

Northeast Newsletter

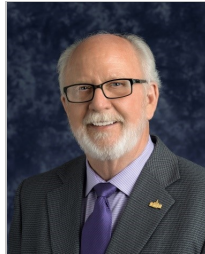
Tarrant County Commissioner Gary Fickes - Precinct 3

Volume 14, Issue 5

"Working together for a better tomorrow"

October 2021

COMMISSIONER'S CORNER



October is the month we would normally hold our Empowering Seniors event. However, due to the pandemic and the loss of our venue, we are transitioning to a more focused experience for seniors and caregivers

to obtain screenings, gain knowledge, and access resources to improve their wellbeing.

Join us on **October 28** for our first **Wellness Seminar, a Lunch & Learn Series at the Tarrant County College, Northeast Campus.** The event will feature the Tarrant County Public Health Director Vinny Taneja and a special guest speaker who will provide a brief Medicare update. A senior social time will kick off the event with games, a special Halloween goodie bag, flu and covid vaccines and covid booster shots. The lunch hour will feature a costume contest with prizes, and the event will end with lots of door prizes. It's all free thanks to our sponsor, Care N' Care Insurance. Seating is limited, so you must register to attend. Read more on [page 8](#).

Be on the lookout in the next week for your 2021 property tax statement. Tarrant County Tax Assessor-Collector Wendy Burgess has notified the public that the tax statements will be mailed the week of October 11-15. If you have any questions, you may contact the Tax Office at 817-884-1100 from 8 a.m. to 4:30 p.m. Find tax payment options and additional information [here](#).

Just a reminder that the next Election Day in Tarrant County will be Tuesday, November 2. Early voting for the Novem-

ber Joint General and Special Election will begin on Monday, October 18, and continue through Friday, October 29. You may find more information on the upcoming election on [page 4](#) and at www.tarrantcounty.com/elections.

With the conclusion of the 2020 Census, Tarrant County and other electoral districts are currently engaging in the redistricting process. The four Tarrant County Commissioners Court precincts are shown to be in balance after this past Census and do not need to be redrawn; however, the Court chose to start the redistricting process and decide at a later meeting whether to redraw the maps. View tentative public sessions on redistricting in Tarrant County through the month of October [here](#).

COVID-19 continues to be a focus and challenge during this time. Tarrant County has established a long-term testing site in Northeast Tarrant at NRH20 in North Richland Hills. This site will serve immediate needs for testing in our area and serve as a safeguard to have a good volume of testing available if there is a major virus outbreak. Visit covid.tarrantcounty.com for COVID updates in Tarrant County.

This newsletter includes information about Birdville ISD's new superintendent, the City of Keller Economic Development, 2021 Tarrant County Bond Election, Legal Aid of Northwest Texas, Tarrant County redistricting, senior news, and more!

Please join us for Coffee with the Commissioner this **Friday, October 15, from 7:30 a.m. – 9 a.m.** at the Tarrant County Northeast Courthouse Community Room in Hurst. We look forward to seeing you there!

Gary Fickes

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Question of the Month

Question: Who was against the annexation of Texas into the United States?

Answer on Page 5

The Quote of the Month: "Texans ain't Texans if they aren't willing to boast about the state they call home."

— AAA Texas Tour Book, 2005

DR. GAYLE STINSON
SUPERINTENDENT



BIRDVILLE ISD



I am blessed to have joined the Birdville ISD family as superintendent of schools on July 1, 2021. My husband, Trent, and I have a daughter in college and two children attending school in BISD. As a parent, I know the importance of quality education. Birdville ISD’s reputation of excellence, integrity, and service is why I chose to pursue the superintendent’s position and have entrusted the educators of this great district with my children.

As I have shared many times, in my more than 30 years in public education, I have never felt so welcome as I have by the families and community of Birdville ISD. Individuals from all walks of life have embraced my family and made us feel like we have always been part of the family. Thank you!

I want you to know how important you are to me and the success of the Birdville family. Mentors, tutors, monitors, crossing

guards, parents, teachers, administrators, city leaders, business owners, and so many more all fill an essential place in the educational success of our children. Everyone is important.

BISD will continue to focus on our core values of excellence, integrity, and service in the days ahead. These values are the foundation on which this great district has focused for more than ten years and are the values on which Birdville ISD will stand for generations to come.

Thank you again for embracing my family and me in the Birdville community and the Birdville family.
#WeAreBirdvilleISD and #BISDShines

On a more personal note -

What do you do for fun?

Spend time on the lake. I absolutely love the water – especially in Arkansas; it’s so clear, clean and cold!

Favorite Movie?

There is no way to choose just one! I would put Shawshank Redemption and Jaws on my list.

Favorite Restaurant?

My mother-in-law’s kitchen; she was an outstanding cook.

Favorite Vacation Spot?

No school superintendent has time for a vacation.

