



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: May 7, 2018**

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**Subject: Easy Self-Defense Tips**

**Traverse City** – Financial abuse targeting older Americans is a major and growing problem. Financial crimes can involve the illegal or improper use of a senior’s funds, property or assets, as well as fraud or identity theft. In a recent poll, the top three financial exploitation problems identified by experts were: theft or diversion of funds or property by family members, followed by caregivers and then financial scams by strangers.

Join Grand Traverse County Deputy Preston Taylor at two locations of the Senior Center Network as he shares easy self-defense tips and ways to protect yourself from being targeted. The first presentation will be on Wednesday, May 23, 12:30 p.m., in Kingsley, 115 E. Blair Street. On Thursday, May 24, 12:30 p.m., the Golden Fellowship Hall in Interlochen, 9700 Riley Road, will hold the other presentation.

Personal Safety and Self Defense instructor, Preston Taylor (PT) has worked in law enforcement for over 20 years. He is a Sergeant for the Grand Traverse County Sheriff Department.

Deputy Taylor will not only talk about mail, phone and Internet fraud, but will go over home safety – tools to use to stay safe. He covers situational awareness and what types of crime are common in Grand Traverse County. He will also give some tips on safety when driving or walking or visiting stores and recommend some reading on staying safe.

The discussion is free, but advance registration is appreciated.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call the new program registration number at 231-922-2080

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*