



# OC OFFICE ON AGING

## Monthly Newsletter

APRIL 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)

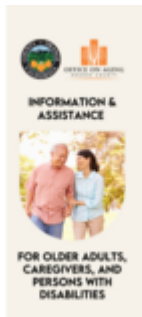


**Phone:** (714) 480-6450



### 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](#)

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## UPCOMING COMMUNITY EVENTS

A  
OC PUBLIC LIBRARIES PRESENTS

# SLICE OF LITERARY ORANGE

Meet Author  
**LAURA DAVE**  
*Monday, May 5 at 6:30pm*

LAURA DAVE is the #1 New York Times bestselling author of *The Last Thing He Told Me*, *Eight Hundred Grapes* and other novels. Her books have been published in thirty-eight languages and have been chosen by Reese Witherspoon's Book Club, Indie Next, Book of the Month Club, The Richard and Judy Book Club, Best of Amazon, and Best of Apple Books. *The Last Thing He Told Me* is now a series on Apple TV+, co-created by Laura.

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

Complimentary books available, while supplies last.  
No registration required, all ages welcome. Early arrival suggested.

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

  Orange County Public Libraries  
 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.



### Meet Author Laura Dave\*

(OC Office on Aging in partnership with OC Public Libraries)

**About:** Laura Dave is the #1 New York Times bestselling author of *The Last Thing He Told Me*, *Eight Hundred Grapes*, and other novels. *The Last Thing He Told Me* is now a series on Apple TV+, co-created by Laura. Complimentary books available, while supplies last. No registration is required; all ages welcome. Early arrival is suggested.

**When:** May 5, 2025, at 6:30 p.m.

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

**More information:** (714) 566-3034 or [ocpl.org](http://ocpl.org)



## Senior Rally Day - Empowering Aging Californians

**About:** Join a virtual day of action to raise awareness about issues impacting older adults. This annual event highlights the importance of aging services and offers participants the chance to engage directly with legislators to advocate for policies promoting health, well-being, and independence of California's older adults.

**When:** May 6, 2025, at 9 a.m. to 2 p.m.

**Where:** Virtual

**Register:** [CSL 2025 Virtual Senior Rally Day](https://4csl.org/senior-rally-day/registration/)

**Note:** *This event is for informational purposes only. The OC Office on Aging and the County of Orange do not endorse any specific content, viewpoints, or products presented.*

OC Public Libraries Presents

Cookbook Authors:

# Sarah Ahn & Nam Soon Ahn

Wednesday, May 14, 2025 at 6:00 pm

Cypress Library  
5331 Orange Avenue, Cypress, CA 90630

Complimentary books available, while supplies last. Early arrival suggested. No registration required, all ages welcome.



Sarah Ahn's viral food videos of her and her mom have captivated millions of viewers with their behind-the-scenes look at Korean cooking and multigenerational home life. This collaboration is now a must-have cookbook blending the emotional intimacy of *Crying in H Mart* with practical culinary advice from Nam Soon's lifetime of kitchen experience. The recipes are framed by mother-daughter conversations that are funny, profound, and universally relatable—plus all the food is backed by the recipe-testing power of America's Test Kitchen.

Sarah Ahn is ATK's social media manager and the creator of the Ahnest Kitchen website. She records her experiences on Instagram and TikTok of living with her Korean immigrant parents, chronicling her mother's cooking, grocery shopping trips, and more. Many of Sarah's posts have gone viral with 10+ million views and they have sold grocery stores out of product. She has been featured on NBC News, ABC News, Yahoo News, and Good Morning America.

Nam Soon Ahn, her mother, is a former restaurateur whose culinary wisdom and recipes form the foundation of this book. Together, they honor their heritage with love, flavor, and authenticity.

For more information, call 714-826-0350 or email [ocpl.cypress@occr.ocgov.com](mailto:ocpl.cypress@occr.ocgov.com)

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**Cookbook Authors: Sarah Ahn & Nam Soon Ahn\***  
(OC Office on Aging in partnership with OC Public Libraries)

**About:** Sarah Ahn's viral food videos of her and her mom have captivated millions of viewers with their behind-the-scenes look at Korean cooking and multigenerational home life. This collaboration is now a must-have cookbook blending the emotional intimacy of *Crying in H Mart* with practical culinary advice from Nam Soon's lifetime of kitchen experience. Complimentary books available, while supplies last. No registration is required; all ages welcome. Early arrival is suggested.

**When:** May 14, 2025, at 6 p.m.

**Where:** Cypress Library  
5331 Orange Ave., Cypress, CA 90630

**More information:** (714) 826-0350 or [ocpl.cypress@occr.ocgov.com](mailto:ocpl.cypress@occr.ocgov.com)



OC Public Libraries Presents

**Cookbook Author:**

# **OWEN HAN**

**Sunday, May 18, 2025 at 11:00 am**

Clifton C. Miller Community Center  
300 Centennial Way, Tustin, CA 92780

Complimentary books available, while supplies last. Early arrival suggested. No registration required, all ages welcome.




