Thank you to our Sponsors

Presenting

Baylor Regional Medical Center at Grapevine
JPS Foundation
North Hills Hospital
Star-Telegram
Texas Health Harris Methodist Hospital Hurst-Euless-Bedford
UNT Health Science Center

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city of Bedford
BlueCross BlueShield of Texas
Community Endowment Center
James U West
Lucas Financial Center
Office Depot
ONCOR
Senior Voice Newspaper
Seniorific News
Texas Senior's Guides
US Memory Care

Silver & Bronze

6 Stones
First Euless Baptist Church
Kroger
Republic Services
Riverside Inn at Fossil Creek
Memory Care Community
Sam Pack's Five Star Ford
Spine Team Texas
Stoneybrook Memory Care of Grapevine
TXU Energy
USMD SeniorCare

Colleyville Courier
Grapevine Courier
Keller Citizen
Times-Register
Southlake Journal

Friday, October 3, 2014
8:30 a.m. to 2:00 p.m.

EMPOWERING Seniors
Tarrant County Commissioner Gary Fickes
Meet Texas Ranger's Legend & Three-Time All-Star JIM SUNDBERG
Welcome to Empowering Seniors 2014, 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.

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 of Euless 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

Our Empowering Seniors Committee

Thank you to our Exhibitors

6 Stones Mission Network
A Changing Season/Financial & Estate Planning Service
Absolute Quality Hearing, Inc.
ADRC of Tarrant County
Alzheimer's Association/Meals On Wheels, Inc.
American Jewelry & Estate Experts
Area Agency on Aging/United Way of Tarrant County
Area Chambers
Area Senior Centers
Arlington Cancer Center at Trophy Club
AT & T
Atmos Energy
Avante Rehabilitation Center
Awareness Chiropractic Center
Back In Motion Family Chiropractic
Bath Planet
Baylor Regional Medical Center at Grapevine
Blue Cross Blue Shield of Texas
BrightStar Care of Mid Cities
Brookshire Dental
Call A Ride of Southlake/NE Senior Community Forum
CaptionCall
Chateau on Wildbriar Lake
Choice Homecare
Cigna Health Spring
City of Bedford
Comforcare Home Care
Community Enrichment Center
Congressman Kenny Marchant
Conservatory at Keller Town Center
Copeland Insurance Group
Cruise One
Costco Wholesale
Dancing River Assisted Living & Memory Care
District 2E2 Lions
Du-West Bath Solutions
Easter Seals North Texas
Elite Audiology Resources
Euless Family Life Senior Center
Eye Consultants of Texas
First Baptist Church Euless
Documation/Fletcher Consulting
Generation Mortgage
Glade Modern Dentistry & Orthodontics
Golden Heart Senior Care/Hurst Senior Center
GRACE
Heard it Through the Grapevine Audiology
Hearing Loss Assoc. of America Ft. Worth Chapter
Helping Restore Ability
Honor Flight DFW
Horizon Bay North Richland Hills
Hughlett Chiropractic, P.A.
First Baptist Church Euless
Documation/Fletcher Consulting
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Horizon Bay North Richland Hills
Hughlett Chiropractic, P.A.
James L. West Alzheimer's Center
JPS Health Network
Kallal Medical Group
Klarus Home Care/South Colleyvile Ranch
Kroger
LifeGift
Lift-Aids, Inc.
Lucas Funeral Home
Meadow Lakes Retirement Community

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
Richard Schiller
Director, Field Operations
Southlake Office
817-481-8234

Agenda

8:30 a.m.       Expo Opens
8:30 - 2:00     Health Screenings & Entertainment
9:00 - 9:40     Workshops - Session 1
9:30 - 1:30     Bingo Sessions (Green Room)
10:00 - 10:40   Workshops - Session 2
10:30 - 11:00   Welcome and Recognitions
10:30 - 1:00    Food Booths Open
11:00 - 11:40   Workshops - Session 3
12:00 - 12:40   Workshops - Session 4
2:00 p.m.       Expo Ends
Thankful
Grateful
& Honored

to all our people whose compassionate care made this possible

to serve so many wonderful communities

Thank you to our Senior Centers, Cities, Chambers of Commerce and District 2E2 Lions Club for your support of Empowering Seniors.

A special thank you to Senior Getaways for donating our Grand Prize BRANSON CHRISTMAS TRIP for TWO

Booths 120-121
Featured Guest

Meet Texas Rangers’ Legend & Three-Time All-Star!

