

It's not just an event for Caregivers, Boomers, & Seniors...

It's an EMPOWERING Experience!

Presenting Sponsor

care@care

Insurance Company, Inc.

Welcome to the Award-Winning 9th Annual

EMPOWERING Seniors



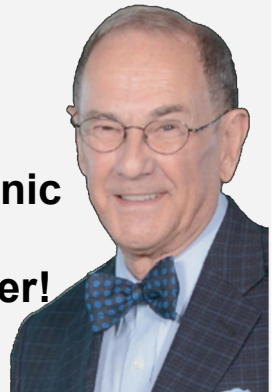
Tarrant County Commissioner Gary Fickes

Meet



NEIL SPERRY, the most familiar voice in Texas horticulture and one of the most tenured gardening talk show hosts in America...

and



TROY DUNGAN, Iconic Weatherman and Care N' Care Member!



Workshop Rm. 1

Back by popular demand...

ASK the Doctor/ Provider Panel Returns!

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CLOUDY UNDERSTANDING OF MEDICARE?

Let Us Clear It Up.

care@care
Insurance Company, Inc.

Medicare Questions? Answered.

Care N' Care Medicare Advantage plans cover everything Medicare does and more with the dependability you expect and the benefits you deserve.

- \$0 premium PPO plan
- No deductibles
- Low out-of-pocket maximum costs
- Prescription coverage
- Nationwide coverage when you travel
- Fitness program
- Mail-order Pharmacy
- Personal Healthcare Concierge
- Headquarters in Fort Worth



Troy Dungan,
Care N' Care member
and iconic weatherman

Local plan you can trust.

Care N' Care is proud to be headquartered in Fort Worth, and we want our neighbors to be familiar with our benefits and services. We are passionate about our hometown communities and delivering outstanding member service with local hospitality. **It's what you should expect from people who care about you.**

Clear Skies Ahead,
Call Care N' Care today!

Go online to
cnhealthplan.com or
Call 1-877-665-2622
(TTY 711) 8am-8pm (CST),
Seven days a week.

*Don't forget!
Medicare Annual
Open Enrollment is
October 15 -
December 7!*

Care N' Care is a Medicare Advantage Organization with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Out-of-network/non-contracted providers are under no obligation to treat Care N' Care members, except in emergency situations. For a decision about whether we will cover an out-of-network service, we encourage you or your provider to ask us for a pre-service organization determination before you receive the service. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

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Y0107_18_58 Accepted

BOOTH 112 - 116

COMMISSIONER'S CORNER



 Like us on
Facebook

@empoweringseniors

Welcome to Empowering Seniors 2017, an event 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 that could be beneficial for you, a friend, or a loved one.

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 Euless for their partnership with this event.

Have fun visiting with friends, watching great performances, visiting exhibitor booths and enjoying the tasty food!

Sincerely,

Gary Fickes

STAFF OF COMMISSIONER GARY FICKES

Tarrant County, Precinct 3

Rebecca Barksdale, Precinct Administrator

Devin Sanders, Community Outreach Coordinator

Theresa Parsons, Assistant Precinct Administrator

Freida Landerholm, Office Administrator

Roselee Kerr, IT Senior Support Specialist

Richard Schiller, Director of Field Operations

Northeast Courthouse - 645 Grapevine Hwy., Ste. 200, Hurst Texas 76054 | 817-581-3600

Our Empowering Seniors Committee

Judy Atwood, Faye Beaulieu, Andrea Brown, Melissa Burleson,
Christine Casbeer, Kevin Davis, Amanda English, Ann Farmer, Claudia Garcia,
Kathy Hudnall, Tana Kersten, Ashley King, Butch Lindsey, Annabel Luna, Bob Neely,
Tiara Nugent, Terri Palomino, Ronnie Parish, Scott Sheppard, Inga Shivers,
Karen Travit, Michelle Varley, Cynthia Velazquez, Patty Williams



Meet 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.

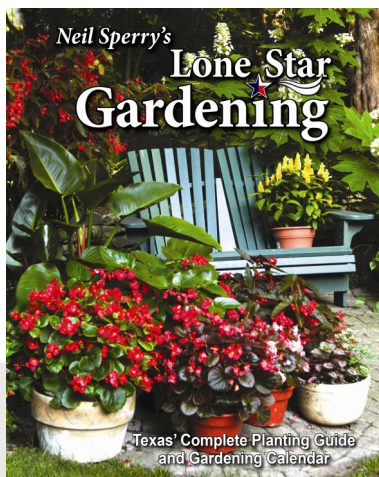
His name has been synonymous with Texas gardening since 1970.

Radio: Since 2010 Neil has been on the air weekends over DFW powerhouse radio station WBAP 820 AM. That follows a 30-year career at KRLD in 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.

Books: Neil has written several books. His 1991 *Complete Guide to Texas Gardening* is the 4th best-selling gardening hardback in American history.



