



# OC OFFICE ON AGING

## Monthly Newsletter


## FEBRUARY 2025

### 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

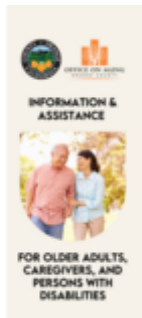
### Online Resources Directory



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!

### 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



**Elks**  
1950

# VETERANS STAND DOWN

**MARCH 1ST, 10:00 AM – 3 PM**  
**GARDEN GROVE ELKS LODGE**  
11551 TRASK AVE GARDEN GROVE, CA 92843

### Provided Services

Hot Meal Provided • Dental Care  
Eye Glasses • Housing Assistance  
Mobile Shower Facilities • Legal Services  
Minor Medical & Wound Care • PEER Resources  
Men's & Women's Clothing Available  
Haircuts and manicures

### For More Information

Contact Eli Morales at 714-317-3806 or Dan Breece at 949-510-8820



Completing applications for assistance programs offered by CalOptima,  
Safelink or others could require your ID and or proof of income.



### Veterans Stand Down

**About:** Veterans can receive a variety of important free services and assistance enrolling in CalOptima.

**When:** March 1, 2025, at 5:30 p.m.

**Where:** Garden Grove Elks Lodge  
11551 Trask Ave., Garden Grove, CA 92843

**Contact:** Eli Morales at (714) 317-3806 or Dan Breece at (949) 510-8820

## “HEALTHY LIVING” WORKSHOP LEADER TRAINING

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


For questions or to register,  
contact **(714) 480-6451** or  
**[Frank.Hernandez@occr.ocgov.com](mailto:Frank.Hernandez@occr.ocgov.com)**




Register by  
February 20, 2025!

 **March 3 - April 23, 2025\***  
Mondays & Wednesdays

\*Must attend all 16 classes

 **2 PM - 4:45 PM**

 **Online via Zoom\***

\*Please allow 15 minutes to login

**Become a Healthy Living Workshop Leader!**



### "Healthy Living" Workshop Leader Training (Registration Extended Through March 2, 2025)

**About:** Ready to empower others? Become a Healthy Living Workshop Leader and help people manage chronic conditions to improve their quality of life! This training is first of a series. All classes must be attended to complete the training.

**When:** March 3, 2025, at 2 p.m.

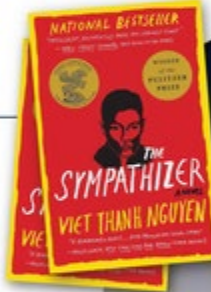
**Where:** Online via Zoom (*please allow 15 minutes to log in*)

**More information:** ["Healthy Living" Workshop Leader Training](#)

OC Public Libraries Presents

# ONE COUNTY, ONE BOOK

A community reading program centered around the Pulitzer Prize winning novel, *The Sympathizer*, by Viet Thanh Nguyen. From January through March, readers of all ages are invited to celebrate *The Sympathizer* with author talks, film screenings, cultural presentations, storytimes, book club discussions and more!



## Viet Thanh Nguyen

Thursday, March 6<sup>th</sup> at 6:30 pm  
Norma Hertzog Community Center

Cookbook Author: Chef Tu David Phu  
Westminster Library  
Saturday, January 18<sup>th</sup> at 11:00 am

Cookbook Author: Chef Tuệ Nguyễn  
Costa Mesa Donald Dungan Library  
Saturday, March 1<sup>st</sup> at 11:00 am

### More events:

- Cultural Presentations
- Film Screenings
- Storytimes
- Book Club Discussions



Scan the QR code with your mobile device to visit the One County, One Book landing page!

Visit [ocpl.org](http://ocpl.org) for a full list of programs

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.



## One County, One Book: Author Viet Thanh Nguyen\* (OC Office on Aging in partnership with OC Public Libraries)

**About:** Readers of all ages are invited to celebrate Pulitzer Prize-winning novel, *The Sympathizer*, by Viet Thanh Nguyen! No registration required, all ages welcome. Early arrival suggested.

**When:** March 6, 2025, at 6:30 p.m.

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

**Contact:** (714) 566-3034 or [ocpl.programs@occr.ocgov.com](mailto:ocpl.programs@occr.ocgov.com)

**GOLDEN FUTURE**  
Senior Expo  
SoCal's Premier Lifestyle, Health & Active Aging Expo Series

**FRIDAY MARCH 7TH 2025**

**SOUTH OC Edition**

Hyatt Regency Newport Beach  
1107 Jamboree Road  
Newport Beach, CA 92660  
www.GoldenFutureSeniorExpo.com

**15th Annual Golden Future Senior Expo - South OC Edition**

Year Anniversary

## 15th Annual Golden Future Senior Expo - South OC Edition

**About:** Get ready for the biggest and best Golden Future Senior Expo yet! This FREE event connects older adults with valuable resources, services, and giveaways. Enjoy health screenings, informative seminars, and entertainment!