Owen is a chef and culinary content creator, coined the 'King of Sandwiches' on TikTok with millions of fans tuning in daily to see his latest take on the internet's most delicious sandwiches. Owen first learned how to cook from watching his first-generation Chinese father and Italian mother in the kitchen, along with spending countless hours in his Nonna's kitchen in Italy, but he expanded on those skills when he, and fellow digital creator H Woo, opened a supper club while attending USC. He rapidly gained a following on social media with his quick-cut ASMR videos where he puts together mouth-watering sandwiches ranging from a Korean Philly cheesesteak to a Carne Asada Torta and an Indian Butter Chicken Burrito. Owen has collaborated with brands such as Coca Cola, Nutella, Burger King, and Made In. Just this past year, Owen has collaborated with the likes of Gordon Ramsay, Giada De Laurentiis, Paris Hilton, Naomi Osaka, and Devin Booker.

For more information, call 714-566-3034 or email [ocpl.programs@occr.ocgov.com](mailto:ocpl.programs@occr.ocgov.com)

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**Cookbook** **Author:** **Owen** **Han\***  
(OC Office on Aging in partnership with OC Public Libraries)

**About:** Owen is a chef and culinary content creator, coined the 'King of Sandwiches' on TikTok with millions of fans tuning in daily to see his latest take on the internet's most delicious sandwiches. Complimentary books available, while supplies last. No registration is required; all ages welcome. Early arrival is suggested.

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300 Centennial Way, Tustin, CA 92780

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

OC Public Libraries Presents

# Cooking Classes: Kate's Japanese Kitchen

Join OC Public Libraries for a unique culinary experience! Take part in one of our three exclusive cooking classes led by passionate culinary professionals from **Kate's Japanese Kitchen**.

Mon, May 12 (4-6pm) – Foothill Ranch Library  
Mon, May 19 (4-6pm) – Los Alamitos Rossmoor Library  
Tue, May 27 (4-6pm) – Westminster Library



Each class will explore authentic Japanese cooking techniques with modern plating styles to create unforgettable dishes. Whether you're a beginner or an experienced home cook, this hands-on experience will help you discover expert tips and tricks, experiment with new flavors, and connect with fellow food enthusiasts. All supplies will be provided. Don't miss this opportunity to cook, learn, and savor delicious creations!

Space is limited, please contact individual branch for registration details. All ages welcome.

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.



Orange County, CA  
Public Libraries  
Serving the Community



## Cooking Classes: Kate's Japanese Kitchen\* (OC Office on Aging in partnership with OC Public Libraries)

**About:** Take part in one of three exclusive cooking classes led by passionate culinary professionals from Kate's Japanese Kitchen. Space is limited. Please contact the individual branch for registration details. All ages welcome.

**When:** Various dates throughout May

**List of Times and Locations:** [Kate's Japanese Kitchen Cooking Classes Flyer](#)

*\*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

### Now Accepting Applications for ADRC Advisory Committee

The Aging and Disability Resource Connection (ADRC) program is looking to fill 10 open seats on its Advisory Committee. The goal is to bring together a broad and diverse group of individuals with expertise in long-term services and supports (LTSS), including those with lived experience as recipients or caregivers.

**Learn more and apply:** [CDA ADRC Advisory Committee](#)



### Celebrate Older Americans Month at OC Public Libraries!

May is Older Americans Month—and this year's national theme, *"Flip the Script on Aging,"* encourages us to recognize the vibrant, engaged lives older adults lead every day.