\$31.95 Plus Tax

Neil's free weekly e-mail newsletter "e-gardens" comes directly from his computer to yours. It contains timely tips, a featured plant, questions of the week and much more. See the most recent issue and sign up at www.neilsperry.com.

Join Neil on Facebook as more than 60,000 others have done. See his daily Garden Tips and follow his answers to gardeners' questions.

BOOTH 30
9:00 a.m. - 12:00 p.m

**Neil's newest book...
not in stores and not on Amazon.**

Get your signed copy today!

**Covers everything you need to be successful in landscaping
and gardening in Texas.**

AGENDA

8:30 a.m.	Morning Coffee and Check-In
9:00 a.m.	Expo Opens
9:00 a.m. – 2:00 p.m.	Health Screenings & Entertainment Art on Wheels (Activity Area) Career Development (Interactive Area) Master Gardeners (Interactive Area)
9:30 a.m. – 10:10 a.m.	Workshop Session 1
9:30 a.m. – 1:30 p.m.	Ask the Doctor/Provider Panel (3 Sessions)
9:30 a.m. – 1:30 p.m.	Bingo Session (Off Blue Expo Room)
10:00 a.m. – 2:00 p.m.	Cooking Demonstrations (Activity Area) Photo Booth (Interactive Area)
10:30 a.m. – 11:10 a.m.	Workshop Session 2
10:30 a.m.	Commissioner Fickes Welcome & Recognitions
10:30 a.m. – 1:30 p.m.	Food Booths Open
11:30 a.m. – 12:10 p.m.	Workshop Session 3
12:30 p.m. – 1:10 p.m.	Workshop Session 4
2:00 p.m.	Expo Ends

FOOD BOOTHS

10:30 a.m. – 1:30 p.m.

*Anna's
Mexican Grill*

#21



#45



#36



#127



#27



#100



#88



#146



#43



#96



#91

WORSHIP WITH PEOPLE WHO CARE ABOUT YOU

8:30 Traditional Service

You are invited to a complimentary Thanksgiving Lunch at First Euleless on Wednesday, November 1, 12 noon, Fellowship Hall. Please call Kathy Hudnall at 817 540-7455 to make your reservation. Reservations **MUST** be made by October 23.



**FIRST
EULESS**

real people. real hope. real life.

1000 W. Airport Frwy, Euleless, TX 76039

firsteuleless.com • 817-267-3313 • khudnall@firsteuleless.com

SCREENINGS

Baylor Scott & White	39-40
Cholesterol	
Injury and Fall Prevention	
JPS Health Network	41-42
Fall-ty Hazards Room	
Educational Material on Healthy Aging	
Medical City North Hills	89-90
Bone Density	
Texas Health HEB	81-82
“CarFit - Helping Mature Drivers Find Their Safest Fit”	
Moncrief Cancer Institute	86
At-Home Colorectal Cancer Screening Kits (Must Qualify)	
Cancer Survivorship Program, Information on Early Detection	
Screening Program for Breast & Cervical Cancer	

ADDITIONAL SCREENINGS AND INFORMATION

FLU VACCINE	BOOTH	OTHER SCREENINGS	BOOTH
Kroger	35	HBA1C	
Super Value Pharmacy	93	Protenium Clinical Research ..	105
Walgreens	7		
PNEUMONIA VACCINE		HEARING TEST	
Kroger	35	Love to Hear Again	160
Walgreens	7		
SHINGLES VACCINE		VISION SCREENING	
Kroger	35	District 2E2 Lions Club	80,161
WHOOPING COUGH VACCINE			
Kroger	35		
Walgreens	7		



For Any Injury, No Matter
How Severe, **We're Here.**

Baylor Scott & White Medical Center – Grapevine Achieves Level II Trauma Center Designation

In the event of a serious injury, having quality, capable medical care nearby can make all the difference. To enhance the availability of trauma care close to home, Baylor Scott & White – Grapevine has been verified as a Level II Trauma Center by the American College of Surgeons.

A Level II Trauma Center is capable of initiating care for all injuries and provides:

- 24/7 immediate care by highly-trained trauma surgeons on-site 24 hours a day, 365 days a year
- Trauma prevention programs for the community
- Ongoing comprehensive quality assessment program for continuous improvement in caring for severely injured patients

Hopefully, you will never need trauma care. But if you do, Baylor Scott & White – Grapevine is always ready.

For more information about our services, please call **1.800.4BAYLOR** or visit **BSWHealth.com/Grapevine.**



Baylor Scott & White
MEDICAL CENTER
LEVEL II TRAUMA
GRAPEVINE

1650 W. College St. | Grapevine, TX 76051

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WORKSHOP SESSION 1

9:30 A.M. TO 10:10 A.M.

Room 2 Medicare 2017 Tips and Updates

*Jamie Harwell, MSW, Community Living Program Manager
Area Agency on Aging of Tarrant County*

An educational presentation on recent and upcoming Medicare changes. Learn how healthcare reform will affect Medicare beneficiaries. What you need to know about Medicare basics, how you can sign up, and what resources are available to learn more about Medicare.

