



OC OFFICE ON AGING

Monthly Newsletter

SEPTEMBER 2024

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 OC 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

Phone: (714) 480-6450

Email: AreaAgencyonAging@occr.ocgov.com

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 OC. You are invited to attend the upcoming OAAC meetings:

- **OAAC General Meeting**
When: October 11, 2024, at 9:30 a.m.
Where: 1063 McGaw Ave., Ste. 100, Irvine, CA 92614
- **Executive Committee Meeting**
When: October 25, 2024, 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 our website at officeonaging.ocgov.com for more information and to download an application.

UPCOMING COMMUNITY EVENTS

SENATOR CATHERINE BLAKESPEAR
— REPRESENTING SENATE DISTRICT 38 —

Invites you to

“All About Alzheimer’s”

An Educational Program on Alzheimer’s

in partnership with

**ALZHEIMER’S ASSOCIATION
ORANGE COUNTY CHAPTER**

TUESDAY
October 1, 2024
8:30 – 11:30 a.m.

LOCATION
**SAN JUAN CAPISTRANO
COMMUNITY CENTER**
25925 Camino Del Avion - San Juan Capistrano, CA 92675

Join Senator Blakespear and the Alzheimer’s Association OC Chapter for an educational Alzheimer’s program. Explore resource booths before and after the event. Light refreshments provided.

SCHEDULE

8:30–9 a.m.	Check-in and Resource Booths
9–9:15 a.m.	Welcome by Senator Blakespear
9:15–10:15 a.m.	“Understanding Alzheimer’s and Dementia”
10:25–11 a.m.	“Healthy Living for Brain and Body”
11–11:30 a.m.	Resource Booths

RSVP for Senator Catherine Blakespear’s “All About Alzheimer’s”
▶ bit.ly/BlakespearRSVP

QUESTIONS? CONTACT US: (949) 598-5850 | Senator.Blakespear@senate.ca.gov

All About Alzheimer's

About: This event is hosted by Senator Catherine Blakespear and will have presentations and resource booths for participants to explore.

When: October 1, 2024, from 8:30 a.m. to 11 a.m.

Where: San Juan Capistrano Community Center
25925 Camino Del Avion, San Juan Capistrano, CA 92675

Register: bit.ly/BlakespearRSVP

A Matter of Balance Series

About: A Matter of Balance is an 8-session structured group intervention that strategizes to reduce fear of falling and increase activity levels.

When: Tuesdays from 1:30-3:30 p.m.; Starts on October 1, 2024

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

More information: officeonaging.ocgov.com/events



17th Annual Orange County Senior Summit

About: Join the 17th Annual Orange County Senior Summit to learn more about resources and services available to older adults. Space is limited, and registration is required.

When: October 4, 2024, from 9 a.m. to 1 p.m.

Where: Aliso Viejo Ranch
100 Park Ave., Aliso Viejo, CA 92656

More information: bit.ly/kfseniorsummit or call (714) 834-3550

The Clubhouse Senior Resource Fair

About: This event is hosted by the City of Lake Forest and is tailored to older adults who can learn more about city and community services, health screenings, non-profit groups, and free flu shots (with insurance).

When: October 14, 2024, from 10 a.m. to 1 p.m.

Where: The Clubhouse/Lake Forest Senior Center
100 Civic Center Dr., Lake Forest, CA 92630

More information: [The Clubhouse Senior Resource Fair](#)

NEWS

OC Office on Aging Launches Three New Programs



The OC Office on Aging launched three new programs to further support the community:

1. **Groceries Program:** This program delivers food or offers a pick-up option for Older Americans Act participants. It is designed for those with special dietary needs, those who can't participate in the Elderly Nutrition Program, or those needing food not available through other similar programs. For more details or to check eligibility for you or a family member, contact Hope Community Services at (714) 265-1181.
 2. **Linkages:** This service offers care and case management for frail elderly and functionally impaired adults. For more information, contact Mint Health Solutions at (657) 888-0383.
 3. **Alzheimer's Day Resource Centers:** These centers provide a day of care at licensed Adult Day Care or Adult Day Health Care centers specializing in Alzheimer's or dementia services. For more information, contact Alzheimer's Family Services at (714) 593-9630.
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RESOURCE SPOTLIGHT



The **Health Insurance Counseling and Advocacy Program (HICAP)** offers free, confidential counseling and education about Medicare, private health insurance, and related health care coverage plans. This service is for Medicare beneficiaries, their representatives, and those soon eligible for Medicare.

Medicare Annual Election Period (AEP) runs from October 15 through December 7. This is a crucial time for beneficiaries to review their current coverage and benefits for changes effective in 2025 and explore better options for their healthcare and budget needs.

HICAP counselors, many of whom are retired professionals volunteering their time, make navigating Medicare easier. They provide no-cost, unbiased education, information, and assistance to Medicare beneficiaries, their families, and caregivers throughout the county.

HICAP counselors are available at senior and community centers across the county. For more information, call (800) 434-0222 or (714) 560-0424. You can also visit [HICAPAEP](#) for locations hosting dedicated AEP Clinics to help beneficiaries review and compare their health and drug plans.

OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on August 2024 service data.

Information & Assistance

1,278 calls

Transportation

(Non-Emergency Medical & Supportive Services)

12,658 one-way trips

Meals Provided

(Congregate & Home-Delivered)

89,036 meals

Family Caregivers Counseling Services

99 hours

Legal Aid

774 hours

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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