Last Book Read?

“Love is Free. Guac is Extra: How Vulnerability, Empowerment, and Curiosity Built an Unstoppable Team” - by Monty Moran.

People would be surprised to know...

I love to design spaces; and, I really enjoy cooking. Sometimes those two hobbies go hand-in-hand. But, my favorite thing to do is watch my kids play...it really is the best part of any day. If they are playing sports or just playing in the yard – it does my heart good and takes me to another time and place in life when things seemed simple and free. Most of all, I love to laugh – a good sense of humor will get you through most anything.

Article courtesy of Dr. Gayle Stinson, BISD Superintendent

ECONOMIC DEVELOPMENT CITY OF KELLER

With a vision of becoming the “Most Family-Friendly City in Texas,” Keller continues to attract quality development to Northeast Tarrant County.

Keller City Council has been hard at work, prioritizing the revitalization of the Keller Sports Park, tackling updates to the Future Land Use Plan (FLUP), the adoption of Tax Increment Reinvestment Zone #2, which includes the Old Town Keller District, breaking ground for Keller Center Stage and much more in an effort to bolster the already family-friendly community.

Recently completed developments include the Texas Rehabilitation Hospital of Keller on Highway 377 and the relocation of the Altus Group regional headquarters onto Keller Parkway, bringing in 65 high-paying jobs.

The creation of the Tax Increment Reinvestment Zone or TIRZ, which encompasses over 795 acres along Highway 377, is aimed to fund capital improvement projects within the zone

over the next 30 years. Funds captured would be allocated to infrastructure improvements, economic development grants, and public art within the zone, including long-planned public improvements in Old Town Keller.

Lastly, Dallas-Fort Worth based Realty Capital Management and national multi-family development company, Greystar, broke ground on a 38-acre mixed-use development called Keller Center Stage, located at Highway 377 and Mount Gilead Road. When fully built out, Keller Center Stage will consist of nearly 60,000 square feet of shops, offices, and restaurant space, as well as 57 single-family homes and 475 luxury apartment units.

As businesses and families consider Keller’s award-winning parks and trail system, excellent schools, and commitment to attract quality experiential economic development, it’s no wonder why Keller is considered the “Most Family-Friendly City in Texas.”



Article courtesy of Siale Langi, Economic Development Specialist City of Keller

A Historical Moment In Time The City of Grapevine’s “Circle of Peace”

Grapevine’s newest public artwork, “Peace Circle,” interprets a moment in time of a meeting of Republic of Texas President Sam Houston and 10 American Indian chiefs/captains on the Grape Vine Prairie in 1843. The work features larger-than-life size bronze statues representing Republic of Texas President Sam Houston, Delaware Chief Roasting Ear, Chickasaw Captain Ishteukatubby, Waco Chief Acahquash, Tawakoni Chief Kechikaroqua, Keechi Chief Kateahlick, Caddo Chief Red Bear, Anadarko Chief Jose Maria, Ioni Chief Towaash, Biloxi Chief Hoyo Tubby, and Cherokee Captain Chicken Trotter. The artwork created by Grapevine artist Linda Lewis, was recently unveiled on September 18th on Peace Plaza at Grapevine Main Station.

Houston and the tribal leaders met in a spirit of friendship and trust to establish a peaceful living space; this meeting led to the signing of the Treaty of Bird’s Fort on September 29, 1843, which defined settlement boundaries. [The chiefs and captains represented stand in the order

they signed the treaty in counterclockwise positions and in a circle, honoring traditional lifeways.]

Peace Circle Advisory Committee members thoroughly researched Sam Houston and the American Indian representations to ensure accuracy. “Our research team worked over a year to research and understand each tribal Chief from his mannerisms, clothing and their families and personal history to achieve the facial look and expressions. We have followed the same protocol with Sam Houston,” artist Linda Lewis said. Lewis shared her appreciation for the help of Travis Lattner, Jeremiah Green, and the Crown Fabrication crew.

This artwork serves as a reminder of Texas’ rich history and a recognition of the area’s strong American Indian presence. Universally, the men represented serve as an inspiration through their example of wise leadership and mutual respect.

ADVISORY COMMITTEE: Paul W. McCallum, Advisory Committee Chairman, Grapevine Convention & Visitors Bureau; Dr. Sam Haynes, Professor and Director, Center for Greater Southwestern Studies, The University of Texas at Arlington; Matt Reed, Pawnee Nation, Pawnee, Oklahoma; Eddie Sandoval, Apache Nation, Fort Worth; Leslie Thunderhawk, Rosebud Sioux Nation, Duncanville; Sallie Cotter Andrews, Wyandotte Nation, Grapevine Convention & Visitors Bureau; Cody Jolliff, Grapevine Convention & Visitors Bureau; and Linda Lewis, Artist, Grapevine Foundry.