Room 3 Elder Fraud - What is it? Who are the victims? Who are the suspects? What now?

*Lori Varnell, Chief of Elder Financial Fraud Unit
Tarrant County Assistant District Attorney*

This session will address how to recognize signs of financial exploitation, such as investment fraud, home repair fraud, sweetheart swindles, and more. A brief question and answer session will follow.

WORKSHOP SESSION 2

10:30 A.M. TO 11:10 A.M.



Room 2 The Clinical Rationale for Proton Therapy

*Dr. Andrew K. Lee, Radiation Oncologist
Texas Center for Proton Therapy*

Proton therapy is a specialized form of radiation therapy that has been used to treat cancer patients for several decades. However, the last 10 years have seen significant improvements, utilization and growth in this therapeutic technology.

This presentation will discuss the physical properties of protons and how it differs from more conventional x-ray therapy. We will also discuss its role in treating cancer and how it may improve outcomes while decreasing side effects.

Room 3 Getting the Most out of Your Medicare Benefits



Thom E. Vance, AdvVance Senior Options, LLC

Discussion will include some key dates coming up - October 13th, COLA and Part B announcement. The new income breaks for determining Medicare premiums, how to get the most out of your Medicare benefits and, if you are two years away from collecting Medicare benefits, the Dos and more importantly the Don'ts.

We will break it down, so it is easier to understand and not so confusing!

WORKSHOP SESSION 3

11:30 A.M. TO 12:10 P.M.

Room 2

Transportation: Have a Say in How You Get Around Town

Sheila Holbrook-White, MyRIDE-Tarrant Program Director and Russell Schaffner, Tarrant County's Mobility Coordinator

Connecting to family and friends, shopping, attending worship services, volunteering opportunities, accessing health care, in your community is an essential element of a meaningful, active life.

This interactive workshop will engage participants in designing transportation services through which older adults, their families, and their friends can safely, affordably, and conveniently access and contribute to the county in which they live.

FIRST  EULESS

Room 3

Learning and Sharing Your Family History: It Starts with "I Remember"

Sandra Crowley, First Euleless Administrative Office

Many people have memories of their parents and grandparents to pass down to future generations, but writing the story can be time-consuming and daunting. Learn how to get started learning your family's history and how to make it easier for you and those around you to share your stories.

WORKSHOP SESSION 4

12:30 P.M. TO 1:10 P.M.

Room 2

Take a Stand to Prevent Falls

*Christina Bartha, M.S., Director of Programs
Sixty & Better*

Older adults and caregivers will learn about fall risks and hazards, ways to prevent falls, and the benefits of A Matter of Balance – an evidence-based program for older adults who are concerned about falls. Audience will have the opportunity to observe or participate in A Matter of Balance exercises.

Room 3

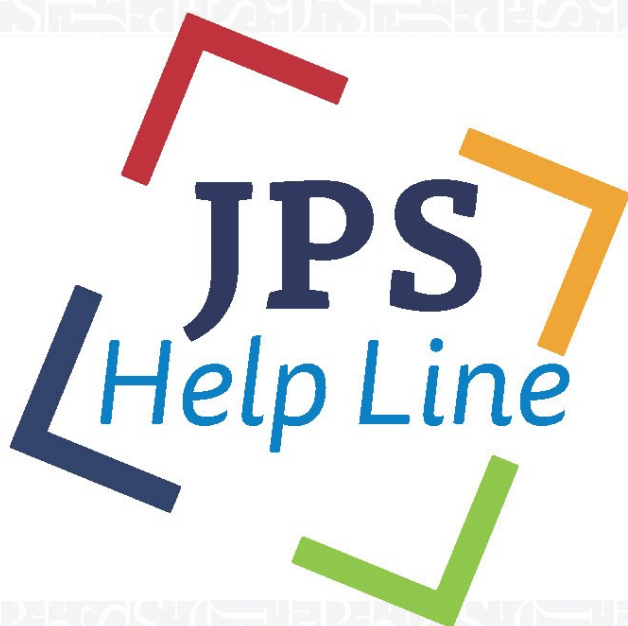
Social Media: Fun Zone for Seniors and Baby Boomers

Craig Backus is the "Head Nerd" at DRKM Strategies

Learn how adults 50 and better are connecting with friends on Facebook, Twitter, Pinterest, Instagram and so many more social media sites. Seniors are the fastest-growing market of social media and Craig Backus will show you how to engage, even if you have minimal experience in social media.

Serving aging adults through innovative, compassionate care

- Patient-Centered Medical Home
- Home Visits
- Geriatric Inpatient Consults
- Volunteer Opportunities



**24-Hour
Nurse Advice
817-702-1100**

*Call for health concerns,
nurse advice or to make and
reschedule appointments.*

Get social with JPS!



JPShealthnet.org | JPSmychart.org



**Centered in Care
Powered by Pride**

BOOTH 41 & 42



Get your day off to a good start



Whether read the traditional way with your morning coffee or digitally on your favorite tablet or mobile device, the Star-Telegram has delivery options that fit your lifestyle.

