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FOR IMMEDIATE RELEASE

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**Subject: City of South Pasadena Hosts “What to Do About Mom & Dad: Caring for Aging Parents” Workshop**

South Pasadena, Calif. – The City of South Pasadena is pleased to announce the return of its popular community workshop, *What to Do About Mom & Dad: Caring for Aging Parents*, on Tuesday, November 4, 2025, from 6:30 p.m. to 8:30 p.m. at the South Pasadena Senior Center located at 1102 Oxley St., South Pasadena. Doors open at 6:00 p.m.

This informative workshop is designed to help adults navigate the challenges of caring for aging loved ones at every stage of life. Attendees will gain valuable insights and practical resources from a panel of seven experts covering key topics, including:

- Advance Directives
- Elder Law
- Mentation, Mobility, Medication, Multi-Morbidity and What Matters Most (5 M's)
- Alzheimer's Awareness
- Having The Conversation with Your Parents
- Older Adult Home Modification
- Peace of Mind by Forest Lawn

Following the presentations, attendees will have the opportunity to participate in a Q&A session with the panelists. The evening will conclude with a resource fair, where participants can connect directly with local agencies and service providers.

Dial-A-Ride transportation is available with advance reservations. To schedule a ride, please contact the Transit Division at (626) 403-7368.

For additional information about the event, please contact the South Pasadena Senior Center at (626) 403-7360 or email [seniorcenter@southpasadenaca.gov](mailto:seniorcenter@southpasadenaca.gov).

**About the City of South Pasadena**

The City of South Pasadena is a charming community, situated only six miles from downtown Los Angeles. Called the City of Trees, the area is known for its stunning homes, unique small businesses, and top-quality schools. South Pasadena's diverse population of about 25,000 occupies a mere 3.44 square miles of flatlands and hillsides on the west side of the San Gabriel Valley. This small-town atmosphere makes South Pasadena one of California's most desirable locations.

For more information about the City of South Pasadena, visit [www.southpasadenaca.gov](http://www.southpasadenaca.gov). Follow us on social media to keep up with the latest news: [Facebook](#), [X](#), [Instagram](#), and [YouTube](#).

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