**When:** March 7, 2025, from 9 a.m. - 1:30 p.m.

**Where:** Hyatt Regency Newport Beach  
1107 Jamboree Rd., Newport Beach, CA 92660

**More information:** [15th Annual Golden Future Senior Expo - South OC Edition](#)

*\*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.*

## California Releases Master Plan for Aging Annual Report and New Initiatives for 2025-26

The California Department of Aging (CDA) released a new report detailing 81 [Master Plan for Aging](#) (MPA) initiatives designed to build momentum and drive results for older Californians over the next two years. The MPA, California's groundbreaking 10-year blueprint for aging and disability services that has become a national model, continues to be a catalyst to empower older adults, Californians with disabilities, and caregivers, according to the new report on its progress in 2024.

**Read the full press release:** [CDA Releases MPA Annual Report & New Initiatives for 2025-26](#)



## Building Confidence, Reducing Falls: Matter of Balance Coach Training

The OC Office on Aging recently hosted a Matter of Balance Coach Training, equipping seven (7) community members with the skills to help older adults prevent falls and stay active. Over the course of two days, participants engaged in interactive sessions covering fall risk factors, strategies to improve strength and balance, and effective group facilitation techniques. This training prepares volunteers to lead workshops that empower older adults to remain independent and reduce their fear of falling.

**For future training opportunities:** Call our Information & Assistance Call Center at (714) 480-6450

# New EBT cards are coming.



Starting February 2025, EBT cards with chip technology will be mailed to your home address.

 OC Social Services Agency  
OF COURAGE AND COMPASSION

## New EBT Cards Have Arrived

Starting February 2025, all EBT cardholders will automatically be mailed a new EBT card with chip technology to their home address. Old EBT cards will no longer work 180 days after the new chip cards are sent out.

The upgraded EBT cards provide new and improved security measures, targeting reduced fraud and stolen benefits. The small microchips embedded in the cards contain encrypted data, making the card information difficult to duplicate. Tap technology lets cardholders make contactless payments.

Mass card replacement will take place over a few months. Not all EBT cardholders will receive their new cards at the same time.

**For questions:** Call the EBT Customer Service Helpline at (877) 328-9677

**To manage your benefits:** Visit [ebtedge.com](https://www.ebtedge.com)

## RESOURCE SPOTLIGHT



### March is National Nutrition Month!

March is a time to focus on making informed food choices and developing healthy eating habits. The OC Office on Aging is dedicated to helping older adults access nutritious meals and resources that support overall well-being. Below are some food resources available to older adults in Orange County.

**For more information about these programs, call the providers directly or our Information & Assistance Call Center at (714) 480-6450.**

- **Home-Delivered & Congregate Meals Programs:** Eligible older adults can receive meals at home or in a group setting, such as a senior center.
  - **Meals on Wheels Orange County** (serving North and Central/West OC)  
☎ (714) 220-1374
  - **Age Well Senior Services** (serving South OC)  
☎ (949) 855-8033
- **CalFresh:** Eligible individuals receive monthly benefits on an Electronic Benefit Transfer (EBT) card to purchase food at participating stores and restaurants.
  - **Restaurant Meals Program:** Eligible older adults, individuals with disabilities, and those experiencing homelessness can buy prepared meals at participating restaurants  
☎ (800) 281-9799
- **Emergency & Supplemental Food Assistance:**
  - **Emergency Food Assistance Program:** Low-income individuals can receive nutritious USDA Foods to supplement their diet.



- **Commodity Supplemental Food Program:** Eligible individuals can receive food packages.  
☎ (714) 897-6670
  - **Child and Adult Care Food Program:** Eligible older adults enrolled in participating adult day service centers can receive reimbursements for nutritious meals and snacks.
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## 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:** March 14, 2025, at 9:30 a.m.  
**Where:** 1063 McGaw Ave., Ste. 100, Irvine, CA 92614
- **Executive Committee Meeting**
  - **When:** March 28, 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.

# OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on January 2025 service data.

## Information & Assistance

1,116 calls

## Transportation

(Non-Emergency Medical & Supportive Services)

13,885 one-way trips

## Meals Provided

(Congregate & Home-Delivered)

110,490 meals

## Family Caregivers Counseling Services

205 hours

## Legal Aid

882 hours

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## 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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