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Star-Telegram

The Courier-Journal

The Keller Citizen

Ask The Doctor/ Provider



Room 1

Ask the Doctor/Provider Panel

3 Sessions at:

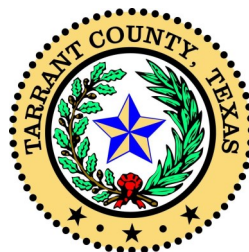
9:30 a.m. to 10:30 a.m.
11:00 a.m. to 12:00 p.m.
12:30 p.m. to 1:30 p.m.

A panel of physicians and providers address your questions covering specialties in:

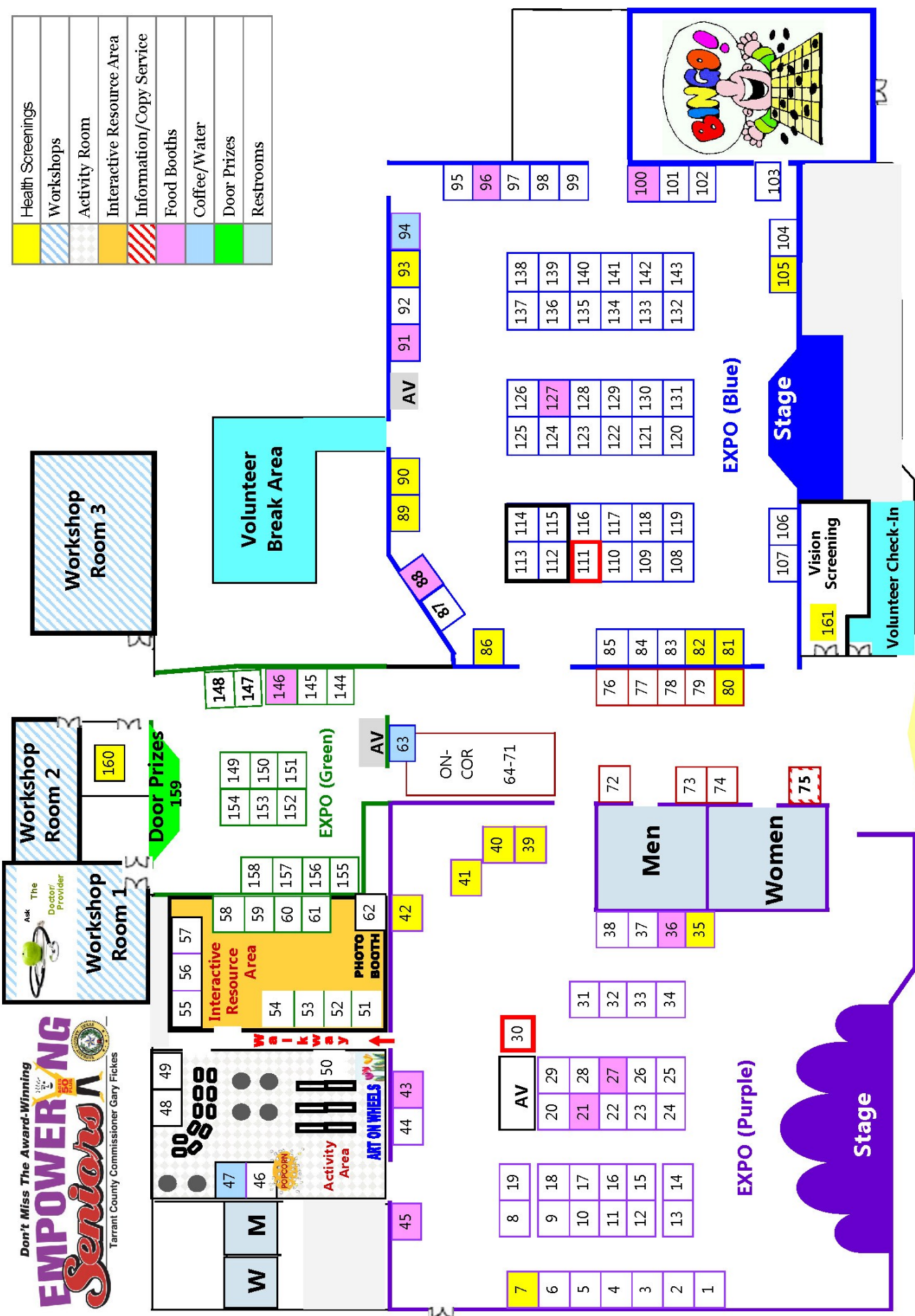
**Oncology
Cardiology
Neurology
Family Medicine
Pharmaceutical
and many more...**

The “Ask the Doctor/Provider” workshop room is located in the Green Expo Area in Workshop Room 1. Once you enter the room, take a question card to write any questions you may have. Please raise your hand and a staff member will pick up your question card for the session.

A special thank you to our doctors and providers from the hospitals below for providing this workshop for our caregivers, boomers and seniors. We would also like to thank Vinny Taneja, Director of Public Health, for serving as moderator today. What a great service to the community!