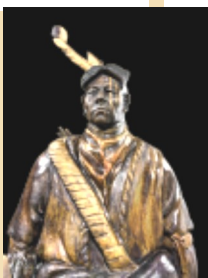
INDIAN NATIONS ADVISORS: Delaware Nation, Sonnie Allen; Chickasaw Nation, Laura A. Stewart; Wichita and Affiliated Tribes, Gary McAdams; Caddo Nation, Derek Hill; Tunica-Biloxi Tribe of Louisiana, John Barbry; and Mount Tabor Indian Community, Rusk County, J. C. Thompson.

Visit www.grapevinetexasusa.com/grapevine-main/peace-circle/ for more information.

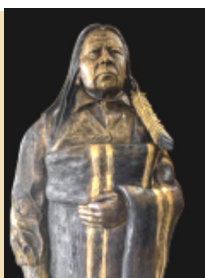
*Article courtesy of Emily Henvey,
Communications Coordinator
Grapevine Convention & Visitors Bureau*



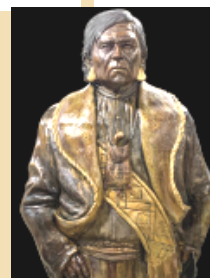
Caddo Chief Red Bear



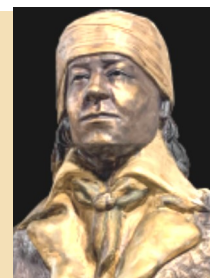
Ioni Chief Towaash



Tawakoni Chief
Kechikaroqua



Delaware Chief
Roasting Ear



Cherokee Captain
Chicken Trotter



Legal Aid of North West Texas

Celebrating its 70th year of service to North and West Texas, Legal Aid of North West Texas (LANWT) got its start in Fort Worth when 11 lawyers formed the Fort Worth Legal Foundation. Its mission to provide free legal services to low-income Fort Worth residents continues today but on a much broader scale from those humble beginnings.

With a service area covering 114 counties, LANWT continues its founders’ mission by helping those in need on issues ranging from foreclosure prevention and wrongful eviction to drivers license restoration and consumer matters, to family law matters, including domestic violence and

child custody. Today, LANWT is the fifth-largest legal aid program in the country.

LANWT’s Fort Worth branch serves Tarrant and six surrounding counties. Its attorneys, paralegals, and social workers help residents with a wide variety of civil legal matters. Last year, the Fort Worth office closed 3,640 cases, helping clients by providing services including advice, brief service in simple matters, and representation in court. As of Fall 2021, the Fort Worth office closed 3,566 cases, which leads to a significant increase over last year.

As Texas continues to recover from both the pandemic and winter storm damage, the need for legal assistance has increased. Economic recovery continues, but its pace is much slower for low-income people, who face higher levels of housing

instability, job displacement, and food insecurity. As most Texas legal aid organizations experience an increase in calls for legal help, LANWT works hard to leave applicants in a better position after they speak with one of our staff attorneys or are assisted by a volunteer with our robust pro bono program. Today, as in 1951, LANWT is here to help.

We offer several ways to apply, including online at www.lanwt.org, through our Legal Aid Line at 888-529-5277, or locally at 817-336-3943.





TARRANT COUNTY

NOVEMBER 2021 BOND ELECTION

PROPOSITION A Traffic Mobility

Ballot Proposition A addresses the explosive population growth in Tarrant County and the stress that it has placed on our local mobility infrastructure.

Prop A is proposed to improve traffic flow and reduce traffic congestion throughout the County.

The issuance of \$400,000,000 of Tarrant County, Texas general obligation bonds for purchasing, constructing, reconstructing, renovating, rehabilitating, improving and maintaining streets, roads, highways and bridges within Tarrant County, including city, county and state streets, roads, highways and bridges, and the imposition of a tax sufficient to pay the principal of and interest on the bonds.

If approved by voters, Proposition A will address our local mobility infrastructure road needs countywide to reduce traffic congestion.

- Tarrant County’s rapid population growth (97% since 1990) is likely to continue.
- Prop A addresses the need for new road projects countywide. A "Call for Road Projects" was issued to all municipalities across the County. All cities who submitted projects for consideration received at least one project award.
- The proposed bond package will bring an additional half billion dollars in local, state and federal matching road funding for needed projects throughout Tarrant County.
- If approved by the voters, Prop A will not increase the County’s property tax rate.

PROPOSITION B Public Safety

Ballot Proposition B addresses the needs of the Tarrant County District Attorney’s Office to protect and serve the public as our population and case demand grows. Prop B is proposed to expand and ensure state-of-the-art prosecutorial efficiency.

The issuance of \$116,000,000 of Tarrant County, Texas general obligation bonds for purchasing, constructing, improving and equipping a Criminal District Attorney office building to provide space for prosecutorial efforts and for other non-judicial county activities, and facilities in support thereof, and the purchase or improvement of sites therefor, and the imposition of a tax sufficient to pay the principal of and interest on the bonds.

