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FOR IMMEDIATE RELEASE

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Subject: City of South Pasadena to Host Workshop on Planning for Aging Parents and Loved Ones

South Pasadena, Calif. – The City of South Pasadena is pleased to host *Ways to Help Mom & Dad: Planning for their Future*, on Wednesday, September 23, 2026, from 5:30 p.m. to 7:30 p.m. at the South Pasadena Senior Center located at 1102 Oxley St., South Pasadena. Doors open at 5:30 p.m.

Designed for adults who are navigating or preparing for the challenges of caring for aging parents, family members, or other loved ones, this informative community workshop will provide practical guidance, resources, and tools to help families plan ahead and make informed decisions about the future.

Attendees will hear from a panel of professionals who will share their expertise on a range of important topics related to aging, caregiving, and planning, including:

- Advance Directives and Healthcare Planning
- Financing the Care & Protecting the Estate of Our Aging Loved Ones
- Elder Law
- Just a Senior Moment? Understanding and Addressing Worsening Memory Loss in Older Adult family members

Following the presentations, attendees will have an opportunity to participate in a question-and-answer session with the speakers and connect with community organizations and service providers offering additional information, resources, and support.

This workshop is intended to help families better understand the challenges that can arise as loved ones age and provide information to help them prepare for important decisions before a crisis occurs.

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

For additional information about the workshop, please contact the South Pasadena Senior Center at (626) 403-7360 or email 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. Follow us on social media to keep up with the latest news: [Facebook](#), [X](#), [Instagram](#), and [YouTube](#).

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