Health Screenings
Workshops
Activity Room
Interactive Resource Area
Information/Copy Service
Food Booths
Coffee/Water
Door Prizes
Restrooms



EXHIBITOR (Sponsors in Bold)	BOOTH	EXHIBITOR	BOOTH	EXHIBITOR	BOOTH
1Stop Alert	79	Guardianship Services	2	Preferred Care	132
6Stones	77	Heard It Through The Grapevine Audiology, PC	134	Protenium Clinical Research	105
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WE'VE BEEN HERE SINCE YOU WERE A TEENAGER

Services centered around older adults

Medical City North Hills has long-known older adults need specialized services and care. That's why our Senior Health Clinic has become one of the top resources for access to care for older adults. In addition, our new Geriatric Behavioral Unit at Medical City North Hills is yet another resource for those with special behavioral health concerns.

MedicalCityNorthHills.com • (817) 255-1000



BOOTH 89 & 90

ENTERTAINMENT

BLUE EXPO ROOM ENTERTAINMENT

Sponsored by



9:00 a.m. - 10:00 a.m.	Learn to Juggle with Brent McIlvain - CFP, Edward Jones
10:00 a.m. - 10:30 a.m.	Steel Drum Music - Islands In The Sun Production
10:30 a.m.	Commissioner Fickes Welcome and Recognitions
11:00 a.m. - 12:00 p.m.	Magic by Rick Morrill
12:00 p.m. - 1:00 p.m.	Sinatra-Style Vocals - Ken Nelson
1:00 p.m. - 2:00 p.m.	Line Dancers - Hurst Liners



Blue Expo Food Booths



PURPLE EXPO ROOM ENTERTAINMENT

Sponsored by



9:00 a.m. - 10:00 a.m.	Steel Drum Music - Islands In The Sun Production
10:00 a.m. - 11:00 a.m.	Zumba Gold - Hurst Senior Center
10:30 a.m.	Commissioner Fickes Welcome and Recognitions
11:00 a.m. - 12:00 p.m.	Taps 'n Tunes
12:00 p.m. - 1:00 p.m.	House Blend Jazz - Fred Mills
1:00 p.m. - 2:00 p.m.	Care N' Community / YMCA Partnership Line Dancing Demo - Suzanne Ashmore



Purple Expo Food Booths



B I N G O
 Provided & Sponsored by
**COMMUNITY
 ENRICHMENT CENTER**

#103 Located off the Blue Expo Area

GAME TIMES

9:30 a.m. to 10:00 a.m.
 10:30 a.m. to 11:00 a.m.
 11:30 a.m. to 12:00 p.m.
 12:30 p.m. to 1:00 p.m.
 1:30 p.m. to 2:00 p.m.





Putting your health
above it all.

At Texas Health Harris Methodist Hospital Hurst-Euless-Bedford, full-service health care is just the beginning. We also offer a range of specialty programs, from our women and infants unit to critical care to weight loss surgery. So we're not only here for you and your family, but for the health care and well-being of the entire community.

Cancer Care ■ Critical Care ■ Digestive Health ■ Fitness Center
Heart & Vascular ■ Orthopedics ■ Radiology ■ Rehabilitation & Therapy
Weight Loss Surgery ■ Women & Infants ■ Wound Care & Hyperbaric Medicine

1-877-THR-WELL | [TexasHealth.org/HEB](https://www.texashealth.org/HEB)

 **Texas Health**
Harris Methodist Hospital®
HURST-EULESS-BEDFORD

Doctors on the medical staff practice independently and are not employees or agents of the hospital. © 2017

BOOTH 81 & 82

INTERACTIVE AREA



Tarrant County Master Gardeners

Enjoy a one-on-one discussion with our experts about all of your gardening needs.

1 free plant to the first 700 people to visit the Master Gardeners booth
Oct. 6th compliments of Empowering Seniors!
Booth #53



Interactive Career Development Area

- Update your resume
- Take a headshot
- Professionals on-site



Booth #55-57

Tarrant County Elections



Booth #58



Tarrant County Veteran Services

An advocate agency established to assist veterans and/or their survivors to obtain entitled benefits from the U.S. Department of Veterans Affairs (VA) and the State of Texas.



