



OC OFFICE ON AGING

Monthly Newsletter

MAY 2025

WHO ARE WE?

The Orange County (OC) Office on Aging is committed to enhancing the quality of life for older adults in our community. Our mission is to ensure older adults in Orange County can age with dignity and independence while enjoying a high quality of life. We provide comprehensive services, resources, and advocacy to support this goal. For more information, please visit our website or contact us directly:

 **Website:** officeonaging.ocgov.com

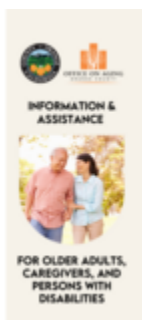
 **Email:** AreaAgencyOnAging@occr.ocgov.com

 **Phone:** (714) 480-6450

Online Resources Directory



Looking for support or services? Our free [Online Resources Directory](#) makes it easy to search for what you need. Find information related to caregiver support, in-home care, legal aid, and more!



Updated Office on Aging Brochure

We have refreshed our Information & Assistance brochure to better highlight the services and resources available to older adults, caregivers, and people with disabilities in Orange County. Download it here: [Office on Aging I&A Brochure](#)

UPCOMING COMMUNITY EVENTS



 **WORLD ELDER ABUSE AWARENESS DAY**
Building Strong Support for Elders

**Prevention Through Planning:
Protecting Older Adults**

Thursday, June 12, 2025
10:00 A.M. - 12:00 P.M. PST

Taking steps today can prevent elder abuse tomorrow.
[RSVP for Zoom Webinar](#)

This webinar offers 2 free complimentary CE Units for BRN, RCFE, and CAMFT professionals.

Prevention Through Planning: Protecting Older Adults

About: Learn how to prevent elder abuse through legal and financial planning tools, such as wills, trusts, power of attorney, and more. This webinar offers practical strategies for caregivers, professionals, and families to help safeguard the rights and well-being of older adults.
When: June 12, 2025, at 10 a.m. to 12 p.m.
Where: Virtual via Zoom
Register: [WEAAD: Prevention Through Planning Registration](#)



OC Healthy Brain Initiative and Partners Invite You To

Brain Wellness Symposium & Resource Fair



Join us for a day of interactive learning and connect with clinical experts and organizations dedicated to the improvement of brain health across the lifespan

- Exclusive movie screening of **KEYS BAGS NAMES WORDS**
A documentary celebrating hope in aging
- Complimentary lunch & refreshments
- Exhibitors resource tables & prizes

Save the Date
JUNE 13
2025

Open to Community Members, Family Caregivers & Service Providers

🕒 9:00 AM - 4:30 PM
📍 **Norma Hertzog Community Center**
1845 Park Ave.
Costa Mesa, CA 92627

✉ **Contact Us**
HealthyBrainOC@ochca.com
(714) 834-7747

🌐 **Learn more about healthy brain:**
ochcahealthinfo.com/wellness-for-older-adults

Please **RSVP** using the QR Code or by email to HealthyBrainOC@ochca.com
No cost to attend



Come Talk with Clinical Experts

Brain Wellness Symposium & Resource Fair

About: Join a day of interactive learning and connect with clinical experts and organizations dedicated to the improvement of brain health across the lifespan.
When: June 13, 2025, at 9 a.m. to 4:30 p.m.
Where: Norma Hertzog Community Center
1845 Park Ave. Costa Mesa, CA 92627
RSVP: HealthyBrainOC@ochca.com or (714) 834-7747

OC Public Libraries Presents

Collaborative Creations: Paint & Swap

Unleash your creativity as you paint on your own canvas for a few minutes, then swap with a neighbor to create one-of-a-kind shared masterpieces.

All ages welcome. Space is limited, please contact individual branch for registration details.



La Habra Library
562-694-0078
Tuesday, May 6 at 5:00 PM

Garden Grove Chapman Library
714-539-2115
Monday, May 12 at 5:00 PM

Fountain Valley Library
714-962-1324
Tuesday, May 20 at 4:00 PM

Seal Beach Library
562-431-3584
Thursday, May 22 at 4:00 PM

Laguna Niguel Library
949-249-5252
Thursday, May 29 at 4:00 PM

Ladera Ranch Library
949-234-5940
Saturday, May 31 at 2:00 PM

Tustin Library
714-544-7725
Thursday, June 5 at 5:00 PM

La Palma Library
714-523-8585
Tuesday, June 10 at 3:00 PM

Laguna Hills Technology Library
949-707-2699
Wednesday, June 11 at 4:00 PM

Costa Mesa Donald Dungan Library
949-646-8845
Wednesday, June 11 at 5:00 PM

Los Alamitos Rossmoor Library
562-430-1048
Monday, June 16 at 5:00 PM

San Clemente Library
949-492-3493
Monday, June 16 at 4:00 PM

Brea Library
714-671-1722
Thursday, June 19 at 5:30 PM

Garden Grove Tibor Rubin Library
714-897-2594
Thursday, June 26 at 4:00 PM

This project is funded in part through a grant from the California Department of Aging and administered locally by the Orange County Office on Aging.



