



OC OFFICE ON AGING

Monthly Newsletter

NOVEMBER 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: January 10, 2025, at 9:30 a.m.
Where: 1063 McGaw Ave., Ste. 100, Irvine, CA 92614
- **Executive Committee Meeting**
When: January 24, 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 our website at officeonaging.ocgov.com for more information and to download an application.

UPCOMING COMMUNITY EVENTS



Communicating Effectively (with Alzheimer's Association) - English

About: Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Learn strategies for meaningful connection at each stage of the disease.

When: December 4, 2024, at 5:30 p.m.

Where: Online (via Zoom)

Register: [Communicating Effectively Registration - Zoom \(English\)](#)

Các lựa chọn nghỉ ngơi - Vietnamese

About: Teaches caregivers about different respite options and how to access respite services. **Will be held in Vietnamese.**

When: December 6, 2024, at 10 a.m.

Where: VACF - Vital Access Care Foundation
17150 Newhope St., Ste. 201 203, Fountain Valley, CA 92708

Register: [Các lựa chọn nghỉ ngơi Registration \(Vietnamese\)](#)

Beating the Holiday Blues (with Independence at Home)

About: Normalizes feelings of sadness during the holiday season, discusses planning for triggers and connecting to various forms of support to help manage depression.

When: December 10, 2024, at 10 a.m.

Where: Online (via Zoom)

Register: [Beating the Holiday Blues Registration - Zoom](#)

Conozca las 10 Señales de Advertencia (with Alzheimer's Association) - Spanish

About: Helps aid with recognizing the 10 signs of Alzheimer's. **Will be held in Spanish.**

When: December 11, 2024, at 5:30 p.m.

Where: Online (via Zoom)

Register: [Conozca las 10 Señales de Advertencia Registration - Zoom \(Spanish\)](#)

Đánh bại Holiday Blues (with Independence at Home) - Vietnamese

About: Supports with feelings of sadness during the holiday season and aims to help manage depression. **Will be held in Vietnamese.**

When: December 12, 2024, at 10 a.m.

Where: VACF - Vital Access Care Foundation
17150 Newhope St., Ste. 201 203, Fountain Valley, CA 92708

Register: [Đánh bại Holiday Blues Registration \(Vietnamese\)](#)

Livestream - What is the Alzheimer's Association?

About: This is a live Q&A session to learn about the Alzheimer's Association, its resources, and how to support a loved one with Alzheimer's or another dementia.

When: December 16, 2024, at 3 p.m.

Where: Live Online (via Facebook & YouTube)

Register: [Livestream - What is the Alzheimer's Association? Registration](#)

Quando los días especiales lo estresan: cómo lidiar con provocaciones (with Independence at Home) - Spanish

About: Supports with feelings of sadness during the holiday season and aims to help manage depression. **Will be held in Spanish.**

When: December 17, 2024, at 10 a.m.

Where: Westminster Senior Center
8200 Westminster Blvd., Westminster, CA 92683

Register: [Quando los días especiales lo estresan: cómo lidiar con provocaciones Registration \(Spanish\)](#)

Understanding Alzheimer's & Dementia (with Alzheimer's Association)

About: Teaches about the impact of Alzheimer's, its differences versus dementia, stages/risks, and current research highlighting treatments that are available for some symptoms.

When: December 18, 2024, at 5:30 p.m.

Where: Online (via Zoom)

Register: [Understanding Alzheimer's & Dementia Registration](#)

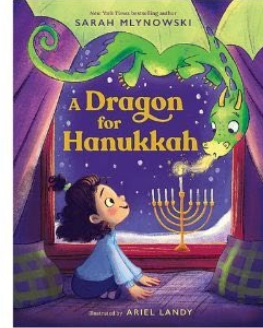
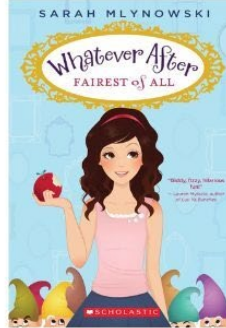
OC Public Libraries Presents

WINTER READING CHALLENGE

December 9, 2024 - January 25, 2025

Holiday Extravaganza

Wednesday, December 11th @ 5pm - 7pm



5pm - Enjoy holiday festivities for the whole family with crafts, refreshments courtesy of the Charlie Cart Committee, and a musical performance by **The Lil' Dickens Carolers**.

6pm - Presentation by **Sarah Mlynowski**, bestselling author and coauthor of over fifty books for teens, tweens, kids and adults. Complimentary books available, while supplies last.

Los Alamitos-Rossmoor Library
12700 Montecito Rd, Seal Beach, CA 90740 | 562-430-1048

Orange County, CA
OC Public Libraries
Open Doors. Free Access. Community.

