



PRESS RELEASE

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FOR IMMEDIATE RELEASE

Date: Wednesday, March 15, 2011
Contact: Police Service Representative Nancy Castillo
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Senior Conference Invitation on March 23, 2011

Riverside, CA -- Senior citizens want information and helpful tips to encourage positive living and the ability to maintain their independence in their Golden Years. Seniors and caretakers of seniors are invited to the 7th annual Senior Conference on March 23, 2011, from 8:00 a.m. to 1 p.m. Various topics at the conference include personal safety, emergency preparedness, financial crimes, and health and fitness.

The Riverside Police Department, the Janet Goeske Senior Center, and the Mayor's Commission on Aging are sponsoring this annual conference for City residents. Presentations include financial fraud and scams, Medicare changes, fall prevention, a K-9 presentation, the Silver Sneakers Fitness Program and the Heart & Soul Line Dancers.

Participating vendors include the Stroke Recovery Center, the C.A.R.E. Program, the Community Settlement Association, the Riverside Transit Agency (RTA) and the VA Loma Linda Healthcare System. Kaiser Permanente will be available to answer any questions you may have about your medications.

"Senior citizens are some of our most vulnerable victims of crime. This conference is an example of our department's commitment to provide an avenue for our community to be informed," said North Area Commander Lieutenant Chris Manning.

This is a free conference and everyone is welcome. Police Service Representative Nancy Castillo can be contacted at (951) 826-8721, or email at ncast@riversideca.gov for further information.

What: 7th Annual Senior Conference
When: Wednesday, March 23, 2011, from 8:00 a.m. to 1 p.m.
Where: Janet Goeske Senior Center, 5257 Sierra Avenue, Riverside
Who: Anyone interested in issues affecting senior citizens

