




# OC OFFICE ON AGING Monthly Newsletter

## JUNE 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](http://officeonaging.ocgov.com)

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

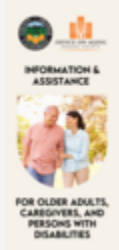
 **Phone:** (714) 480-6450

### 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



## OC Parks 2026 Summer Concert & Sunset Cinema Series

**About:** Enjoy free, family-friendly concerts and movie nights in regional parks across Orange County.

**When:** June 5 through September 3, 2026

**More information:** [OC Parks 2026 Summer Series](#)

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## 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](#)

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## Independence Day Events

**About:** The Fourth of July honors the bravery and sacrifice of those who have served to protect our nation's freedom. Celebrate with parades, barbecues, and time with family and friends!


**When:** July 4, 2026


**Find an Independence Day event near you:** [bit.ly/OCJuly4Events](https://bit.ly/OCJuly4Events)

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## TAKE CONTROL OF YOUR HEALTH!

### Diabetes Self-Management Program

 **July 15 - August 19, 2026\***  
Wednesdays, from 1-3:30 PM  
\*Must attend all classes

 **Norman P. Murray  
Community and Senior Center**  
24932 Veterans Way  
Mission Viejo, CA 92692

#### Participants will learn to:

- Manage medications
- Plan healthy meals
- Stay active
- Connect with their support system

 Register by July 8: [bit.ly/HealthyLivingDiabetes](https://bit.ly/HealthyLivingDiabetes)



### Healthy Living with Diabetes\*

**About:** Attend this free, evidence-based class developed by Stanford University for adults with type 2 diabetes or pre-diabetes. This program helps participants build practical skills and confidence to better manage their health and make everyday lifestyle choices that support long-term wellness.

**When:** July 15, 2026 - August 19, 2026, from 1-3:30 p.m.

**Where:** Norman P. Murray Community and Senior Center; 24932 Veterans Way, Mission Viejo, CA 92692

**Register by July 8:** [Diabetes Self-Management Program](https://bit.ly/HealthyLivingDiabetes)

***\*Must attend all classes***



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](https://bit.ly/HealthyLivingTraining)

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

### "Healthy Living" Workshop Leader Training\*

**About:** Help people manage chronic conditions and improve their quality of life! Join this online workshop where you'll be trained to lead our *Chronic Disease Self-Management Program* and *Diabetes Self-Management Program*.

**When:** August 11, 2026 - October 1, 2026, from 9-11:45 a.m.

**Where:** Online via Zoom

**Register by August 5:** [bit.ly/HealthyLivingTraining](https://bit.ly/HealthyLivingTraining)

**\*Must attend all classes**

*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](#)



## CalFresh Work and Community Engagement Requirements

### CalFresh Work Requirement Changes Are Now in Effect

As of June 1, 2026, California implemented new federal CalFresh work and community engagement requirements. Some individuals are now required to meet these requirements to continue receiving CalFresh benefits, while others may qualify for an exemption.

Older adults ages 60 to 64 who do not meet the standard work requirements may qualify for alternative exemptions. If you are unsure whether the new requirements apply to you, use the [CalFresh Work and Community Engagement Rules Pre-Screening Tool](#) to determine if you may qualify for an exemption.

🔗 Use the [CalFresh Work and Community Engagement Rules Pre-Screening Tool](#) to check your eligibility.



**FREE RAY-BAN  
META AI GLASSES**

For blind and  
low-vision Veterans

Blinded Veterans  
Association (BVA)  
members who are blind  
or have low vision may  
be eligible to receive a  
free pair of Ray-Ban  
Meta AI Glasses!

**Know a blind or  
low-vision Veteran?**

Refer them to  
[membership@bva.org](mailto:membership@bva.org)  
to sign up for BVA  
membership and  
their free Ray-Bans.

See if you qualify: [bva.org/glasses](https://bva.org/glasses)

## Free Smart Glasses Available for Eligible Blinded Veterans

Eligible blinded Veterans may now receive a free pair of Ray-Ban Meta AI glasses through a partnership between Meta and the Blinded Veterans Association (BVA). The program provides assistive technology designed to help Veterans with everyday tasks, such as reading printed text, identifying objects, and navigating their surroundings using voice commands and artificial intelligence.

In addition to the glasses, participants receive training resources, including webinars, guides, and hands-on support to help them get the most from the technology.

👉 [Learn about eligibility and how to apply on the BVA website.](https://bva.org/glasses)



*Dedicated to preserving and enhancing the quality of life for older Californians and their families.*

## *CSL Elections*

- ✓ *Are you 55 or older?*
- ✓ *Involvement and aware of senior issues in your local area?*
- ✓ *Driven to make a difference in the lives of aging Californians?*
- ✓ *Willing to volunteer?*
- ✓ *Interested in representing your local community at the State Level?*



*If you answered **Yes**, visit the California Senior Legislature website at [www.acsl.org](http://www.acsl.org) or ask Orange County's Area Agency on Aging (AAA) for a CSL election packet to learn more.*

*Election packets are due to the AAA office no later than: **July 11, 2026.***

*Application packets must be submitted to the Orange County's AAA by Email: [AreaAgencyonAging@occr.ocgov.com](mailto:AreaAgencyonAging@occr.ocgov.com)*

### Deadline Approaching for California Senior Legislature Applications

Applications are due soon for older adults interested in serving through the California Senior Legislature (CSL), which represents the interests of older Californians and helps shape statewide aging policy.

Through CSL's local election process, residents age 55 and older may apply to serve as a Senior Senator or Senior Assemblymember. Participants help elevate community priorities and bring forward proposals that support programs and services for older adults and their families.

This is a reminder for interested applicants to complete and submit materials ahead of the upcoming deadline on July 11, 2026.

📎 Download the [2026 CSL Election Packet](#) and email completed applications to the Orange County Office on Aging at [AreaAgencyonAging@occr.ocgov.com](mailto:AreaAgencyonAging@occr.ocgov.com).

## RESOURCE SPOTLIGHT



### GROCERIES PROGRAM

Get nutrition support and healthy food resources.


**Questions? Contact our Information & Assistance team!**

 (714) 480-6450

 Monday-Friday, 8 AM - 5 PM

### Groceries Program

The Groceries Program is available to Office on Aging program participants who have a specialized dietary need, are unable to participate in the Office on Aging's Elderly Nutrition Program, have dietary restrictions, or need access to food that is not available through another similar program.

** Call the Office on Aging Information & Assistance Call Center to learn more: (714) 480-6450, Monday-Friday, 8 a.m. to 5 p.m.**

## 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:** 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 May 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.

[Subscribe to Newsletter](#)

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 **Instagram:** @oc\_ooa