Booth #59

PHOTO BOOTH



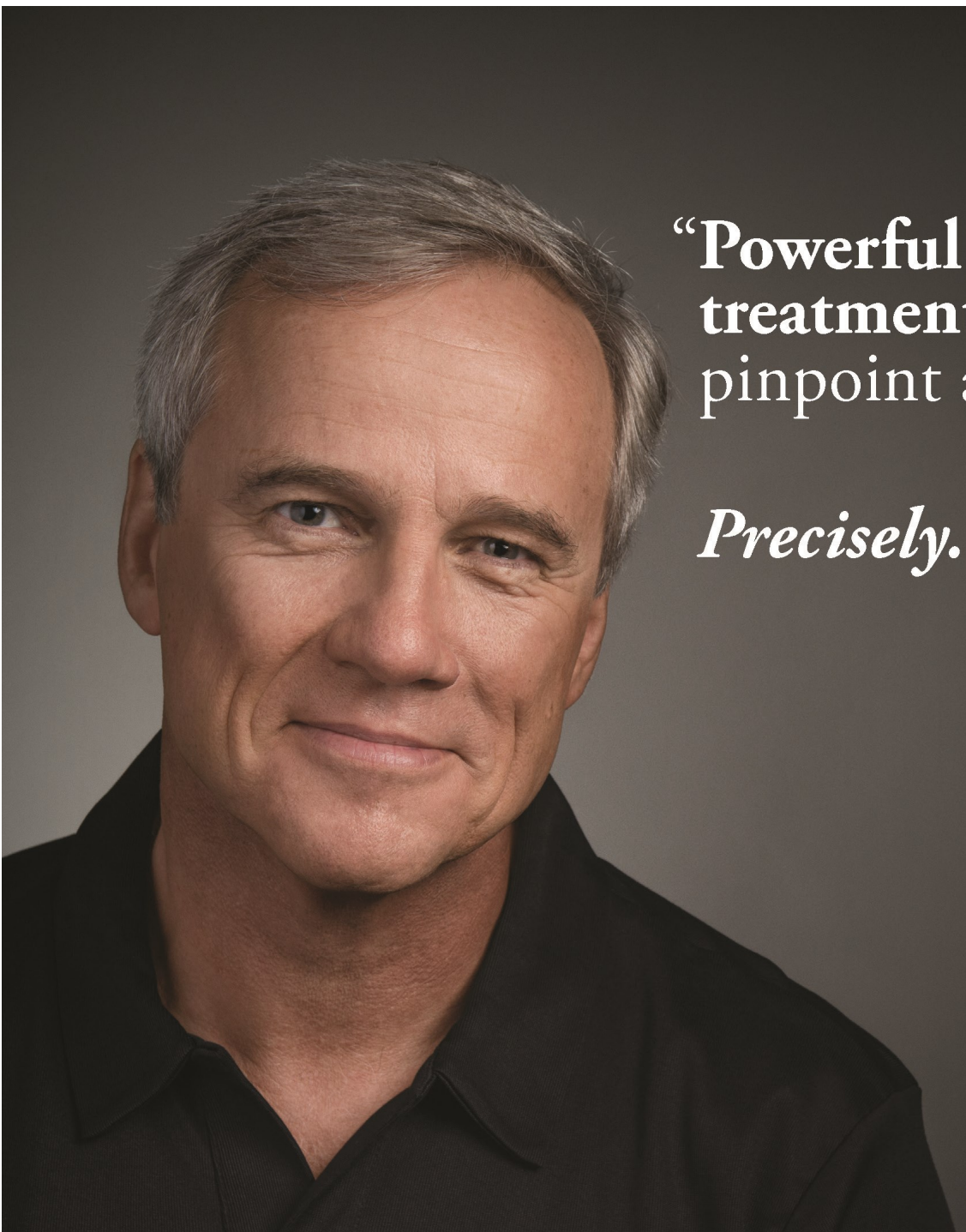
Capture a memorable, fun photo with family and friends to take home!

Booth #62

Ready to Roll? Let's Go BOWLING!



Booth #51



“Powerful cancer treatment with pinpoint accuracy?”

Precisely.

It's a proven treatment called proton therapy.

The most advanced radiation cancer treatment in Texas, it targets tumors with a focused proton beam of radiation that's just a few millimeters wide. And because of its precision, many patients may experience fewer side effects and a better quality of life during and after treatment.

To learn more, visit TexasCenterforProtonTherapy.com.

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TEXAS CENTER
for PROTON THERAPY

BOOTH 37 & 38

ACTIVITY ROOM / LOUNGE

Booth #46



Popcorn booth
Sponsored by



Relax and enjoy a cool drink and a bag of delicious popcorn! Located off the Purple Expo Room

Booth #50

Join Us For An Art Session! - Art on Wheels

Provided by
Arts Council Northeast



Express yourself! (Seating is limited)

An Artist will guide the group with step-by-step instructions. Participants may work on a traced canvas or create their own artwork. By the end of the session, everyone has a work of art they have created themselves to treasure for a lifetime! All supplies are provided.

Booth #48-49

A Fresh Start to a Healthier You!

Cooking demonstrations and tastings.



10:00 a.m.

11:00 a.m.

12:00 p.m.

1:00 p.m.

