

Welcome to

EMPOWERING SENIORS 2011

a Health and Lifestyle EXPO for Boomers & Seniors



Commissioner Gary Fickes

Tarrant County, Precinct 3

Friday, October 7, 2011

8:30 a.m. - 1:30 p.m.

FBCE Campus West, 205 N. Industrial, Bedford TX 76021



www.EmpoweringSeniors.com

EMPOWERING SENIORS 2011



Commissioner Gary Fickes,
Tarrant County, Precinct 3...
cares about YOU!



"We are here to bring awareness to services and opportunities available to the senior citizens of Northeast Tarrant County."

A special thanks to...

Our Sponsors, Vendors, Volunteers, and You
for joining us today at Empowering Seniors 2011!

Our Empowering Seniors Committee

**John Fletcher, Judy Atwood, Linda Eilenfeldt, Melba Carmona,
Neal Welch, Roselee Kerr, Ron Parish, and Scott Sheppard.**

If you would like to learn more about our efforts to reach out to our seniors in Northeast Tarrant County and how you can help, please contact Commissioner Gary Fickes' Office at either of the following locations:

Northeast Sub-Courthouse
645 Grapevine Hwy., #6
Hurst, TX 76054
817-581-3600

Southlake Town Hall
1400 Main St., #410
Southlake, TX 76092
817-481-8234

Staff of Commissioner Gary Fickes

Tarrant County, Precinct 3

Carolyn Sims, Precinct Administrator
Rebecca Barksdale, Community Outreach Coordinator
Mary Ann Rike, Executive Secretary
Theresa Parsons, Executive Secretary

EMPOWERING SENIORS 2011

Agenda

| | |
|----------------------|---------------------------|
| 8:30 - | Expo Opens |
| 8:30 - 1:30 | Health Screenings |
| 9:30 - 10:10 | Workshop Session 1 |
| 10:10 - 10:40 | Break |
| 10:40 - 11:20 | Workshop Session 2 |
| 11:00 - 1:00 | Lunch |
| 11:20 - 12:00 | Break |
| 12:00 - 12:40 | Workshop Session 3 |
| 12:40 - 1:30 | Break |
| 1:30 - | Expo Ends |

EMPOWERING SENIORS 2011



Health Screenings

Blood Pressure - Booths 57 & 58

JPS Health Network

Bone Density Screening - Booths 26 & 27

Baylor Regional Medical Center at Grapevine

Diabetes/Blood Glucose Screening - Booths 1 & 2

North Hills Hospital

Fall Risk - Booths 30 & 31

Texas Health Harris Methodist Hospital Hurst-Euless-Bedford

Healthy Back and Neck Questionnaire - Booths 28 & 29

Spine Team Texas

Hearing - Booth 74

American Hearing Laboratories

Knee Screening - Booth 6

Stephen B. Sanders, M.D.

PSA (prostate) Screening - Booths 57 & 58

JPS Health Network

Vision - Booth 24

Colleyville Lions Club

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Workshops



WORKSHOP - ROOM 1

- 9:30 - 10:10 **Your Best Brain Now!**
Susan Franks, Ph.D.
UNT Health Science Center
- 10:40 - 11:20 **Watchdog Nation: Learn
How to Protect Yourself**
Dave Lieber
Star-Telegram Watchdog Columnist
- 12:00 - 12:40 **ID Theft & Fraud**
Martha Mabry, Crime Prevention Coordinator
Fort Worth Police Department

WORKSHOP - ROOM 2

- 9:30 - 10:10 **Take Control of Your Health:
Chronic Disease Self-Management**
Jennifer Severance, Ph.D.
Cynthia Franklin, Workshop Specialist
Texas Healthy Lifestyles, Senior Citizen Services
- 10:40 - 11:20 **Fit Start: Exercise for ALL Levels**
Gerald Campbell, Instructor
Hurst Senior Activities Center
- 12:00 - 12:40 **Medicare & You: Increase Your Power!**
Trelisha Brown, Attorney
Texas Legal Services Center

