

Thank you to our Sponsors



Star-Telegram



Seniorific News

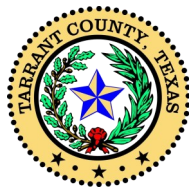


Blue Cross Blue Shield of Texas

Woodhaven Bank Northeast

Republic Services

Colleyville Courier



Times-Register

Grapevine Courier

Southlake Journal

Keller Citizen

5th Annual Award-Winning



EMPOWERING SENIORS 2013



a Health and Lifestyle EXPO for Caregivers, Boomers & Seniors

Commissioner Gary Fickes • Tarrant County, Precinct 3

Welcome



Today, it's all about YOU!

Your Health... Your Smile... Your Life...

8:30 to 1:30 p.m.

Friday, October 4, 2013

FBCE Campus West ♦ 205 N Industrial ♦ Bedford TX 76021

www.EmpoweringSeniors.com

Commissioner's Welcome



Welcome to Empowering Seniors 2013, 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.

Most importantly, have fun visiting with friends, watching great performances, visiting exhibitor booths and enjoying a nice lunch.

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, Euless for their partnership with this event.

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

Sincerely,

Gary Fickes

Our Empowering Seniors Committee

Tim Alba, Judy Atwood, Faye Beaulieu, Sandra Crowley, Linda Eilenfeldt, Renee Garrett, David Medina, Ron Parish, Linda Rea, Scott Sheppard, David Stuckey, Michelle Varley, and Vickie Vickers

Thank you to our Exhibitors

Meadow Lakes
Meadowood Assisted Living & Memory Care at the Vineyards
Meals On Wheels, Inc. of Tarrant County
Metroport Meals on Wheels
MHMR of Tarrant County
My Ride Tarrant
Mid Cities Dental
Mid-Cities Care Corps
Neighbor Helping Neighbor
N.E. Senior Leadership Forum
North Hills Hospital
North Texas Orthopedics
Office Depot
Oncor Electric Delivery
Parc Place Retirement
Pratt Insurance
Preferred Care at Home
Premier Agent Group
Protenium Clinical Research
Reliant Mid-Cities Acute Rehab
Republic Services
Reverse Mortgage USA Texas
Rita's Ice
River Oaks Health & Rehab
Sam Pack's Five Star Ford
Sam's Club
Sedona Place & Sedona Village
Senior Citizen Services of Greater Tarrant County, Inc.

Senior Helpers
Seniorific News
Sisters S.O.S.
Social Transportation for Seniors (STS)
Spine Team Texas
Star-Telegram
Super Value Pharmacy
Tarrant County Clerk-Vital Records
Tarrant County College Northeast Senior Education
Tarrant County Commissioner Gary Fickes
Tarrant County Credit Union
Tarrant County District Clerk-Passport Section
Tarrant County Elections
Tarrant County Public Health
Tarrant County Tax Office
Tarrant County Veteran Services
Texas A&M Agrilife Extension Service
Texas Health Harris Methodist Hospital Hurst-Euless-Bedford
Texas Seniors' Guides
Trail Creek Pharmacy
TrueMedicine
WellCare
Wells Fargo Advisors
Woodhaven Bank Northeast
Woodridge Nursing & Rehab
YMCA of Metropolitan FW

As of September 24, 2013

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



Thank you to our Exhibitors

6 Stones Mission Network

AARP
ADRC of Tarrant County
Alzheimer's Association
Ameriprise Financial, Dallas Rainwater,
CPA, MBA
Area Agency on Aging/United Way
Area Chambers of Commerce
Area Senior Centers
Assisted Transition

AT&T

Atmos Energy
Autumn Leaves of Fossil Creek /
Autumn Leaves of Grapevine
Awareness Chiropractic
Back In Motion Family Chiropractic
Baylor Family Medical Center at
Grapevine
**Baylor Regional Medical Center at
Grapevine**

City of Bedford Animal Control
Bedford Police Department
Blue Cross Blue Shield of Texas
Bluebonnet Hills
Bridgeway Health Services
Brookdale Senior Living
Call A Ride of Southlake (CARS)
CaptionCall
Cigna HealthSpring

Community Enrichment Center

Congressman Kenny Marchant
Day Real Estate
Deaf Action Center
DFW Cruises and Travel/
Trinity Insurance Specialist
District 2E2 Lions
Edward Jones Investments/
Max Greer - RE/MAX
Elmcroft of Bedford & Irving
Eules Family Life Senior Center
Family Search
Financial & Estate Planning Services/
Legal Shield

First Baptist Church, Eules

Fletcher Consulting/Documation
GRACE
Grief Share
Heard It Through The Grapevine
Audiology
Hospice Compassus/
Heritage House of Keller
Hughlett Chiropractic, P.A.

