

# NEWS RELEASE



CITY OF  
**LA MESA**  
*JEWEL of the HILLS*

DATE: Monday, February 08, 2021  
FOR: IMMEDIATE RELEASE  
CONTACT: Megan Howell  
PHONE: 619.667.1491  
EMAIL: [mhowell@cityoflamesa.us](mailto:mhowell@cityoflamesa.us)

## LA MESA COMMUNITY RELATIONS AND VETERANS COMMISSION TO HOST VIRTUAL RESOURCE FAIR FOR OLDER ADULTS

La Mesa, CA – As part of the Livable La Mesa Age Friendly project, the City of La Mesa Community Relations and Veterans Commission will host a virtual resource fair for older adults, their family members and caregivers on Wednesday, February 24 at 6:00 PM. The 90 minute virtual event will foster dialog on the effects of COVID-19 on the everyday lives of older adults. Experts from the County of San Diego Health and Human Services Agency, Oasis and the San Diego County Library will be on hand to provide tips and tools as well as resources including food access, transportation, fitness, technology, mental health, and combating social isolation.

The event is free to watch on Zoom at <https://zoom.us/j/93872688513> or listen by phone by calling 669.900.6833 webinar ID: 938 7268 8513.

For more information, to submit questions for speakers or for help accessing Zoom contact Megan Howell at [mhowell@cityoflamesa.us](mailto:mhowell@cityoflamesa.us) by noon on February 22<sup>nd</sup>.

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