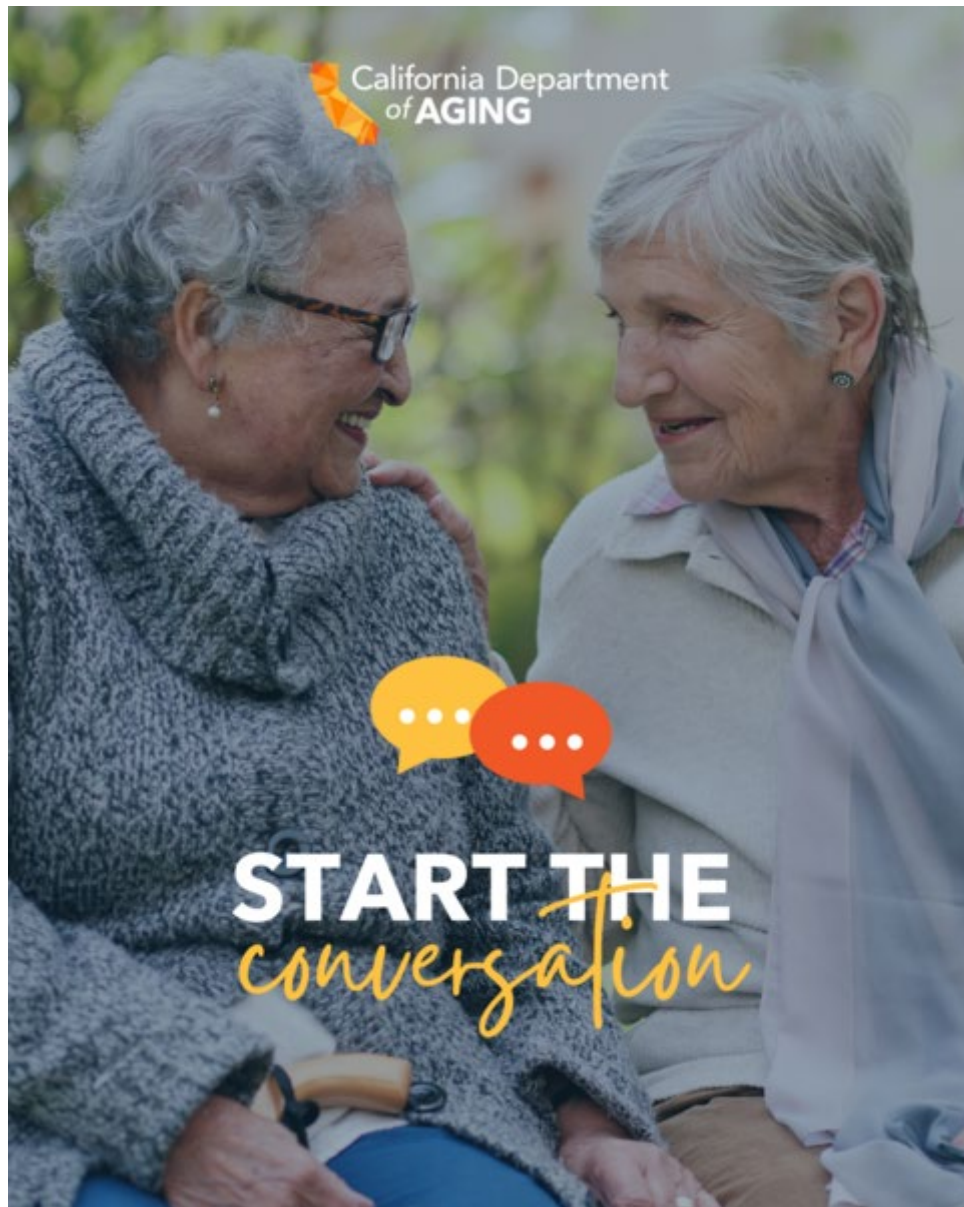
OC Public Libraries, in partnership with OC Office on Aging, will host a variety of free, intergenerational events at branches across the County throughout May. From game nights and craft projects to movie matinees, health workshops, and community resource fairs, there's something for everyone to enjoy.

Special "Senior Get-Together" events will also be held every Thursday in May, featuring music, games, crafts, and more—all designed to bring the community together and celebrate healthy aging.

**Contact your local library for details or view OC Office on Aging's Events Calendar here:** [Events | OC Office on Aging](#)

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





## Older Californians Month 2025 — Empowering Older Adults to Thrive

This May, we celebrate Older Californians Month by honoring the strength, wisdom, and continued contributions of older adults across our communities. Aging is not a decline — it's a time of growth, resilience and opportunity. For older adults, it's about staying connected, supported, and in control of your future. For caregivers and younger generations, it's about offering support while respecting independence.

The OC Office on Aging is here to support these meaningful conversations. California's online [Aging Resource Guide](#) is also a great tool, with helpful topics like scam prevention, meal programs, and caregiver support — perfect for starting open conversations between generations. We invite you to explore these resources and start the conversation with your loved ones today.

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## RESOURCE SPOTLIGHT



### Free Medicare Counseling with HICAP

Preventive services through Medicare are a great way to stay healthy and catch potential issues early. Medicare also includes two important visits: the *Welcome to Medicare* and the *Yearly Wellness Visit*.

The Health Insurance Counseling and Advocacy Program (HICAP) offers free, confidential counseling and education about Medicare benefits, coverage options, and preventive services. This service is available to current Medicare beneficiaries, their representatives, and individuals nearing Medicare eligibility.

HICAP counselors are available at senior and community centers throughout Orange County. For more information, call (800) 434-0222 or (714) 560-0424.

**Learn more:** [coasc.org/programs/hicap](https://coasc.org/programs/hicap)

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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:** May 9, 2025, at 9:30 a.m.
  - Where:** 1063 McGaw Ave., Ste. 100, Irvine, CA 92614
- **Executive Committee Meeting**
  - **When:** May 23, 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.

**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.

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# OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on March 2025 service data.

## Information & Assistance

1,199 calls

## Transportation (Non-Emergency Medical & Supportive Services)

13,215 one-way trips

## Meals Provided (Congregate & Home-Delivered)

110,079 meals

## Family Caregivers Counseling Services

372 hours

## Legal Aid

491 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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