Collaborative
(OC Office on Aging in partnership with OC Public Libraries)

Creations:
Paint & Swap*

About: Unleash your creativity as you paint on your own canvas for a few minutes, then swap with a neighbor to create one-of-a-kind shared masterpieces. All ages welcome! Space is limited. Please contact the individual library branch for registration details.

When: Various dates throughout June

List of Times and Locations: [Collaborative Creations: Paint & Swap Flyer](#)



Gardening
(OC Office on Aging in partnership with OC Public Libraries)

Workshops*

About: Explore a series of gardening workshops. All supplies will be provided. All ages welcome! Space is limited. Please contact the individual library branch for registration details.

When: Various dates throughout June

List of Times and Locations: [Gardening Workshops Flyer](#)

**This project is funded in part through a grant from the California Department of Aging and administered locally by the OC Office on Aging.*

Event information is provided for informational purposes only. The County makes no guarantee as to the accuracy of the event content and assumes no responsibility or liability.

NEWS



First District Supervisor Janet Nguyen Honors OAAC with Older Americans Month Proclamation

On May 9, 2025, First District Supervisor Janet Nguyen attended the OC Older Adults Advisory Commission's (OAAC) general meeting to present a proclamation in honor of Older Americans Month. Supervisor Nguyen recognized the vital contributions of Orange County's aging population and emphasized the importance of continued support, collaboration, and advocacy to help older adults thrive.

Thank you to Supervisor Nguyen for celebrating the more than 700,000 older adults who call Orange County home.

Learn more about OAAC here: [Orange County Older Adults Advisory Commission](#)



Office on Aging Launches New Groceries Program*

On May 15, 2025, the OC Office on Aging launched the *Groceries Program*, a new food distribution service for older adults, administered by Hope Community Services. More than 275 attendees received boxes filled with nutritious, non-perishable items.

Participants will receive food twice a month - fresh produce and perishables in the first half, and pantry staples in the second. Several attendees shared their appreciation, noting the program helps those who don't qualify for income-based food aid but still struggle financially.

Missed the launch? Call **(714) 480-6450** to learn more and see if you're eligible.

Note: This program is not available to individuals currently enrolled in federal food assistance programs such as the Commodity Supplemental Food Program or CalFresh.

**This program is funded in part through a grant from the California Department of Aging and administered locally by the Orange County Office on Aging.*

RESOURCE SPOTLIGHT

Abuse Prevention, Reporting and Recovery Guide



Council on Aging's Abuse Prevention, Reporting and Recovery Guide

Observed annually on June 15, *World Elder Abuse Awareness Day (WEAAD)* raises awareness about the abuse and neglect of older adults. Elder abuse can take many forms - including physical, emotional, sexual, and financial abuse, as well as neglect - and often goes unreported.

In observance of WEAAD, we are spotlighting the Council on Aging's *Abuse Prevention, Reporting and Recovery Guide*. This resource helps individuals recognize the warning signs of elder abuse, understand how to report it, and access support for recovery.

Download the guide here: [Abuse Prevention, Reporting and Recovery Guide](#)

GET INVOLVED

OAAC Meetings

The OC Older Adults Advisory Commission (OAAC) advises the OC Board of Supervisors through the OC Office on Aging matters affecting older adults in Orange County. You are invited to attend the upcoming OAAC meetings:

- **OAAC General Meeting**
 - **When:** June 13, 2025, at 9:30 a.m.
 - **Where:** 1063 McGaw Ave., Ste. 100, Irvine, CA 92614
- **Executive Committee Meeting**
 - **When:** June 27, 2025, at 9:30 a.m.
 - **Where:** 1300 S Grand Ave., Bldg. B, Santa Ana, CA 92705

OAAC currently has vacancies. If you are interested in joining, please visit officeonaging.ocgov.com for more information and to download an application.

Please Note: Meeting locations are subject to change. For the most up-to-date information, please visit the [OAAC webpage](#), or check our [Facebook](#) or [Instagram](#) before attending.

OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on April 2025 service data.



STAY INFORMED

Keep up-to-date with important announcements, events, and community news from the OC Office on Aging by subscribing to this newsletter, following us on social media, visiting our website, or contacting us directly.

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