

**Keller**

**Eules**

**North Richland Hills**

**Grapevine**

**Southlake**

**Haltom City**

**Watauga**







***Thank you to our Chambers of Commerce!***

**Colleyville**

**Grapevine**

**Hurst–Eules–Bedford**

**Keller**

**Northeast Tarrant**

**Northwest Metroport**

**Southlake**







To all of you...

***SPONSORS***

***VENDORS***

***SPEAKERS***

***VOLUNTEERS***

***ATTENDEES***

Thank you for making  
this event possible!

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# EMPOWERING SENIORS 2013



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Commissioner Gary Fickes • Tarrant County, Precinct 3

*We'll see you next year!*

**SAVE THE DATE**

**October 3, 2014**