WORKSHOP - ROOM 3


- 12:00 - 12:40 **The Latest Treatment Options for Neck
& Back Pain**
Jennifer Donnelly, M.D.
Physical Medicine and Rehabilitation
Physician - Spine Team Texas

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Entertainment and Bingo



8:30 - 9:30 Musical Moments
Barbara Janovetz & Jeanette Bailey

9:30 - 10:15 One Man Band
Boyce Hunt 

10:15 - 10:45 Senior Shimmers of Fort Worth
Janice Beckcom



11:15 - 12:15 Sinatra-Style Vocals
Ken Nelson



12:30 - 1:30 Sing-A-Long Piano Medley
Jacqui Finster



BINGO

Provided by Community Enrichment Center

Games start every hour



9:00
10:00
11:00
12:00
1:00

**Seating LIMITED -
20 participants per hour**

EMPOWERING SENIORS 2011

Thank you to our Exhibitors

6 Stones Mission Network

AARP

AARP Foundation Tax Aide
Aging & Disability Resource Center
Alzheimer's Association
American Hearing Laboratories
Atmos Energy
Back in Motion Family Chiropractic
Bankers Life & Casualty Company
Baylor Regional Medical Center at Grapevine
Bedford Animal Shelter
Bluebonnet Hills Funeral Home and Memorial Park
Brightstar Care
Botanical Research Institute of Texas/BRIT
Call A Ride of Southlake/CARS
Care Improvement Plus
Chambers of Commerce
City of Euless
Colleyville Lions Club
Comfort Keepers
Commissioner Gary Fickes, Precinct 3
Community Enrichment Center
Conservatory Senior Living
Dove Chiropractic Health Center
Eagle Travel
Evercare by United Healthcare
Financial and Estate Planning Services
Fletcher Consultants
Franklin Park at Hometown
GRACE
Hurst Senior Activities Center
"I'm Your Man" - Handyman Services
Isle at Watermere Assisted Living and Memory Care
James L. West Alzheimer Center
JPS Health Network
Legends 770 AM KAAM Radio
Life Cycle Dental
LifeGift
Lift Aids, Inc.
Mary Louise Garcia, County Clerk, TC
Mature Texan Magazine
Meadow Lakes Retirement Community
Meals On Wheels, Inc. of Tarrant County
Metropport Meals On Wheels

Mid-Cities Care Corps

New York Life

North Hills Hospital - Senior Health Clinic

North Texas Orthopedics

Northeast Senior Leadership

ONCOR Electric Delivery/Ask ONCOR

Parc Place Retirement

Parkwood Retirement Community

Pinnacle Home Health

Preferred Care Partners Management Group

Pride Pharmacy

Protenium Clinical Research

Public Health, Tarrant County

R.E.D. Hats

Reliant Mid-Cities Rehabilitation Hospital

Richland Hills Nursing & Rehabilitation

Rockaway Company

Ron Wright, Tax Assessor/Collector, TC

Seniors And Law Enforcement Together/ S.A.L.T. of Tarrant County

SafeHaven of Tarrant County

Senior Citizen Services

Senior News

Senior Resource Provider on behalf of BWA Architects

Spine Team Texas

St. Luke's Pharmacy

Star-Telegram

State Representative Vicki Truitt

Steven B. Sanders, M.D.

Super Value Pharmacy

Tarrant County College Senior Education

Tarrant County Credit Union

Texas Eye and Laser Center

Texas Health Harris Methodist Hospital Hurst-Euless-Bedford

The Flexstick Company

Tom Wilder, District Clerk, TC - Passports

United Way Tarrant, AAA, & 211

Universal Healthcare

U.S. Congressman Kenny Marchant

Veterans Services, Tarrant County

Walgreens

YMCA of Metropolitan Fort Worth

(As of October 4, 2011)

EMPOWERING SENIORS 2011

Thank you to our Sponsors



Star-Telegram

The Southlake Journal



ONCOR Electric Delivery

Texas Eye and Laser Center

Chick-fil-A

Office Depot

Colleyville Courier

Grapevine Courier

Keller-Citizen



Times-Register