



# OC OFFICE ON AGING

## Monthly Newsletter

### DECEMBER 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 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!

## UPCOMING COMMUNITY EVENTS



### **Empowered Caregiver: Building Foundations of Caregiving**

**About:** This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

**When:** January 8, 2024, at 5 p.m.

**Where:** Online (via Zoom)

**Hosted by:** Caregiver Resource Center OC

**Register:** [Webinar: Empowered Caregiver: Building Foundations of Caregiving](#)

### **First Steps for New Caregivers**

**About:** At the beginning stages of caregiving, it can be a struggle, confusing and sometimes frightening. Learn about what steps to take, where to start and what to do.

**When:** January 10, 2024, at 10 a.m.

**Where:** Online (via Zoom)

**Hosted by:** Caregiver Resource Center OC

**Register:** [Webinar: First Steps for New Caregivers](#)



**Cooking Classes\***  
**(OC Office on Aging in partnership with OC Public Libraries)**

**About:** Learn new skills, engage with delicious recipes, and connect with other adults in the community - starting in the kitchen! Each cooking class will be conducted by a professional chef from Impastiamo. All supplies will be provided.

**When:** January 8, 2024, at 5 p.m.  
**Where:** Costa Mesa Donald Dungan Library  
 1855 Park Ave., Costa Mesa, CA 92627  
**Register:** (949) 646-8845

**When:** January 15, 2024, at 5 p.m.  
**Where:** Clifton Community Center  
 300 Centennial Way, Tustin, CA 92780  
**Register:** (714) 544-7725

**When:** January 22, 2024, at 5 p.m.  
**Where:** Cypress Library  
 5331 Orange Ave., Cypress, CA 90630  
**Register:** (714) 826-0350

**When:** January 29, 2024, at 5 p.m.  
**Where:** Clifton Community Center  
 300 Centennial Way, Tustin, CA 92780  
**Register:** (714) 544-7725

OC Public Libraries Presents


## Cookbook Author: Chef Tu David Phu


Saturday, January 18, 2025 | 11:00 AM | Westminster Library | 8180 13th Street, Westminster, CA 92683



Complimentary books available, while supplies last. Early arrival suggested. Beverage prepared by the Charlie Cart Committee. No registration required, all ages welcome.

For more information, call 714-893-5057 or email [ocpl.westminster@occr.ocgov.com](mailto:ocpl.westminster@occr.ocgov.com)

Chef Tu David Phu's culinary journey is a captivating blend of heritage and innovation. Raised in Oakland, California, Chef Phu is a first-generation Vietnamese-American with deep roots back to Phu Quoc, renowned for its artisanal fish sauce production in Asia. Throughout his career, Chef Phu absorbed the essence of various culinary traditions, from American culinary excellence to classical European techniques. Yet, a profound connection to what he calls "the memory of taste" led him back to his Vietnamese roots.





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.

**Cookbook Author: Chef Tu David Phu\***  
*(OC Office on Aging in partnership with OC Public Libraries)*

**About:** Throughout his career, Chef Tu David Phu absorbed the essence of various culinary traditions, from American culinary excellence to classical European techniques. Yet, a profound connection to what he calls “the memory of taste” led him back to his Vietnamese roots. Complimentary books available while supplies last. No registration required, and all ages are welcome.

**When:** January 18, 2024, at 11 a.m.

**Where:** Westminster Library  
 8180 13th St., Westminster, CA 92683

**Contact:** (714) 893-5057 or [ocpl.westminster@occr.ocgov.com](mailto:ocpl.westminster@occr.ocgov.com)

**A** OC PUBLIC LIBRARIES PRESENTS

# SLICE<sup>TO</sup> LITERARY ORANGE

Meet Author  
**KEVIN KWAN**  
Wednesday, January 29 at 6:30pm

KEVIN KWAN is the author of *Crazy Rich Asians*, the international bestselling novel that has been translated into 40 languages. The film adaptation became Hollywood's highest-grossing romantic comedy in over a decade. *Jax and Henry*, hit the New York Times bestseller list in its first week of release and is being adapted into a feature film by Sony Pictures. Kevin has been named by *Time* Magazine as one of the 100 Most Influential People in the world.

Norma Hertzog Community Center  
1845 Park Ave, Costa Mesa, CA 92627

Complimentary books available, while supplies last.  
Books available for purchase, courtesy of Mystery in Gallery.  
No registration required, all ages welcome. Early arrival suggested.

For more information,  
call (714) 566-3034 or visit [ocpl.org](http://ocpl.org)

OC Public Libraries OFFICE ON AGING  
The project is funded in part through a grant from the California Department of Aging and administered locally by the Orange County Office on Aging.

**A Slice of Literary Orange: Meet Author Kevin Kwan\***  
(OC Office on Aging in partnership with OC Public Libraries)

**About:** Kevin Kwan is the author of *Crazy Rich Asians*, the international bestselling novel that has been translated into 40 languages. The film adaptation became Hollywood's highest-grossing romantic comedy in over a decade. Complimentary books available while supplies last. No registration required, and all ages are welcome.

**When:** January 29, 2024, at 6:30 p.m.

**Where:** Norma Hertzog Community Center  
1845 Park Ave., Costa Mesa, CA 92627

**Contact:** (714) 566-3034

**\*This project is funded in part through a grant from the California Department of Aging and administered locally by the OC Office on Aging.**

*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 Connect Expands to Orange County

California Connect provides communications equipment and services to older adults and persons with disabilities. The program aims to help Californian residents with speech, hearing, vision, mobility, or cognitive disabilities with the world around them in a way that is comfortable and convenient for them. Visit them today at the [Orange Service Center](#) (2100 W Orangewood Ave., Ste. 201, Orange, CA 92868)!

**More information:** Visit [caconnect.org](http://caconnect.org) or call (800) 806-1191

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## RESOURCE SPOTLIGHT



The holiday season can be a joyful time, but for some, it can also bring feelings of isolation. The Council on Aging's **Friendly Visitor Program** pairs older adults with compassionate volunteers who provide regular companionship, conversation, and emotional support. Whether it's sharing stories, enjoying hobbies together, or simply being a listening ear, Friendly Visitors helps build meaningful connections to combat loneliness.

Learn more or refer someone to the program at [coasc.org/programs/friendly-visitor](http://coasc.org/programs/friendly-visitor).

# 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:** 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 [officeonaging.ocgov.com](https://officeonaging.ocgov.com) for more information and to download an application.

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## OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on November 2024 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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