- The Tarrant County District Attorney’s office has outgrown the space it has occupied since 1990.
- Along with Tarrant County’s growing population, criminal case filings and technology needs in the DA’s Office have increased dramatically since 1990.
- Since 1990, the Criminal District Attorney’s Office has added several new prosecution units including those investigating Identity Theft, Gang Crimes, Victim’s Assistance, and Elderly Abuse.
- If approved by the voters, Prop B will not increase the County’s property tax rate.

EARLY VOTING

October 18-22, 2021	8AM - 5PM
October 23, 2021	7AM - 7PM
October 24, 2021	11AM - 4PM
October 25-29, 2021	7AM - 7PM

ELECTION DAY

TUESDAY
NOVEMBER 2, 2021
7AM - 7PM

[Tarrant County Elections](#)

REDISTRICTING PUBLIC INFORMATION SESSIONS

Tarrant County will host public information sessions in all four County Commissioner precincts through the month of October.

**PRECINCT 3
PUBLIC INPUT SESSION
OCTOBER 19, 2021, 6 p.m. - 8 p.m.
Tarrant County Northeast Courthouse
645 Grapevine Hwy., Hurst TX 76054**

Other tentative public sessions held throughout the County:

- **Oct. 12th, 2 p.m. - 5 p.m.:** Drawing session at the Tarrant County Family Law Center, 200 E. Weatherford St., Fort Worth.
- **Oct. 14th, 6 p.m. - 8 p.m.:** Public Input Session at Vernon Newsom Stadium, 3700 E. Broad St., Mansfield.
- **Oct. 18th, 6 p.m. - 8 p.m.:** Public Input Session at the Tarrant County Sheriff's Office – North Patrol Division, 6651 Lake Worth Blvd., Lake Worth.
- **Oct. 19th, 10 a.m.:** Public Input Session during Tarrant County Commissioners Court Meeting, Tarrant County Administration Building, 100 E. Weatherford St., Fort Worth.
- **Oct. 20th, 6 p.m. - 8 p.m.:** Public Input Session at Resource Connection, 2300 Circle Dr., Building 2300, Magnolia Room, Fort Worth.
- **Oct. 21st, 6 p.m. - 8 p.m.:** Public Input Session at the Dan Dipert Career and Technical Center 2101 Browning Dr., Arlington.
- **Oct. 26th, 2 p.m. - 5 p.m.:** Drawing Session 2 at the Tarrant County Family Law Center, 200 E. Weatherford St., Fort Worth.

CONGRATULATIONS!

The **Southlake Historical Society** recently received the *American Association for State and Local History (AASLH) 2021 Award of Excellence* at their annual conference. The award is the nation's most prestigious competition for recognizing achievement in state and local history.

Society members Connie Cooley and Anita Robeson are being awarded the *2021 William E. Jary Memorial Award* by the Tarrant County Historical Commission at the commission's 17th Annual Preservation Summit on October 13, 2021. The award recognizes exceptional individual efforts in preserving or collecting the history of Fort Worth and Tarrant County.

Question of the Month

Question: Who was against the annexation of Texas into the United States?

Answer: One foreign power was against the annexation of Texas into the United States. Great Britain opposed it and even contemplated force to prevent it! Britain did not want to add Texas to the British Empire, but they wanted to prevent the westward expansion of the United States to reap the commercial advantages of Texas trade. Britain's policy toward Texas so alarmed Americans that the annexation was pushed through, completed on December 29, 1845.

Tarrant County Emergency Rental Assistance Program (ERAP)

The 2020 Care 4 Tarrant program provided rental assistance to over 2,300 households within Tarrant County, but a large need still exists. Through ERAP, Tarrant County hopes to continue providing rent and utility assistance to residents financially hurt by COVID-19. ERAP is open to Tarrant County renters outside the cities of Fort Worth and Arlington.

Applications opened on Monday, March 29th, 2021.

For more information on the Emergency Rental Assistance Program, please review the [FAQs](#) and [Documentation Requirements](#) or visit the website [here](#).