James L. West Alzheimer's Center

JPS Health Network
Keller Williams Realty/Pluta Insurance
LifeGift
Lift Aids, Inc.
McGill Insurance Agency

Thank you to our Lunch Sponsors!



Agenda

8:30	Expo Opens
8:30 - 1:30	Health Screenings
8:45 - 9:25	Workshops - Session 1
9:30 - 10:30	Neil Sperry, Featured Speaker
9:45 - 10:25	Workshops - Session 2
10:30 - 11:00	Welcome and Recognitions
10:30 - 1:30	Bingo Sessions
10:45 - 11:25	Workshops - Session 3
11:45 - 1:00	Lunch
1:30	Expo Ends

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

Southlake Office
817-481-8234



Health Screenings

Blood Pressure - JPS Health Network

Bone Density Screening - North Hills Hospital

Cholesterol Screening - Baylor Regional Medical Center at Grapevine

HIV Screening - JPS Health Network

PSA (Prostate) Screening - JPS Health Network

Vision - District 2E2 Lions - Lions Organ and Eye Bank

Additional Services

**Flu Shots - Super Value Pharmacy
Trail Creek Pharmacy**

**Medication Disposal by - Super Value Pharmacy
(Outside at Entrance)**

Safety Measures to Protect Yourself - Bedford Police Dept.


Silver Sneakers Program - Texas Health Harris Methodist Hospital Hurst-Euless-Bedford


Spine Education Material - Spine Team Texas




Entertainment and BINGO

Blue Expo Area

Sponsored by James L. West Alzheimer's Center 

- 7:45 - 8:45 Soothing Tunes - Piano by Karen Parsons
TCC NE Campus Music Dept.
- 9:00 - 10:00 Hula Dancers - Na Pua O Kuulei, The Blossoms of Kuulei
- 10:00 - 11:00 Juggling - Brent McIlvain, Edward Jones Investments
- 11:00 - 12:00 The Vanderveers 
- 12:00 - 1:00 Sinatra-Style Vocals - Ken Nelson
- 1:00 - 1:30 Golden Melodies - Piano by Carolyn Lynch

Purple Expo Area

Sponsored by Sam Pack's Five Star Ford 

- 7:45 - 8:45 Golden Melodies - Piano by Carolyn Lynch
- 9:00 - 10:00 Zumba - by Shara Janolo, TCC NE Campus Dance Dept.
- 10:00 - 11:00 The Vanderveers
- 11:00 - 12:00 Hula Dancers - Na Pua O Kuulei, The Blossoms of Kuulei
- 12:00 - 1:00 Juggling - Brent McIlvain, Edward Jones Investments
- 1:00 - 1:30 Tranquil Musical Moments by Stan Paschal,
TCC NE Campus Music Dept.



Green Expo Area

Sponsored and Provided by Community Enrichment Center 

8:30 - 9:30 Gillan Brothers - Guitar



BINGO

10:30 a.m. to 1:30 p.m.

A new session starts every 30 minutes!

Workshops 10:45 - 11:25

Health & Wellness for Seniors

Room 1

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

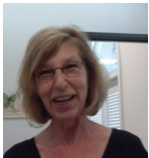
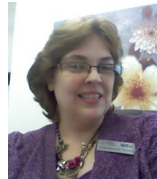


Discussion on various aspects of a healthy lifestyle for seniors. You will learn about important health screenings and how to translate your results as well as proper diet and exercise plans.

Medicare and You: Empowering Your Choice!

