



# OC OFFICE ON AGING

## Monthly Newsletter

## NOVEMBER 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](https://officeonaging.ocgov.com)

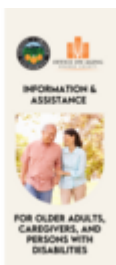
 **Email:** [AreaAgencyOnAging@occr.ocgov.com](mailto:AreaAgencyOnAging@occr.ocgov.com)

 **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

**WHEN:**

1st & 3rd Monday

**TIME:**

10:00 AM - 11:00 AM

**WHERE:**

Virtual

**THE PURPOSE OF THIS SUPPORT GROUP IS TO:**

- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

*Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.*

**PLEASE CONTACT US BY PHONE OR EMAIL  
IF YOU'RE INTERESTED IN CONNECTING.**



**800-543-8312**



Rachel.Smyth@providence.org



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

This project is funded in part through a grant from the California Department of Aging, Area Plan, and ARPA, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The materials or product were a result of a project funded by a contract with the California Department of Aging (CDA). The conclusions and opinions expressed may not be those of the CDA and that the publication may not be based upon or inclusive of all raw data. Services are provided free of charge. Voluntary contributions are gratefully accepted, and no one is denied for inability to contribute.

## Caregiver Support Group

**About:** The Orange County Caregiver Resource Center offers Caregiver Support Groups to provide emotional support, resources, and help address high stress and burnout risk. Groups are also available in other languages.

**Where:** Online

**Register** for upcoming support group sessions, visit [caregiveroc.org/support-groups](http://caregiveroc.org/support-groups) or call (800) 543-8312.

# Winter Art Classes

Join OC Public Libraries for Winter Art Classes! Create your own festive masterpieces and celebrate the season with creativity and fun. Bring a friend, family member, or make new friends as you laugh, create, and share the joy of winter together. Take home your very own winter treasure and let your imagination sparkle all season long!

Classes are designed for adults, but children ages 6 and older are welcome to participate. All supplies will be provided.

While supplies last.

## Laguna Niguel Library

Mon, Dec 8 at 4:00 pm  
30341 Crown Valley Pkwy, Laguna Niguel, CA 92677 • (949) 249-5252

Class: Acrylic Painting

## San Clemente Library

Wed, Dec 10 at 4:00 pm  
242 Avenida Del Mar, San Clemente, CA 92672 • (949) 492-3493

Class: Clay & Paint

## Costa Mesa Donald Dungan Library

Sat, Dec 13 at 11:00 am  
1855 Park Ave, Costa Mesa, CA 92627 • (949) 646-8845

Class: Acrylic Painting

## Dana Point Library

Thur, Dec 18 at 4:00 pm  
33841 Niguel Rd, Dana Point, CA 92629 • (949) 496-5517

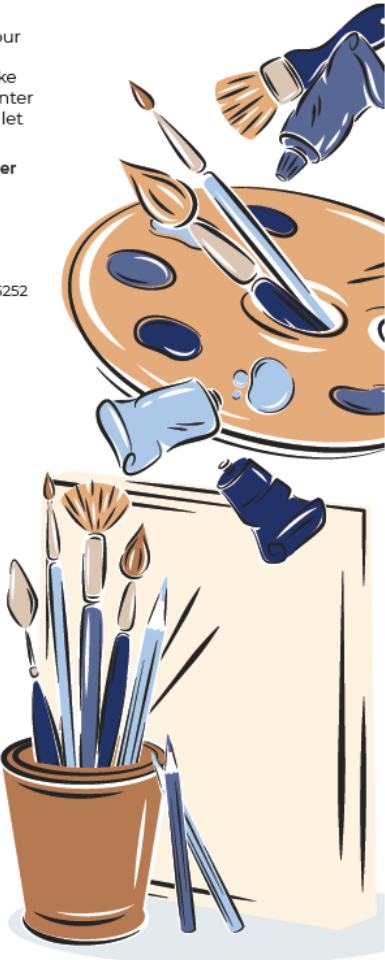
Class: Clay & Paint

## Cypress Library

Sat, Dec 20 @ 11:00 am  
5331 Orange Avenue, Cypress, CA 90630 • (714) 826-0350

Class: Acrylic Painting

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.



## Winter Art Classes

**About:** Join OC Public Libraries for Winter Art Classes! Create your own festive masterpieces and celebrate the season with creativity and fun. Bring a friend, family member, or make new friends as you laugh, create, and share the joy of winter together.