(Tastings available while supplies last)

Assisted by:
Tarrant County
Public Health



Sponsored by:



TROY DUNGAN



**BOOTH
111**
9:00 a.m. to
12:00 p.m.

**Iconic Weatherman and
Care N' Care Member!**

THANK YOU TO OUR DOOR PRIZE DONORS

(Sponsors in Bold)

6 Stones Mission Network
Area Agency on Aging of Tarrant County/
United Way of Tarrant County
 Awareness Chiropractic Center
Bardley Benefits
Baylor Scott & White Medical Center -
Grapevine
BlueCross BlueShield of Texas
Bluebonnet Hills Funeral Home and Memorial
Park - Dignity Memorial
 BrightStar Care - Fort Worth
 CapTel Outreach
Care N' Care Insurance Co.
 Chateau On Wildbriar Lake
Cigna HealthSpring
 ClearCaptions
Community Enrichment Center
 Compass Self Storage
 Compassionate Care Hospice
 Dalworth Clean
First Euless
 Forest Ridge Funeral Home Memorial Park Chapel
Forum Parkway Health & Rehabilitation
Grand Brook Memory Care of Grapevine
 Hearts That Care Home Care Agency

Home Care Assistance
 IT'Z Family Food & Fun
 Lift Aids, Inc.
 Living Well Texas Home Health Care, LLC
 Love To Hear Again Audiology
Lucas Funeral Home
 Mary Kay
McGee Law Firm
 Meadow Lakes
Medical City North Hills
 Medico M.D.
 Moncrief Cancer Institute
 Neuropathy & Pain Centers of Texas
 North Texas Specialty Physicians
Preferred Care
 Reno Group Realty
 Senior Downsizing Experts
Tarrant County's Credit Union
 Texas AgriLife Extension Service
Texas Seniors' Guides, Inc.
 The Federal Savings Bank
 Toe-Tal Foot & Ankle Care
United Healthcare
 United Healthcare

List as of 9/27/2017

DOOR PRIZE OPPORTUNITY!!!

- Visit exhibitor booths listed on the front of the passport to get a stamp for their booth.
- Collect a **minimum of 8 stamps** for door prize eligibility.
- Write your name and phone number on the card.
- Turn card into the Door Prize Stage - **Booth #159** in the **Green Expo Room**



Door prize drawings begin at 11:00 a.m. and continue throughout the day until all door prizes have been drawn.

NAME: _____ Phone No. _____
 (Please print) Door Prize Booth is in Green Expo Room at Stage



One free ticket (received at registration) available per person.

Drawing to be held at 1:00 p.m.

WIN A Holiday Basket and a \$500.00 VISA CARD

Entry tickets must be received at Care N' Care's booth #113 by 12:45 p.m. to be eligible for the drawing.



THANK YOU TO OUR

1Stop Alert

6Stones

Alzheimer's Association

Applied General Agency

**Area Agency on Aging of Tarrant County/
United Way of Tarrant County**

Area Chambers of Commerce

Area Senior Centers

Art On Wheels-Arts Council Northeast Tarrant

AT&T

Atmos Energy

Awareness Chiropractic Center

Azure Dental

Bardley Benefits

Baylor Scott & White

Medical Center - Grapevine

Blue Cross Blue Shield of Texas

Bluebonnet Hills - Dignity Memorial

BrightStar Care - Fort Worth

Brookshire Dental

Call A Ride of Southlake (CARS)

CapTel Outreach

Care N' Care Insurance Company, Inc.

Chateau On Wildbriar Lake

Cigna HealthSpring

City of Bedford

City of Bedford Parks & Recreation

ClearCaptions

Community Enrichment Center

Compass Self Storage

Compassionate Care Hospice

Dalworth Clean

District 2E2 Lions Club

Donate Life Texas

Eules Senior Center and Mary Lib Saleh Library

Facebook

Financial & Estate Planning Services

First Eules

Forest Ridge Funeral Home Memorial Park Chapel

Forum Parkway Health & Rehabilitation

GRACE

Grand Brook Memory Care of Grapevine

Guardianship Services

Health@Care

Heard It Through The Grapevine Audiology, PC

Hearts That Care Home Care Agency

Home Care Assistance

Hurst Senior Center

Innovative Insurance Solutions

JPS Health Network

Judge Brook Allen - Probate Court No. 2

Klarus Home Care

Kroger Pharmacy

Lift Aids, Inc.

Living Well Texas Home Health Care, LLC

Love To Hear Again Audiology

Lucas Funeral Homes and Cremation Services

Mary Kay

Master Realty Team

McGee Law Firm

Meadow Lakes

Meals on Wheels, Inc. of Tarrant County

Medical City North Hills

Medico M.D.

Metroport Meals on Wheels

MHMR Tarrant County

Mid-Cities Care Corps

Mission Central

Moncrief Cancer Institute

NE Senior Community Forum

Neuro Fitness Foundation

Neurology & Pain Centers of Texas

New Lifestyles

North Texas Orthopedics

North Texas Specialty Physicians

Office of Congressman Kenny Marchant

Oncor

Preferred Care

Protenium Clinical Research

Redding Fitzpatrick, LLP

Reno Group Realty

Riverside Inn & Meadowbrook Memory Care

Ruby Care

Senior Downsizing Experts

Senior Getaways

Senior Voice

Seniorific News

Sixty & Better

Social Transportation for Seniors

Solis Mammography

Sonata Club

Star-Telegram

Steward Home Healthcare Inc.