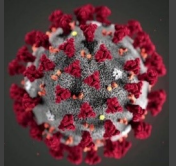
Should your organization have questions about this program, please contact ERAPInfo@tarrantcounty.com



COVID-19 INFORMATION

CARE 4 TARRANT

[Tarrant County Coronavirus \(Covid-19\) Information Page](#)
[Tarrant County COVID-19 Updates: County Declarations and Orders](#)



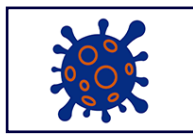
[Covid-19 Vaccine](#)



[Covid-19 Testing](#)



[Report a Covid-19 Case](#)



[About Covid-19](#)



[Contact Tracing](#)



[Contact Tracing Alert Messaging](#)



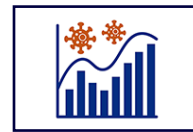
[Local County Orders](#)



[Latest News](#)



[Covid-19 Family Resources](#)



[Covid-19 Transmission](#)



[Covid-19 Health Guidance](#)



[Frequently Asked Questions](#)



[Covid-19 Guidance for Schools](#)

[En Español](#)

[Tiếng Việt](#)

Community Resources & Volunteer Opportunities

[2-1-1](#)
[6 Stones](#)
[ACH Child & Family Services](#)
[Alliance for Children](#)
[Area Agency on Aging](#)
[Call A Ride Southlake \(CARS\)](#)
[Catholic Charities Fort Worth](#)
[Christ's Haven for Children](#)
[Community Enrichment Center \(CEC\)](#)
[Community Storehouse](#)

[The Gatehouse](#)
[GRACE](#)
[HEB Transit](#)
[Meals on Wheels of Tarrant County](#)
[Metroport Meals on Wheels](#)
[MHMR of Tarrant County](#)
[Mid-Cities Care Corps \(MCCC\)](#)
[Mission Central](#)
[North Texas SNAP](#)
[One Safe Place](#)

[SafeHaven of Tarrant County](#)
[Salvation Army DFW](#)
[Senior Transportation Services](#)
[Sixty and Better](#)
[Tarrant Area Food Bank](#)
[Tarrant County Homeless Coalition](#)
[The Women's Center of Tarrant County](#)
[United Way of Tarrant County](#)
[U.S. Small Business Administration](#)

Get your flu shot today!

Get vaccinated at these Tarrant County Public Health Centers. By Appointment Only.
 To schedule appointment please call: [817-248-6066](tel:817-248-6066)
 Immunization Hours: 8-11am and 1-4pm

- Southeast Public Health Center — 536 W. Randol Mill Road, Arlington, 76011
- Bagsby-Williams Public Health Center — 3212 Miller Avenue, Fort Worth, 76119
- La Gran Main Public Health Center — 1101 S. Main Street, Fort Worth, 76104
- Northwest Public Health Center — 3800 Adam Grubb Road, Lake Worth, 76135
- Southwest Public Health Center — 6551 Granbury Road, Fort Worth, 76133
- Watauga Public Health Center — 6601 Watauga Road, Suite 122, Watauga 76148



Cost: \$25 per person or \$15, if you qualify.
Medicaid and Medicare Part B will be accepted. Private insurances may be accepted.

For more information, please visit health.tarrantcounty.com

Welcome to our series "Northeast Tarrant County Cities," where we share information about one of the cities located in Precinct 3 in each newsletter. It's impossible to share everything on one page that makes a city great, but we hope to scratch the surface on what makes each city a wonderful place to live, work, and play.

Northeast Tarrant County is home to 14 municipalities in one of the most urbanized regions in the State of Texas. Commissioner Fickes, along with Tarrant County, partners with many entities, including our cities. With these partnerships, our communities continue to thrive via road projects, economic development, public health services, public safety, and emergency management.

Living in Euless offers residents a small-town feel in a big city, making this hometown city one of the more memorable spots in Northeast Tarrant County. Euless, is a "Tree City USA" with a population of 58,000 people. The City is served by many major highways including State Highways 183,360 and 121, and Trinity Railway Express rail service.

The City has eleven elementary schools, four middle/junior high schools, and two high schools, and is served by the Hurst-Euless-Bedford Independent School District and the Grapevine-Colleyville Independent School District. There are two charter schools: Harmony Science Academy and Treetops School International. The Euless Trinity High School football team has achieved national notoriety for its pre/post game ritual dance, the Sipi-Tau, which several players of Tongan descent started.

The newly remodeled Mary Lib Saleh Euless Public Library features a new teen room, reading nooks, and five study rooms that can be reserved. The children's area has dedicated literacy classrooms, learning toys, and computers. In addition, the library has a national Family Place Library distinction, which means it provides support and opportunities for families to ensure all children enter school ready and able to learn.