JIM SUNDBERG

Three-Time All-Star

Booth # 87

Health Screenings

<table>
<thead>
<tr>
<th>Test</th>
<th>Location</th>
<th>Range</th>
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<tbody>
<tr>
<td>Blood Pressure</td>
<td>JPS Health Network</td>
<td>52-53</td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>UNT Health Science Center</td>
<td>37-38</td>
</tr>
<tr>
<td>Bone Density</td>
<td>North Hills Hospital</td>
<td>96-97</td>
</tr>
<tr>
<td></td>
<td>UNT Health Science Center</td>
<td>37-38</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Baylor Regional Medical Center</td>
<td>120-121</td>
</tr>
<tr>
<td></td>
<td>at Grapevine</td>
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<tr>
<td>Hearing</td>
<td>Absolute Quality Hearing, Inc.</td>
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</tr>
<tr>
<td>Hemoglobin A1c</td>
<td>Protenium Clinical Research</td>
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<tr>
<td>HIV</td>
<td>JPS Health Network</td>
<td>52-53</td>
</tr>
<tr>
<td>PSA (Prostate)</td>
<td>JPS Health Network</td>
<td>52-53</td>
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<tr>
<td>Ultrasound Vein</td>
<td>Kallal Medical Group</td>
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</tr>
<tr>
<td>Vision</td>
<td>District 2E2 Lions/Lions Organ</td>
<td>55</td>
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<tr>
<td></td>
<td>and Eye Bank</td>
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<tr>
<td></td>
<td>Eye Consultants of Texas</td>
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Additional Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Additional Location</th>
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</thead>
<tbody>
<tr>
<td>Proper Nutrition &amp; Diets</td>
<td>Texas Health Harris Methodist Hospital H-E-B</td>
<td>(Speak one-on-one with dietician)</td>
</tr>
<tr>
<td>Flu Shots</td>
<td>Super Value Pharmacy</td>
<td>101</td>
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<tr>
<td></td>
<td>Trail Creek Pharmacy</td>
<td>42</td>
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<td></td>
<td>Mid Cities Pharmacy</td>
<td>18</td>
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<tr>
<td>Pneumonia</td>
<td>Kroger</td>
<td>115</td>
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<tr>
<td>Shingles Shots</td>
<td>Kroger</td>
<td>115</td>
</tr>
<tr>
<td>Whooping Cough</td>
<td>Kroger</td>
<td>115</td>
</tr>
<tr>
<td>Eye Glass Donation</td>
<td>District 2E2 Lions Club</td>
<td>55</td>
</tr>
<tr>
<td></td>
<td>Additional Location (Outside at entrance)</td>
<td></td>
</tr>
<tr>
<td>Medication Disposal</td>
<td>Super Value Pharmacy</td>
<td>(Outside at entrance)</td>
</tr>
</tbody>
</table>

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Entertainment and BINGO

Blue Expo Area
Sponsored by US Memory Care

- 9:00 - 10:00  Remembering the Favorites - Charles Spaulding
- 10:00 - 11:00  Hurst Senior Hula Class
- 11:00 - 12:00  The Vanderveers
- 12:00 - 1:00  Sintra-Style Vocals - Ken Nelson

Purple Expo Area
Sponsored by Lucas Funeral Home

- 9:00 - 10:00  Elvis Tribute Artist - Gregg Moon
- 10:00 - 11:00  The Vanderveers
- 11:00 - 12:00  Movers Unlimited - Zumba-TCC NE Touring Dance. Co.
- 12:00 - 1:00  Dallas Tap Dazzlers

Green Expo Area
Sponsored and Provided by Community Enrichment Center

BINGO
9:30 a.m. to 1:30 p.m.
Workshops 9:00 - 9:40

Ask The Commissioner
Room 1 (At Main Entrance)
Commissioner Gary Fickes
Tarrant County, Precinct 3
Stop in and meet Commissioner Gary Fickes. An opportunity to ask questions or share any concerns you may have.

Advances in GERD: From Diagnosis to Treatment
Room 2
Jay Yepuri, M.D., M.S.
Gastroenterologist, Texas Methodist Hospital H-E-B
Learn what causes acid reflux and gastroesophageal reflux disease (GERD). Also get an overview of symptoms, how the condition is diagnosed, potential complications, treatment options available, and how lifestyle measures may have preventive benefits.

How to Recognize and Prevent Identity Theft/Fraud Schemes
Room 3
Anthony Shelley, Detective Bedford Police Department
Assigned to US Secret Service Financial Crimes Task Force
A presentation providing tools and tips to assist with recognizing Identity Theft and Fraud Schemes before it is too late. This presentation will also provide the necessary steps needed if you become a victim of Identity Theft or Fraud.