OFFICE ON AGING
ORANGE COUNTY

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 Reading Challenge Holiday Extravaganza

About: OC Public Libraries and OC Office on Aging invite the whole family to enjoy holiday festivities with crafts, refreshments, a musical performance by The Lil' Dickens Carolers, and a presentation by Sarah Mlynowski, the New York Times and USA Today bestselling author and coauthor of over fifty books for teens, tweens, kids and adults, including the Whatever After series. *Complimentary books available, while supplies last.*

When: December 11, 2024, from 5-7 p.m.

Where: Los Alamitos-Rossmoor Library
12700 Montecito Rd., Seal Beach, CA 90740

Contact: (562) 430-1048

TUSTIN PARKS AND RECREATION DEPARTMENT PRESENTS



OC BUS TRANSIT TRAINING WORKSHOP

FREE

December 18th
 **10:00AM-11:30AM**

Tustin Area Senior Center Board Room
RSVP at the Tustin Area Senior Center Front Desk

What you'll learn

- Bus Riding Basics ✓
- Fare Options ✓
- Payment Methods ✓
- Trip Planning ✓
- Bus Schedules and Maps ✓
- ADA Accessibility ✓
- Safety Guidelines ✓

***All participants will receive two, 1-Day Bus Passes**

TUSTIN
PARKS & RECREATION
Leading Community

(714)-573-3340
 **Tasc@tustinca.org**
200 South "C" Street, Tustin 92780



OC Bus Transit Training Workshop

About: This workshop is intended to teach riders about bus riding basics, fare options, trip planning, and much more.

When: December 18, 2024, at 10 a.m.

Where: Tustin Area Senior Center (Board Room)
200 S. C Street, Tustin, CA 92780

RSVP: Tustin Area Senior Center Front Desk

Contact: (714) 573-3340 or Tasc@tustinca.org

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



Pictured from Left to Right: Sandra Stang (Member at Large), Amina Sen-Matthews (Member at Large), Crystal Miles (Chair), Rachel Owens (Vice Chair), Meredith Chillemi (Past Chair), Howard Hart (Member At Large). Missing: Ken Higman (Secretary)

Celebrating OAAC Leadership

We extend our heartfelt thanks to the past Older Adults Advisory Commission Chair, Meredith Chillemi; Secretary, Dave Tetzlaf; Immediate Past Chair, Gene Hernandez; and Member at Large, Charlene Ashendorf, for their dedicated service as part of the OAAC Executive Team. Your commitment and leadership have made a lasting impact.

Congratulations to the newly appointed Executive Team members:

- Chair: Crystal Miles
- Vice Chair: Rachel Owens
- Secretary: Ken Higman
- Immediate Past Chair: Meredith Chillemi
- Members at Large: Sandy Stang, Howard Hart, and Amina Sen-Matthews

We look forward to your leadership and vision as we continue to support our community's older adults together!

National Family Caregivers Month

Caregivers

November is National Family Caregivers Month, a time to honor the millions of caregivers across California who give their time and energy to support loved ones. Caregivers are the heart of our communities, providing care and compassion to aging family members. Your contributions are invaluable, and it's essential to have the resources that support you every step of the way.



Caregivers Need to be Cared for Too

If you're caring for an older adult, you're not alone. More than 1 in 5 Americans provide care for an aging loved one, and in California, 4.5 million caregivers spend nearly 18 hours each week helping older family members or friends. This care adds up to an annual economic value of \$81 billion in our state.

Caring for an older adult is both rewarding and challenging, but there are resources to help make it easier. Caregiver Resource Centers (CRCs) and Area Agencies on Aging (AAAs) offer services that provide much-needed support.

Caregiver Tips: Self-Care



Take regular breaks



Exercise and eat well



Find time for hobbies



Let go of guilt



Join a support group

New Caregiver Resource Page: Support for Family Caregivers

The California Department of Aging has launched a new caregiver resource webpage designed to support family caregivers. This page offers practical tips for managing caregiving responsibilities, quick facts about caregiver roles and challenges, and links to helpful tools. Be sure to explore the site for insights that can make your caregiving journey more manageable and informed

To visit the page, click [HERE](#).

RESOURCE SPOTLIGHT



St. Jude Medical Center's Caregiver Resource Center OC offers vital services and resources to unpaid family caregivers of older adults, such as temporary respite care, educational classes, support groups, legal assistance, assistive devices, and other services tailored to ease caregiver responsibilities, prevent burnout, and prevent or delay the need for a higher level of care for the care receiver.

Services are free and available in English, Spanish, and Vietnamese. Services in other languages are available as needed.

Learn more about caregiver resources at [caregiveroc.org](https://www.caregiveroc.org) or call (714) 446-5030.

OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on October 2024 service data.

Information & Assistance

1,051 calls

Transportation

(Non-Emergency Medical & Supportive Services)

15,731 one-way trips

Meals Provided

(Congregate & Home-Delivered)

122,777 meals

Family Caregivers Counseling Services

130 hours

Legal Aid

701 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](#)



Website:

officeonaging.ocgov.com



Email:

AreaAgencyOnAging@occr.ocgov.com



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(714) 480-6450



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@oc_ooa



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