

PASC AUGUST 2025 NEWSLETTER

www.pascla.org

August Webinar Series – Every Thursday, 11:00 AM to 12:30 PM

Join us on Zoom for this month's informative and engaging webinars:

- August 14 – Responding to Dementia-Related Behaviors
- August 21 – The Mediterranean Diet
- August 28 – What are IHSS Appeals and ALJ Hearings?



Also check out our Recipient-Provider relationship class

- August 20 from 3:00pm - 4:30pm via Zoom.

All webinars are free to join!

To learn more call us at 877-565-4477, press 1 and then 4 for outreach and trainings.

[View our PASC calendar here](#)



Upcoming Tele-Forum – Save the Date

August 20 | 6:00–7:00 PM

Topic and presenter will be announced soon.
Stay tuned for details in your email and on our website!

August is National Eye Exam Month

Your vision matters! National Eye Exam Month reminds us to protect our eye health, especially as we age, when the risk of cataracts, glaucoma, and macular degeneration increases.

Tips to Celebrate:

- Schedule your annual eye exam and make it a fun outing.
- Eat eye-healthy foods rich in nutrients like vitamin A, C, and omega-3 fatty acids.
- Practice “eye yoga” by taking breaks to stretch and rest your eyes.



Your Vision Matters – Make August Your Eye Health Month!



National Eye Exam Month, observed every August, was established to raise awareness about the importance of regular eye health and vision care. For seniors, National Eye Exam Month is particularly significant. As we age, the risk of eye diseases such as cataracts, glaucoma, and age-related macular degeneration increases.

Regular eye exams are essential for early detection and treatment of these conditions.

Observing this month can lead to better eye health, improved quality of life, and the ability to continue enjoying daily activities.



Tips to celebrate National Eye Exam Month!

Schedule a Fun Eye Exam: Make your eye exam a day out—follow it with lunch or a favorite spot!

Eye Yoga and Relaxation: Stretch, blink, relax—your eyes will thank you!

Share Personal Eye Care Stories: Connect, share, and care for your eyes together!

Create Eye-Healthy cooking Recipes: Cook up dishes rich in eye-friendly nutrients!

The perfect time to reprioritize your vision by scheduling a routine checkup!



Early detection through regular eye exams can improve quality of life and keep you enjoying your favorite activities.

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