Room 2

Stephanie Perez
Benefits Counseling Program
Manager, Area Agency on Aging



Carol Ray
AAA Certified Benefits Counselor

An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral and unbiased 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.

Recognizing the Signs of Alzheimer's Disease

Room 3

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

What is Alzheimer's?

- Disease of old age?
- Forgetting what you are about to say?
- Noticing how your loved one cannot complete simple tasks or dealing with a failing sense of direction?

Don't miss this workshop to recognize the signs of the disease, treatment trends, and the impact on caregivers.



Featured Speaker

9:30 - 10:30
(Green Room)

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

Neil Sperry

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

Neil Sperry grew up in College Station, the son of a professor and head librarian. He attended Texas A&M, but transferred to Ohio State University, where he completed both his B.S. and M.S. degrees in horticulture.

His name has been synonymous with Texas gardening since 1970.

Radio: Neil broadcasts weekends over DFW powerhouse radio station WBAP NEWS/TALK 820 AM and 96.7 FM. that follows a very successful 30-year career at KRLD Dallas/Fort Worth.

Additionally, he broadcasts to more than 50 stations statewide with his daily Plant Talk Texas and weekend Texas Lawn and Garden Hour.

Newspapers: Neil is the featured garden columnist on weekends with the *Fort Worth Star-Telegram*, *San Antonio Express News* and 15 other newspapers across the state.

Magazine: Neil owns and, since 1987, has published Neil Sperry's GARDENS Magazine. Book: Neil Sperry's Complete Guide to Texas Gardening is the 4th best-selling gardening hardback in American history.



If you would like to hear more:

WBAP NEWS/TALK 820 AM and 96.7 FM

Sundays 8 a.m. -- 10 a.m. Call (800) 288-WBAP (9227)

Texas Lawn and Garden Hour syndicated statewide Saturdays

11 a.m. -- noon - Call (888) 256-1080

Plant Talk Texas syndicated statewide daily-weekdays

Workshops 8:45 - 9:25

Advanced Directives

Room 1

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



If you were ill or injured and unable to speak for yourself, who will determine which treatments you receive? Who will speak for you? Advanced Directives are legal documents that allow you to spell out your decisions ahead of time. They provide a way to communicate your wishes and avoid confusion and difficult decisions.

Empowering Seniors for Employment

Room 2

Leslie Thompson
Fort Worth Marketing Team



Leslie is the Employment/Education Director for Community Enrichment Center. In her position she assists seniors in obtaining their educational and career goals. Through humor, motivation, and inspiration, participants at the workshop will gain valuable knowledge in regards to applying and getting a job and moving forward in a career.

Accessing Services in Tarrant County

Room 3

Ashley Perry
Director of Intake & Access for
MHMR Tarrant IDD Authority



MHMR provides information and referral services to people with Intellectual and Developmental Disabilities (IDD) and their families and works closely with the Aging and Disability Resource Center to do the same for our older residents and their families. We explain options and benefits, determine if people meet criteria for services and provide direct services. MHMR and the ADRC are committed to providing support and information to people and their families. The service system is complex and sometimes confusing – and we are here to help.

Workshops 9:45 - 10:25

Senior Moments or Something More?

Room 1

Jaime Cobb, CDP
James L. West Alzheimer's Center



Every 68 seconds someone develops Alzheimer's disease. By 2050, someone will develop the disease every 33 seconds. With this staggering projection, James L. West Alzheimer's Center is raising awareness and answering questions that all generations are asking.

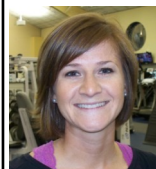
This workshop will cover:

- The importance of an early and proper diagnosis
- A better understanding of Alzheimer's disease and dementia
- The difference between normal and abnormal aging
- Ways that have been clinically shown to help reduce your risk

Better Balance - Stronger Seniors

Room 2

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



Crystal Allan
Fitness Specialist

Come test your balance with proven exercises that are safe, effective, as well as fun! Fitness Specialists Sandy Angell and Crystal Allan from Texas Health Fitness Center HEB will discuss exercise principles and then lead you through a balance focused skill session all the way from Warm Up to Cool Down. You may be a participant or observe in this workshop.