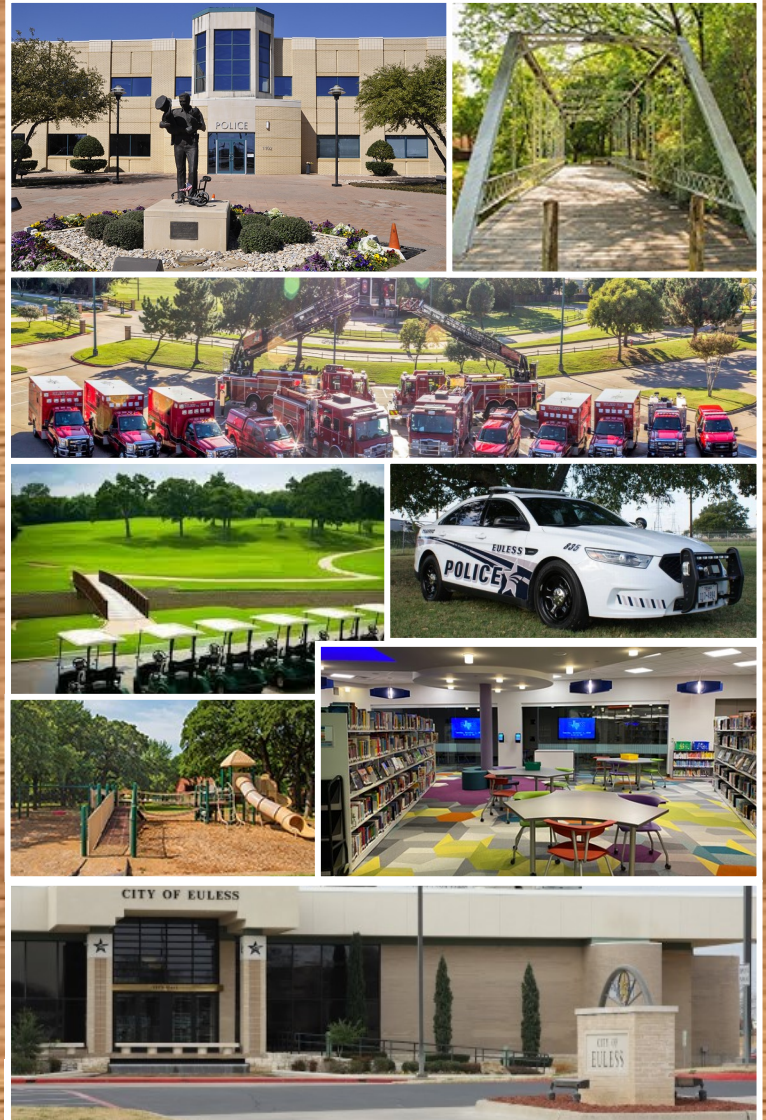
Do you prefer the outdoors? Euless has you covered with over 300 acres of parks, miles of connected hike & bike trails, and multiple playgrounds. If you want to take a few strokes off your golf game, the award-winning Texas Star Golf Course has a 275-acre par 71 golf course with a driving range. Visit Raven's Grille afterward for refreshments on the patio overlooking the 18th green.

Those looking to learn more about this history-rich city can head to The Euless Heritage Museum. Hundreds of artifacts, some dating as far back as the 1880s are preserved for all to see. The museum is open to the public on the second Saturday of the month, with private tours available to those wanting a more memorable experience.

The Euless Police Department provides law enforcement services for the community including Code Compliance, Crime Victims Assistance, and Emergency Management. Its mission is to safeguard the lives and property of its town residents, and to fulfill their duty to one another, the community and their commitment to serve. The Fire Department was originally established as a small volunteer organization in 1955. The Euless Fire Department has since grown into a professional department that provides fire, emergency medical, specialized rescue, and support services from three fire stations.

In Euless, we're building a better tomorrow!

For more information, please call 817-685-1400 or visit www.eulesstx.gov.



City of Euless
201 N. Ector Dr. Euless, Texas 76039
817-685-1400

- **Emergencies** 9-1-1
- Police Department 817-685-1500
- Fire Department 817-685-1600
- Animal Control 817-685-1594
- Economic Development 817-685-1630
- Human Resources 817-685-1451
- Municipal Court 817-685-1460
- Parks and Recreation 817-685-1429
- Building Permits 817-685-1630

www.eulesstx.gov

So much to enjoy Throughout the Year!

Door Prizes and More!

EMPOWERING Seniors

Tarrant County Commissioner Gary Fickes

Halloween-Themed



WELLNESS SEMINAR

Tarrant County College - NE Campus
828 W. Harwood Rd., Hurst 76054 - Room NSTU 1615A

10/28/2021

10:00 a.m. to 1:30 p.m.



LUNCH & LEARN Series

EmpoweringSeniors.com

Seating is limited - REGISTER TODAY TO RESERVE YOUR SEAT - Call 817-248-6295

Sit back and enjoy a complimentary lunch and learn how to maintain your quality of life while navigating health issues. Discover best practices for preventive measures and steps to take on your wellness journey.

It's all FREE thanks to our Sponsor!

care@care
Insurance Company, Inc.

Media Sponsor

Caregiver
NORTH TEXAS RESOURCE GUIDE

Venue Sponsor

Tarrant County College



Costumes are optional. All attendees will receive a Halloween goodie bag. Those dressed in a costume will have a chance to win a special prize in our costume contest.

