



OC OFFICE ON AGING

Monthly Newsletter

JULY 2026

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

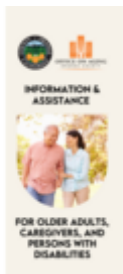
 **Email:** AreaAgencyOnAging@occr.ocgov.com

 **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



LOU CORREA
REPRESENTATIVE for CALIFORNIA'S 46TH DISTRICT

OLDER ADULT CONGRESSIONAL COLLABORATIVE

Congressman Correa is convening Session II of his Older Adult Congressional Collaborative to explore the topic of Health & Well Being for the dual purpose of tapping into seniors' insight and experience, as well as helping provide his senior constituents with resources to help them age well.



Session II: Health & Wellness
A Positive Approach to Aging!
Plus Special Guests & Resources

◆

Friday, August 7, 2026
9 a.m. - 11:00 a.m.
Check-In: 8:30 a.m. - 9 a.m.

◆

*Downtown Anaheim
Community Center
250 E. Center Street*

SAVE THE DATE

(Topics will be selected by Collaborative members.)

- Session III: October 2, 2026
- Session IV: December 4, 2026

If you are interested in attending Rep. Correa's Older Adult Congressional Collaborative, please email Janet.Brown2@mail.house.gov or call 714-559-6190.

Older Adult Congressional Collaborative on Health & Wellness: A Positive Approach to Aging

About: Much attention is given to the challenges of aging, but there are also many positive aspects of growing older. Session II of Congressman Lou Correa's Older Adult Congressional Collaborative focuses on "Health & Wellness: A Positive Approach to Aging." Share your insights and experiences and learn about resources that can help older adults age well.

When: August 7, 2026, from 9-11 a.m.

Where: Downtown Anaheim Community Center; 250 E. Center St., Anaheim

RSVP: Janet.Brown2@mail.house.gov or (714) 559-6190

GOLDEN FUTURE
Senior Expo
California's Premier Lifestyle, Health & Aging Expo Series

South Orange County Edition
Hyatt Regency Newport Beach
1107 Jamboree Road
Newport Beach, CA 92660
www.GoldenFutureSeniorExpo.com

**FRIDAY
AUGUST
21ST**
9AM - 1PM

FREE





Free Admission & Parking!



Complimentary Hair Cuts!



Expert Talks & Workshops



Health Screenings & Tests!



\$100 Gold Ticket Winners!



Fun Activities & So Much More!

Golden Future Senior Expo - South Orange County Edition

About: Join this free one-stop event connecting older adults with local resources, engaging activities, and expert information to support healthy, independent living. Admission and parking are free.
When: August 21, 2026, from 9 a.m. to 1 p.m.
Where: Hyatt Regency Newport Beach; 1107 Jamboree Rd., Newport Beach, CA 92660
More information: [Golden Future Senior Expo - South Orange County Edition](#)

MOMENTS THAT MADE US

An exhibition exploring the ideals at the heart of the Declaration of Independence through moments from our nation's 250 years.

On view at the Old Orange County Courthouse
July 1 - August 30, 2026

211 W. Santa Ana Blvd., Santa Ana, CA 92701

Open Monday through Friday
8 a.m. - 4:30 p.m.

Free admission. Metered parking available at the onsite lot and surrounding street parking. Additional parking available at P8 (301 W. 5th Street). Parking fees apply.

Visit ocparks.com for more information.



For more information, scan QR code.
Para más información, escanee el código QR.
더 많은 정보가 필요하다면, QR 코드를 스캔하세요.
Muốn có thêm thông tin, xin quét mã số QR.
欲了解更多信息, 請掃描二維碼。

Moments that Made Us

About: Visit the Old Orange County Courthouse for a free exhibition exploring the ideals at the heart of the Declaration of Independence through moments from our nation's 250 years.
When: July 1 through August 30, 2026, Monday through Friday, 8 a.m. to 4:30 p.m.
Where: Old Orange County Courthouse; 211 W. Santa Ana Blvd., Santa Ana, CA 92701
More information: [Moments that Made Us Flyer](#)

Orange County Summer Events Calendar

About: Looking for even more ways to enjoy summer? Explore a roundup of free concerts, movies, and other community events taking place throughout Orange County.