Super Value Pharmacy

Tarrant County 911 District

Tarrant County Clerk

Tarrant County College Senior Education

Tarrant County Commissioner Gary Fickes

Tarrant County Criminal District Attorney

Tarrant County District Clerk

Tarrant County Elections

Tarrant County Public Health

Tarrant County Veteran Services

Tarrant County's Credit Union

SPONSORS & EXHIBITORS

Tax Assessor-Collector - Tarrant County
Texas AgriLife Extension Service
Texas Center for Proton Therapy
Texas Central - The Texas Bullet Train
Texas Health HEB
Texas Office of the Attorney General
Texas Seniors Guide
Texas State Senator Kelly Hancock
TEXRail
The Federal Savings Bank
Toe-Tal Foot & Ankle Care
United Healthcare
United Healthcare
USMD Health System
Walgreens Pharmacy
WBAP News Talk 820 AM

Thank you to our Senior Centers, Cities, Chambers of Commerce and District 2E2 Lions Club for your support of Empowering Seniors and a special thank you to Kroger for providing our bottled water, and carts for today's event.



BOOTH 106

WBAP Morning News Team **Weekday Mornings** **5am-9am**





**BlueCross BlueShield
of Texas**



Medicare Basics

What You Need to Know

Learn about Medicare Parts A, B, C and D, eligibility and enrollment, and how Medicare pays when you have other coverage.



Questions? Visit **ThinkBlueTX.com** or call **866-427-7497** 8 am to 5 pm CT

BOOTH 34

Empowering Seniors is recognized as a valuable asset to the caregivers, boomers and seniors in Northeast Tarrant County, and beyond. Through the support of our sponsors and participation of our exhibitors, you are able to benefit from professional health screenings, informational workshops, delicious food, fun, and entertainment! Also, something we would like to share with you today is that a portion of the proceeds from this event has gone to these northeast transportation agencies for the past six years. They are able to assist area senior citizens, disabled adults, and disadvantaged people with transportation needs. A brief description of these agencies is listed along with their contact information for your convenience.

Please be sure to thank our sponsors and exhibitors today when you pass by their booths!

NORTHEAST TRANSPORTATION AGENCIES

Transportation for Seniors, Disabled and Low-Income

Call A Ride Southlake (CARS)

CARS provides service for senior citizens and disabled adults in Southlake for medical purposes within a 25-mile radius of Southlake and a 7-mile radius for medical, dental, social, business and personal needs. Services are provided by volunteers who supply their own vehicle, time and gas.

CARS was established in 2000. 817-798-4022 www.cityofsouthlake.com



HEB Transit

HEB Transit provides transportation for disadvantaged people in Hurst, Euless and Bedford and access to employment destinations within those cities and the Hurst/Bell and CentrePort/DFW Airport Trinity Railway Express (TRE) stations. Services are provided by Catholic Charities.

HEB Transit was established in 2006. 817-336-8714 www.hebtransit.org

Mid-Cities Care Corps (MCCC)

MCCC's mission is to preserve the independence of senior neighbors in Northeast Tarrant County by providing transportation (for routine medical), Helping Hands projects, and social outreach to break isolation for senior citizens age 65+.

MCCC was established in 1981. 817-282-0531 www.midcitiescarecorps.org



Northeast Transportation Service (NETS)

NETS provides transportation services to older adults (55 years of age or older) and individuals with disabilities in Northeast Tarrant County for medical, work, social services, senior centers, education and shopping. Services are provided by both the Fort Worth Transportation Authority and Catholic Charities.

NETS was established in 2002. 817-336-8714 www.ridenets.com

Social Transportation for Seniors (STS)

STS provides non-emergency round trip transportation for seniors 62 years and better in North Richland Hills for leisure and social activities with the purpose of re-engaging isolated seniors back into the community. Services are provided within a 7-mile radius by volunteers.

STS was established in 2009. 817-514-0773 www.stsrides.org





Time to take a
SELFIE!



Stop by facebook's booth #61,
take a selfie, and then post on your facebook page!

Be sure to tag your picture with #EmpoweringSeniors2017



Facebook is proud to sponsor the Empowering Seniors Event
Learn more about staying safe on Facebook at
facebook.com/safety

PRESENTING

care@care

Insurance Company, Inc.

PLATINUM



Star-Telegram

GOLD



BlueCross BlueShield of Texas

SPECIALTY



SILVER

Atmos Energy | ClearCaption | UNT Health Science Center | USMD Health System | Keller Citizen ONCOR | Republic Services | Star-Telegram Northeast Tarrant

BRONZE

Area Agency on Aging/United Way of Tarrant County | Bardley Benefits | Bluebonnet Hills Funeral Home and Memorial Park - Dignity Memorial Forum Parkway Health & Rehabilitation | Grandbrook Memory Care of Grapevine | Lucas Funeral Homes and Cremation Services | McGee Law Firm | Preferred Care | Steward Home Healthcare Inc.