Checkups Every Man Should Get



I'd rather be fishing. I'd rather be golfing. I'd rather be running. I'd rather be playing with my grand-kids. Let's face it - there are many things you'd rather be doing than going to the doctor for a check-up. But taking time to assess your overall health with a physician each year is important. It could even save your life so you can keep doing all the activities you enjoy. If you're a man - or a woman who is concerned about the health of your husband, father, grandfather, son or other male loved one - you'll want to be aware of these recommended checkups, screenings and immunizations for men. Keep in mind that these are general guidelines and you should check with your doctor for a schedule that's right for you.

- **Physical exam.** A once-a-year exam by a primary care physician may include an assessment of height, weight, blood pressure, skin cancer risk, eating and exercise habits, and emotional well-being. The doctor will ask about your family health history and answer any questions about sleep/snoring, sexual health or other health concerns.
- **Immunizations.** Men should get a flu shot every year and a tetanus-diphtheria and pertussis (Tdap) or tetanus-diphtheria (Td) booster every ten years. Your doctor may recommend other vaccines depending on your age and health history.
- **Eye exam.** If you have problems with vision, you should schedule an eye exam every two years.
- **Dental exam.** Don't forget to visit the dentist every year for an exam and cleaning.
- **Cholesterol screening.** Most men should be checked every five years. You may need to be monitored more closely if you have high cholesterol or risk factors for heart disease or diabetes.
- **Diabetes screening.** Your doctor may recommend that you be tested for diabetes, if you are overweight, or have other risk factors.
- **Colon cancer screening.** Starting at age 50, your doctor may recommend a colonoscopy or other screening test for colon cancer.
- **Prostate cancer screening.** Men age 50 and older may benefit from prostate cancer screening. African-American men and those with a family history of prostate cancer may begin screening earlier, at age 45.
- **Abdominal aortic aneurysm screening.** If you are age 65 to 75, an ultrasound screening for an abdominal aortic aneurysm could save your life. This test is especially important for men who have ever smoked cigarettes.
- **Hearing test.** Your doctor may screen for hearing loss and suggest ways to protect the hearing you have, as well as recommend hearing-aid devices if needed.

Article courtesy of
care@care
Insurance Company, Inc.

SENIOR NEWS

What is Medicare?



Medicare is the federal health insurance program for people in the U.S. who are 65 and older. Medicare has also been extended to persons under age 65 who receive disability benefits from Social Security or those with End-Stage Renal Disease.

How does Medicare work?

You have options in how to get your coverage. Once you enroll, you need to decide how you will get your coverage. There are two main ways:

- **Original Medicare** - Original Medicare is coverage managed by the federal government. Generally, there's a cost for each service.
- **Medicare Advantage** - Medicare Advantage Plans, sometimes called "Part C" or "MA Plans," are an all-in-one alternative to Original Medicare. They are offered by private companies approved by Medicare.

What are the parts of Medicare?

Part A (Hospital Insurance) Covers

- Inpatient hospital stays
- Care in a skilled nursing facility
- Hospice care
- Some home health care

Part B (Medical Insurance) Covers

- Certain doctors' services
- Outpatient care
- Medical supplies
- Preventive services

Part C (Medicare Advantage Plan)

Also known as a Medicare private health plan. The most common types of MA plans are:

- Health Maintenance Organizations (HMOs)
- Preferred Provider Organizations (PPOs)
- Private Fee-For-Service (PFFS)

Part D (Prescription Drug Coverage)

Medicare drug coverage helps pay for prescription drugs you need. To get Medicare drug coverage, you must join a Medicare-approved plan that offers drug coverage (this includes Medicare drug plans and Medicare Advantage Plans with drug coverage).

Medicare open enrollment



October 15th to December 7th

Get ready for Medicare's open enrollment with these 5 tips:

- Check your mail. You may get notices from Medicare or Social Security.
- Review your 2021 ["Medicare & You" handbook](#).
- Think about your Medicare coverage needs for 2021.
- Preview 2021 health and prescription drug plans.
- Get personalized help in your community from your [State Health Insurance Assistance Program](#).

For more information visit www.medicare.gov and www.ssa.gov.

Senior Center Events

Oct. 15 Hurst Senior Center: Craft & Holiday Market
www.hursttx.gov

Oct. 27-28 NRH Senior Center: Craft Fair
www.nrhcentre.com

Nov. 6 City of Keller I Heart BBQ
www.happeningnext.com

Nov. 10 Southlake The Marq: Senior Fall Festival
www.experiencesouthlaketexas.com

October is Breast Cancer Awareness Month



October serves as a reminder for women to be screened in the hope that by doing so, early detection will lead to more positive outcomes in the fight against breast cancer.

Click [here](#) for more.

2021 Walk to End Alzheimer's

Please join Team Fickes and Walk to End Alzheimer's North Tarrant County

October 16, 2021
(Registration begins at 8:00a.m.)

\$25 donation gets a t-shirt!