When: Ongoing throughout Summer 2025 (dates vary by event)

More information: [View Orange County Summer Events](#)

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.

[View All OC Office on Aging Events](#)

NEWS



Free Support Group for Caregivers of Veterans

Caring for a Veteran can be rewarding, but it can also be stressful and overwhelming. Building Better Caregivers offers a free group where caregivers of Veterans can connect with others who understand what they are going through and learn ways to manage the challenges of caregiving.

To participate, you must meet eligibility requirements and be willing to participate in the VA Caregiver Support Program, including the Program of Comprehensive Assistance for Family Caregivers

[!\[\]\(d3102649f02e825ddb76dc3de0190154_img.jpg\) Learn more and apply for Building Better Caregivers.](#)



Ready to empower others? Become a Healthy Living Workshop Leader!

“HEALTHY LIVING” WORKSHOP LEADER TRAINING

Help people manage chronic conditions and improve their quality of life!

You'll be trained to lead:

- Chronic Disease Self-Management Program: teaches strategies to manage physical and emotional symptoms.
- Diabetes Self-Management Program: focuses on techniques for managing diabetes.

What do you need to be a leader?

- Comfortable speaking in front of a group
- Willing to follow a scripted curriculum
- Committed to leading at least one workshop series within a year of completing the training



**REGISTER BY
AUGUST 5, 2026!**

 **August 11 - October 1, 2026***
Tuesdays & Thursdays
*Must attend all 16 classes

 **9 AM - 11:45 AM**

 **Online via Zoom***
*Please allow 15 minutes to login

 **More Information:**
bit.ly/HealthyLivingTraining

Register/Questions:
(714) 480-6451 or
Frank.Hernandez@occr.ocgov.com

The materials or product were a result of a project funded by a contract with the California Department of Aging. The conclusions and opinions expressed may not be those of the California Department of Aging and that the publication may not be based upon or inclusive of all raw data.

The Chronic Disease Self-Management Workshop ©2012, Self-Management Resource Center, LLC. An evidence-based program originally developed at Stanford University that may only be used or reproduced by organizations licensed by the Self-Management Resource Center.

Become a Healthy Aging Workshop Leader

The Orange County Office on Aging and its partners offer health promotion programs that help older adults and caregivers manage health conditions and support healthy aging. Become a volunteer workshop leader and help older adults learn skills to manage chronic conditions and live healthier lives. No teaching experience is required, but you must attend all classes.

When: August 11-October 1, 2026, from 9-11:45 a.m.
Where: Online via Zoom
Register by: August 5, 2026
Questions: (714) 480-6451

 [Learn more and register for Healthy Aging Workshop Leader Training.](#)

RESOURCE SPOTLIGHT



HOT WEATHER TIPS

- Drink 8-10 glasses of water a day
- Wear sun-protecting clothes
- Apply sunscreen daily
- Watch for signs of heat illness like dizziness, headache, or nausea

Learn more: bit.ly/OCExcessiveHeat

Heat Ready for Our Health

California is hotter than it used to be, and temperatures are expected to continue rising. An extreme heat event occurs when an area experiences two or more days and nights of unusually high temperatures. These periods of extreme heat are becoming more common and increase the risk of heat-related illness for all Californians, especially older adults.

Stay hydrated, stay cool, and look out for each other!

👉 [**Learn more about extreme heat and find a local cooling center.**](#)

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:** August 14, 2026, at 9:30 a.m.
 - Where:** 1400 S Grand Ave., Santa Ana, CA 92705; Main Conference Room
- **Executive Committee Meeting**
 - **When:** August 28, 2026, at 9:30 a.m.
 - Where:** 1300 S Grand Ave., Bldg. B, Santa Ana, CA 92705

[Learn more about OAAC.](#)

***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 June 2026 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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 **Instagram:** [@oc_oa](#)