|                                           |                           |                |               |               |                |
|-------------------------------------------|---------------------------|----------------|---------------|---------------|----------------|
| Acrylic                                   | Painting                  | -              | <u>Laguna</u> | <u>Niguel</u> | <u>Library</u> |
| When:                                     | December 8,               | 2025,          | from 4        | p.m. - 6      | p.m.           |
| Where:                                    | 30341 Crown Valley Pkwy., | Laguna Niguel, | CA            | 92677         |                |
| For more information, call (949) 249-5252 |                           |                |               |               |                |

|                                           |                      |               |        |            |                 |                |
|-------------------------------------------|----------------------|---------------|--------|------------|-----------------|----------------|
| Clay                                      | &                    | Paint         | -      | <u>San</u> | <u>Clemente</u> | <u>Library</u> |
| When:                                     | December 10,         | 2025,         | from 4 | p.m. - 5   | p.m.            |                |
| Where:                                    | 242 Avenida Del Mar, | San Clemente, | CA     | 92672      |                 |                |
| For more information, call (949) 492-3493 |                      |               |        |            |                 |                |

|                                           |                 |             |              |             |              |               |                |
|-------------------------------------------|-----------------|-------------|--------------|-------------|--------------|---------------|----------------|
| Acrylic                                   | Painting        | -           | <u>Costa</u> | <u>Mesa</u> | <u>Donal</u> | <u>Dungan</u> | <u>Library</u> |
| When:                                     | December 13,    | 2025,       | from 11      | a.m. - 1    | p.m.         |               |                |
| Where:                                    | 1855 Park Ave., | Costa Mesa, | CA           | 92627       |              |               |                |
| For more information, call (949) 646-8845 |                 |             |              |             |              |               |                |

|                                           |                   |             |      |             |              |                |
|-------------------------------------------|-------------------|-------------|------|-------------|--------------|----------------|
| Clay                                      | &                 | Paint       | -    | <u>Dana</u> | <u>Point</u> | <u>Library</u> |
| When:                                     | December 18,      | 2025,       | at 4 | p.m.        |              |                |
| Where:                                    | 33841 Niguel Rd., | Dana Point, | CA   | 92629       |              |                |
| For more information, call (949) 496-5517 |                   |             |      |             |              |                |

|                                           |                   |          |                |                |      |
|-------------------------------------------|-------------------|----------|----------------|----------------|------|
| Acrylic                                   | Painting          | -        | <u>Cypress</u> | <u>Library</u> |      |
| When:                                     | December 20,      | 2025,    | from 11        | a.m. - 12      | p.m. |
| Where:                                    | 5331 Orange Ave., | Cypress, | CA             | 90630          |      |
| For more information, call (714) 826-0350 |                   |          |                |                |      |



## **Health Insurance Counseling and Advocacy Program (HICAP): Medicare Fraud & Abuse**

**About:** Medicare is often complex and confusing. HICAP educates beneficiaries about Medicare and helps prevent healthcare fraud.

**When:** December 12, 2025, from 1 p.m. - 2 p.m.

**Where:** St. John Manor  
2031 Orange Ave., Costa Mesa, CA

**For more information, contact** the HICAP Call Center at (714) 560-0424.

*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



### California Department of Aging's Director Visits Office on Aging

On November 7, 2025, the California Department of Aging's Director, Susan DeMarois, toured the Orange County Office on Aging. The Office on Aging was praised for its integrated programs and partnerships, highlighting Intergenerational Activities, ADRC, and OC's Master Plan for Aging. The visit also emphasized the need for advocacy for Older American Act funds and technical assistance as California prepares for CA2030.

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### 2025 SmileMakers Holiday Gift Project

SmileMakers provides individually wrapped gifts to thousands of long-term care residents who would otherwise be forgotten. Support a SmileMakers Angel Tag to help provide a donated gift for an older or disabled adult during the holidays!

For more information, visit [www.coasc.org/programs/smilemakers/](http://www.coasc.org/programs/smilemakers/).

## RESOURCE SPOTLIGHT



### **Congregate Meals Program**

The upcoming holidays can be particularly difficult for older adults who are isolated or have limited resources for a nutritious meal. To help, the Office on Aging partners with local organizations to provide healthy meals and opportunities for social connection. Through the Congregate Meals Program, older adults can enjoy nutritious meals served at senior centers and community centers across Orange County.

To find a meal site near you, contact the Office on Aging at (714) 480-6450.

# GET INVOLVED

## OAAC Meetings

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

- **OAAC General Meeting**

- When: Friday, January 9, 2026 at 9:30 A.M.  
Where: 1400 S. Grand Ave., Santa Ana, CA 92705  
County Operations Data Center, CD Main Conference Room

- **Executive Committee Meeting**

- When: Friday, January 23 at 9:30 A.M.  
Where: 1300 S. Grand Ave., Bldg. B, Santa Ana, CA 92705

Office on Aging welcomes the new *2026 OAAC Executive Committee members*.



*From left to right: Howard Hart, Vice Chair; Amina Sen-Matthews, Member-at-large; Ken Higman, Secretary; Rachel Owens, Chair; Sandy Stang, Member-at-large; William Wong, Member-at-large; Crystal Miles, Past-Chair (unavailable).*

To learn more about the commission visit [officeonaging.ocgov.com](https://officeonaging.ocgov.com).

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 October 2025 service data.

## Information & Assistance

1,191 calls

## Transportation

(Non-Emergency Medical & Supportive Services)

15,333 one-way trips

## Meals Provided

(Congregate & Home-Delivered)

115,445 meals

## Family Caregivers Counseling Services

199 hours

## Legal Aid

705 hours

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## 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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**Instagram:** @oc\_oa