

In-Home Support Services

Case/Care Management

Case Management is an in-home assessment program to determine the multiple needs of frail south county seniors; establish a care plan and arrange for services needed to maintain independent living. Care consultation regarding the well being of seniors (health, housing, care service needs, etc.) is also available at the center to adult children/families. Services are provided by specially trained medical/social workers through Age Well Senior Services, Inc. 470-8456

“Meals on Wheels” for the Homebound

Monday - Friday / 10:00am - 1:00pm

Age Well Senior Services provides three meals a day to individuals who are living at home, are unable to prepare their own meals and have little or no assistance to obtain meals. Delicious hot and cold meals are delivered by friendly volunteer drivers. (Suggested donation for individuals 60 years+ is \$6.50 per day.) 470-3063

General Information

A variety of support services are available to older adults and their families through the Norman P. Murray Community & Senior Center. In most cases, services are free with advance reservations. Call 470-3062 for information and reservations.

www.cityofmissionviejo.org

Senior Support Services

MISSION VIEJO

**Norman P. Murray
Community and Senior Center**
24932 Veterans Way
Mission Viejo, CA 92692
(949)470-3062

www.cityofmissionviejo.org

Health/ Nutritional Services

Blood Pressure Screening

Wednesdays / 10:00am– Noon
No Appointment Necessary

A service provided by volunteer nurses.

Braille Institute Programs

By Appointment

Information, training programs and services for the visually impaired are offered by Braille low vision consultant.

For more information, call (714) 821-5000.

Support Group Services

Support groups are available for the following:

Caregiver	470-3062
Diabetes	470-3062
Hearing Loss Association	855-6786
Vision Impaired	714-821-5000

Medication Review

4th Tuesday—Quarterly

10:00am - 1:00pm
By Appointment

Bring all prescription medications, vitamins and supplements and meet with the pharmacist one-on-one to have your medication questions.

Reiki

2nd Wednesday / 1:00pm - 3:00pm
By Appointment

Japanese healing technique offered by master technicians (two free service appointments)

USDA Commodity Food Distribution

Thurs. after the 3rd Wed.
10:00am - 11:00am

Surplus commodity foods are distributed to low income seniors. (Individuals must self certify with signature, subject to availability.)

Dining Program

Monday - Friday / 11:45am

Reservations requested 48 hours in advance

Age Well Senior Services Inc. offers lunches to seniors 60 years and older with your choice of hot or cold entrees. Friendly conversation, theme parties and special programs are scheduled. Transportation is available to Mission Viejo residents, upon approval. (Suggested Donation \$4.50)

For more information, call 470-3063.

Health Assessments/Wellness Check

1st Thursday / 9:00am - 2:00pm
By Appointment

The Orange County Health Department offers health assessments, referral services and follow-up to individuals 50+ years. Services are provided by Adult Public Health Services Nurse.

Legal/ Financial/Consumer Services

Elder Law Attorneys

1st & 2nd Tuesdays / 9:00am - Noon
3rd Thursday / 2:00pm - 4:30pm
By Appointment

Legal counseling in the areas of estate planning, wills, trusts, conservatorships, and governmental benefits with guidance for general legal concerns (including type of service, fee expectation, etc.)

Senior Dial-A-Taxi

Funded by OCTA - Senior Mobility Program provides curbside service for eligible residents 60 years and older. Cost is \$5.00 per one way trip. Registration required.

Additional Transportation Services

Complete information packets are available at the Information Desk.

Advance Directive Forms/Assistance

FREE forms at Information Desk.

Health Insurance Counseling and Advocacy Program (HICAP)

3rd Wednesday / 9:00am - Noon
3rd Friday / 10:00am - 1:00pm
By Appointment

Trained volunteers provide information and assistance with health insurance decision-making: Medicare, Medi-Cal, HMO's, supplemental and long-term care insurance, etc.

Information and Referral Assistance

Staff will provide basic assistance to/for older adults. Community resource guides/publications are available including *Answers* by O.C. Council on Aging Orange County.

Safe Medication and Sharps Disposal

The City of Mission Viejo provides this program to residents to safely dispose of their expired or unneeded non-controlled medicines and prescriptions. Place pills in a sealed plastic bag before disposing.

Benefits Enrollment Center

4th Wednesday / 9:00am - 1:00pm
By Appointment

Personal assistance for low income seniors and persons with disabilities to find/apply for benefit programs will be offered by trained counselors through OC Council On Aging for the following:

- Medicare Part D
- Medicare Savings Programs
- CalFresh/Food Stamps
- Medi-Cal with Medicare
- Supplemental Security Income
- Utilities Assistance Program

Investment Advice

A Certified Financial Planner and independent advisor will answer questions and provide a free portfolio review. Integrated advice also provided on IRA's, trust, and income tax.

Contact our information desk for details.

Notary Services

3rd Thursday

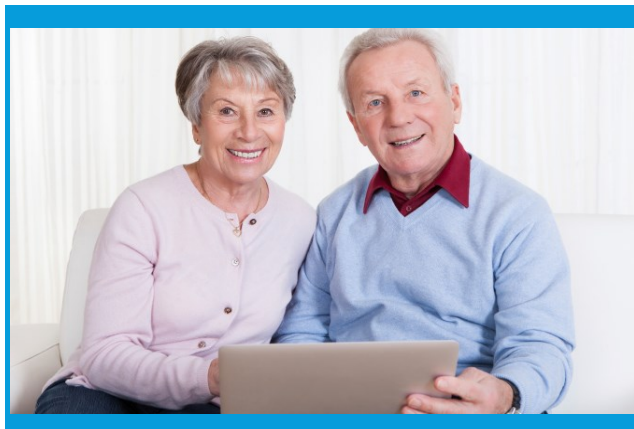
By Appointment

FREE Notary services are provided by an Elder Law Attorney.

iPad Practice

Every Tuesday / 4:00pm

Bring your iPad to practice with student experts to expand your knowledge, share, practice and get support at 4:00 pm.



Cell Phone Clinic

3rd Wednesday / 4:30pm

Receive assistance and practice with your tablet and/or cell phone with the assistance of teen experts.

AARP Driver Safety Program

3rd Monday & Tuesday
(every other month) 8:00am - Noon or
Monday (refresher course only)
By Registration

AARP provides classroom training designed for those 50+ years. Successful completion of the 8 hour course in 2 half days (or 4 hour refresher within 3 years of 8 hour course completion) may reduce auto insurance rates. Registration \$15 for AARP members and \$20 for non- members. Register with a check made out to AARP at the Information Desk.

Driver's License Handbook Review

2nd Thursday / 1:00pm
By Registration

Trained volunteers will help you focus on the DMV Driver Handbook and driver written test.

Veterans Affairs Counseling

2nd Wednesday / 8:30am- 4:00pm
By Appointment

A representative from the Veterans Service Office is available for consultation on veteran services.

NARFE (National Association of Retired Federal Employees)

3rd Wednesday of Jan/April/July/Oct
1:00pm

Meetings discuss service and assistance to civilian federal retirees and their survivors. For personal appointments contact James Carson at (949) 369-5041.