REGISTER HERE



Calendar

- Oct 14 The Great Taste of Grapevine.....www.grapevintexasusa.com
- Oct 15 Coffee with the Commissioner817-248-6295
- Oct. 15 Hurst Senior Center: Craft & Holiday Marketwww.hursttx.gov
- Oct 15-16 6 Stones CPR..... www.6stones.org
- Oct 15-17 Southlake Oktoberfest.....www.southlakechamber.org
- Oct 16 Haslet Hustle 5K Fun Run & Walk.....www.haslet.org
- Oct 16 City of Colleyville: Harvest Festival www.colleyville.com
- Oct 16 City of Bedford: Music Collaboration.....www.bedfordtx.gov
- Oct 16 NETC 2021 Walk to End Alzheimer’s.....www.act.alz.org
- Oct 16 City of NRH Fall Fix It Blitzwww.nrhtx.com
- Oct 21 NE Tarrant Business & Catering Expo www.netarrant.org
- Oct 21 Keller Chamber Wine and Jazz..... www.kellerchamber.com
- Oct 22 The Women’s Center: Monster Mashwww.womenscenter.org
- Oct 22 Tarrant County Senior’s Jamboree.....
- Oct 26 HEB Chamber of Commerce Expo 2021www.heb.org
- Oct 27-28 NRH Senior Center Craft Fairwww.nrhcenre.com
- Oct 28 Empowering Seniors Wellness Seminar 817-248-6295
- Oct 28 Metroport Chamber Annual Golf Classic ...www.metroportchamber.org
- Oct 31 Halloween.....
- Nov 4 MCCC Festival of Friendswww.midcitiescarecorps.com
- Nov 6 GRACE Gala www.gracegala.com
- Nov. 6 City of Keller: I Heart BBQwww.happeningnext.com
- Nov. 10 Southlake Senior Fall Festival ... www.experiencesouthlaketexas.com
- Nov 11 Veterans Day.....
- Nov 25 Thanksgiving.....
- Nov 30 Giving Day Tuesday.....www.givingtuesday.org

Chambers of Commerce

- Colleyville Chamber of Commerce www.colleyvillechamber.org
- Grapevine Chamber of Commerce www.grapevinechamber.org
- HEB Chamber of Commerce www.heb.org
- Greater Keller Chamber www.kellerchamber.com
- NE Tarrant Chamber of Commerce www.netarrant.org
- Metroport Chamber www.metroportchamber.org
- Southlake Chamberwww.southlakechamber.com

Senior Centers

- Bedford Senior Center (817) 952-2326 www.bedfordtx.gov
- Colleyville Senior Center (817) 503-1195 www.colleyville.com
- Eules Family Life Sr. Center..... (817) 685-1671 www.eulesstx.gov
- Grapevine Active Adults at The REC (817) 410-3465 www.gograpevine.com
- Haltom City Sr. Citizens Center..... (817) 834-8021 www.haltomcitytx.com
- Haslet Senior Weekly Meetings (817) 439-5931 www.haslet.org
- Hurst Sr. Citizens Activities Center (817) 788-7710 www.ci.hurst.tx.us
- Keller Senior Activities Center (817) 743-4370 www.cityofkeller.com
- N. Richland Hills Senior Center (817) 427-6695 www.nrhtx.com
- Richland Hills Sr. Activities Center (817) 616-3738 www.richlandhills.com
- Southlake Senior Activity Center ... (817) 748-8315 www.ci.southlake.tx.us
- Watauga Senior Center (817) 514-5892 www.ci.watauga.tx.us

(Please note, center opening and hours have changed due to the public health situation. Be sure to call them for current information concerning their center.)



Centered in Care
Powered by Pride

Locations In Northeast Tarrant County

Health Clinics

- Grapevine/Colleyville Health Center ... 817-251-5751
3050 Timberline Drive, Grapevine 76051
- Gertrude Tarpley JPS Health Center .. 817-514-5036
6601 Watauga Road, Watauga 76148
- JPS Medical Home Northeast Tarrant 817-702-1100
3200 W. Eules Boulevard, Eules 76040

For a complete list of Health Clinics visit:
www.jpshealthnet.org

COUNTY HOLIDAY CLOSINGS



November 25 & 26 Thanksgiving Day



Commissioner’s Office Precinct 3

Gary Fickes, Commissioner
gufickes@tarrantcounty.com

Rebecca Barksdale, Precinct Administrator
rbarksdale@tarrantcounty.com

Devin Sanders, Community Outreach Coordinator
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Freida Landerholm, Office Administrator
fmlanderholm@tarrantcounty.com

Dee Long, Office Administrator
sdlong@tarrantcounty.com

Ariana Raines, Administrative Assistant III
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Northeast Courthouse

645 Grapevine Highway, Suite 200
Hurst, Texas 76054
817-248-6295
Fax: 817-581-3603