

# PASC NEWSLETTER



September 2024

## PASC Tele-Forum - Wednesday 9/18 - 6pm-7pm

This month, don't miss our special Tele-forum featuring representatives from the California In-Home Supportive Services Consumer Alliance (CICA). This engaging forum will provide valuable insights into current issues facing IHSS consumers and offer practical advice on how to navigate the system effectively. Join us to connect directly with experts, ask questions, and gain a deeper understanding of the services and support available to you through IHSS. For more information on CICA visit: [www.cicaihss.org](http://www.cicaihss.org)

### CA for ALL Ages & Abilities Day of Action



Join us on Tuesday, October 8, 2024, for the "CA for ALL Ages & Abilities: 2024 Master Plan for Aging Day of Action," as we come together to shape a brighter future for all generations. Register at:

[www.caforall.org](http://www.caforall.org)

### PASC Open House April 21, 2025

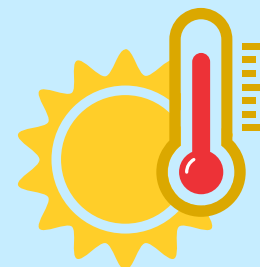
We are excited to announce that the PASC Open House will be returning on April 21st, 2025! This event is a wonderful opportunity for the community to come together, learn more about our services, and connect with staff, community supports and fellow consumers and providers. More information to come.

## SoCal Heat Advisory

As summer temperatures continue to rise, it is important to stay informed and take necessary precautions to keep cool and safe. High temperatures can pose serious health risks, particularly for the elderly, young children, and those with preexisting health conditions.

Tips for staying cool:  
Stay hydrated  
Avoid strenuous activity  
Wear light clothes  
Check in on neighbors  
Use fans, air conditioning, or cooling centers.

For more information on cooling centers near you visit  
<https://ready.lacounty.gov/heat/>



[www.pascla.org](http://www.pascla.org)