Learn and Live Longer
Room 4
Judy Stanford, President of the Senior Advisory Council at TCC, NE Campus
Come and learn how an active body and brain can slow the aging process. Also become better acquainted with the Tarrant County College NE Senior Education Program.

Medicare 2015 Tips & Updates
Room 5
Carol Ray & Stephanie Perez
United Way/Area Agency on Aging
An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral 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.
Signs of Dementia
Room 1
(At Main Entrance)  
Baylor Family Medical Center at Grapevine

Dr. Jamal will discuss geriatric issues including signs and symptoms of dementia and available Alzheimer’s screenings and treatment.

Simple Dietary Changes to Lose Weight and Control Diabetes
Room 2
(Blue Rm)  
North Hills Hospital

When you have diabetes, being overweight or obese increases your risk for complications. Learn how to lose weight in a healthy way and start feeling better!

The IRS and Your Social Security Benefits: Are they taxable? Are they subject to Levy?
Room 3
(Blue Rm)  
Legal Aid of NW Texas

An overview of events that can make your Social Security benefits taxable and how to prevent an IRS levy.
<table>
<thead>
<tr>
<th>Room</th>
<th>Workshop Title</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room 1</td>
<td>Memory Enhancers&lt;br&gt;Sharpen Your Memory and Keep It Strong!</td>
<td>Jaime Cobb, CDP&lt;br&gt;(At Main Entrance) James L. West Alzheimer’s Center</td>
</tr>
<tr>
<td>Room 2</td>
<td>Cultural Changes in Funeral Service&lt;br&gt;- 154 years in 30 minutes</td>
<td>Mark Lucas-Kelly&lt;br&gt;(Blue Expo) Public Relations Director</td>
</tr>
<tr>
<td>Room 3</td>
<td>How to Recognize and Prevent Identity Theft/Fraud Schemes</td>
<td>Anthony Shelley, Detective Bedford Police Department&lt;br&gt;(Blue Expo) Assigned to US Secret Service Financial Crimes Task Force</td>
</tr>
<tr>
<td>Room 4</td>
<td>Understanding Medicare</td>
<td>Karen Travit&lt;br&gt;(Green Expo) Blue Cross Blue Shield</td>
</tr>
<tr>
<td>Room 5</td>
<td>Healthy at Home</td>
<td>Beth Noah, LMSW - ADRC,AAA, MHMR&lt;br&gt;Matt Weaver, PhD, CIRS - AAA,UW</td>
</tr>
</tbody>
</table>
We hope you never need us, but if you do, you can trust that we at Texas Health Harris Methodist Hospital Hurst-Euless-Bedford will be there for you and your loved ones. With an experienced staff and technologically advanced care, our dedication is to your health. Whether you need 24-hour emergency trauma care or women's health services, we're equipped to handle your every need. Visit TexasHealth.org/HEB-ED to learn more and receive a free first aid kit for all of life's little emergencies.

Behavioral Health • Cancer Care • Critical Care • Digestive Health • Fitness Center • Heart & Vascular • Hyperbaric Medicine Center • Orthopedics • Radiology • Rehabilitation & Therapy • Women's & Infants' Health • Wound Care

1-877-THR-WELL

Booths 92-93

Workshops 11:00 - 11:40

Medicare 2015 Tips & Updates

Room 1
At Main Entrance
Carol Ray & Stephanie Perez
United Way/Area Agency on Aging
An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral 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.

Fall Prevention for Seniors

Room 2
(Blue Expo)
Mary Ann Contreras, RN: Injury Prevention/Trauma Outreach Coordinator JPS Health Network
This program is a didactic interactive power point expounding on the current tsunami of falls within our growing elder population. Factors that put a person at risk for a fall can be intrinsic and extrinsic. While many senior adults consider falls a part of aging, in fact, there are a host of interventions that can be initiated to prevent falls. This program aims to identify fall risks and prevention opportunities that can be put into place.

Geriatric Programs in our Community

Room 3
(Blue Expo)
Yolanda Lane, CHES
Gail Berky, MSW
Judith O Jiles, PhD
UNT Health Science Center
Hear about special programs benefiting seniors through community partnerships in Tarrant County.

Empowering Seniors for Employment

Room 4
(Green Expo)
Leslie Thompson
Fort Worth Marketing Team
Leslie is the Employment/Education Director for the Community Enrichment Center. In her position she assists seniors in obtaining their educational and career goals.

Fit Start: Exercise for ALL Levels

Room 5
(Green Expo)
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.

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