



Age Well Senior Services Overview

Age Well Senior Services, Inc. is a charitable 501C(3) public benefit corporation and is the only agency in south Orange County that provides direct services, health resources, and nutritional programs for seniors and frail elderly. Our emphasis is for those individuals who are 60 years of age and older, low-income, underinsured, and have multiple chronic health conditions.

Our community based services ensure that seniors can stay in their homes longer and maintain the quality of life they deserve. Our programs emphasize a continuum of care and include the following network of services:

- Case Management and In-Home Support Services
- Health and Wellness Programs
- Meals on Wheels and Congregate Meals
- Operation and Management of Senior Centers
- Non-Emergency Medical Transportation

Since 1975 we have been providing critical services, resources and programs to seniors throughout South Orange County. Our community-based services emphasize a continuum of care and include a network of services. **Our mission** is to provide resources for older adults to promote their vitality and support their independence. **Our vision** is to be a service provider, a community resource, and a consumer advocate for older adults in Orange County, California.

Because adequate nutrition is critical to health, functioning, and to sustain life, it is the most important component of our community-based services for the elderly. The Meals on Wheels and Congregate Meals programs are intended to provide the dietary intakes of participants and help them remain self-sufficient, preserving their independence and dignity. The goal is to provide meals to those seniors/elderly, who are homebound and unable to prepare meals for themselves, are at risk for malnutrition, and have special nutritional needs.

Meals-On-Wheels and Congregate Meals locations and telephone numbers are:

Dana Point Senior Center	(949) 496-4252
Florence Sylvester Memorial Senior Center, Laguna Hills	(949)380-0155
Sea Country Community Center, Laguna Niguel	(949)362-2807
SusiQ Senior Center, Laguna Beach	(949)715-5462
Norman P. Murray Community Senior Center, Mission Viejo	(949)470-3063
Oasis Senior Center, Corona Del Mar & Newport Beach	(949)718-1820
Dorothy Visser Senior Center, San Clemente	(949)498-3322
San Juan Capistrano Community Senior Center	(949)493-5921
City of Lake Forest Senior Center (<i>Congregate Only</i>)	(949)461-3458
Bell Tower Regional Community Center, Rancho Santa Margarita	(949) 216-9700
Silverado Community Center	(714)649-2850

24461 Ridge Route Drive, Suite 220
Laguna Hills, CA 92635
www.myagewell.org
(949) 855-8033



Case Management and In-Home Support Services

Case Managers are available for consultation in each of the senior centers managed by Age Well Senior Services. In-home visits can also be arranged when necessary. Individuals and their families or caregivers receive professional assessment of critical needs and overall condition, a recommendation for appropriate services, and referrals and/or authorizations to get them the care they need.

Health and Wellness Programs

Health and wellness are at the heart of our name - *Age Well* Senior Services. This program provides a collaboration of community resources committed to promoting and enhancing the physical, social, and emotional needs of seniors. The cornerstone of this commitment is the provision of education and programs that will help seniors prolong their physical, social, and emotional health, and maintain a high level of wellness to delay or eliminate the need for institutional care.

Meals on Wheels and Congregate Meals

At Age Well Senior Services, we're doing our best to make sure no senior citizen in need goes hungry by operating our vital nutrition programs - Meals on Wheels and the Congregate Lunch. Annually, we deliver over 300,000 nutritious meals to seniors who are living at home and unable to prepare their own meals or go out to eat, and have little or no assistance to obtain adequate meals. Designed by a registered dietitian, each delivery consists of a hot, ready-to-eat meal, a cold meal to eat later in the day, and a breakfast meal for the following morning. Congregate lunches are served daily at 11 locations.

Senior Centers

Age Well Senior Services currently operates or provides vital services at 11 senior centers throughout Orange County. They offer innovative and adaptive programs to promote the emotional, social, and physical well-being of a full spectrum of seniors – from healthy, active seniors who want to use a lifetime of skills and experience to make a difference through civic engagement and volunteer work. Each center offers a rich and engaging array of opportunities to help older adults age successfully.

Non-Emergency Medical Transportation

Seniors using Age Well Senior Services' transportation service must be at least 60 years of age and must reside within the South Orange County designated service area. This includes the cities of Aliso Viejo, Capistrano Beach, Dana Point, Foothill Ranch, Irvine, Ladera Ranch, Laguna Beach, Laguna Niguel, Laguna Hills, Laguna Woods, Lake Forest, Mission Viejo, Newport Beach, Rancho Santa Margarita, San Clemente, and San Juan Capistrano. Professionally trained drivers provide transportation on our modern fleet of accessible buses and vans. Riders pay a \$2.00 per one-way trip charge (care attendants ride free of charge). Call **(949) 855-9766** for additional program information and to receive enrollment forms.

* Participants must register through the mail prior to utilizing the service.