

Ron Roberts



San Diego County Board of Supervisors - Fourth District

Protect Yourself And Your Wallet

*Self-defense and financial experts will offer
free advice, and lunch, to seniors*

Older adults in the County of San Diego's Fourth District are being encouraged to register in advance for a free February course designed to help seniors protect themselves and their finances. The County's Health & Human Services Agency will offer a "Senior Expo: Protect Yourself & Your Wallet" session on Thursday, Feb. 25, 11 a.m. to 1:30 p.m., at the Bayside Community Center located at 2202 Comstock St. in Linda Vista.

Reservations are highly recommended. Call (800) 510-2020 and press "4" when you hear the menu. Leave your name, phone number and state the date and location of the senior expo. (Similar events are being held elsewhere around the county.)

Crimes against older adults are a sad reality. In December, three men in their 20s were arrested in Oceanside for apparently beating and kicking a 63-year-old woman outside her home after she asked them to quiet down. Also, the horrific kidnapping and beating of 76-year-old Natalie "Sandy" Herbst-Vinge from Mount Helix has been in the news again after she recently testified against her attackers.

"Every day we see seniors victimized, whether it is physical abuse or fraud. We need to give them the information and training necessary to prevent these crimes from happening," said Supervisor Ron Roberts who represents the 630,000 residents of District 4. "I'm proud the county can provide such training and do so at no charge."

The Expo session features Mary Davis, a 70-year-old, third-degree black belt in Karate, who will talk about ways to avoid physical attacks and demonstrate techniques to use when an assault occurs.

In addition, speakers from the HHSA Adult Protective Services and the District Attorney's office will address ways to avoid scams, fraud and other financial abuse. Participants will receive helpful materials to take home, and a no-cost lunch.

The Senior Expo is coordinated by HHSA's Aging & Independence Services in partnership with the San Diego District Attorney's office and the County Library. Funding is provided by the Barona and Sycuan tribal governments.

The other two Expos scheduled are Jan. 11 at the County Library in Lemon Grove (8073 Broadway), and on March 24 at the Valley Center Branch Library (29200 Cole Grade Road).

For more information, please visit www.ronroberts.com

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