

OFFICE ON AGING & VETERANS SERVICE OFFICE

INTERN & VOLUNTEER TEAM

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MEET OUR INTERNS & VOLUNTEERS WHO MAKE A DIFFERENCE DAILY.

Nathan Gray



Nathan Gray moved to Southern California from Oklahoma after serving as a sonar technician for six years in the United States Navy. He is currently studying public policy at Orange Coast College while interning with the Orange County Veteran's Service Office and plans to transfer soon to California State University of Northridge. His passion for public service has only added to the sterling reputation of the VSO. In his free time, Nathan enjoys filming short comedy sketches and recording podcasts with his friends. If you challenge him to a Mario Kart race, be prepared to lose.

Interning at the VSO has been one of the greatest education experiences of my life. Not only have I gained useful municipal experience and knowledge but it has given me a whole new appreciation for the County staff. This agency has undoubtedly shaped me to improve the line of services for the next generation of veterans like myself. I've had the pleasure of working with some of the most dedicated civil servants there are and I will carry their standard of excellence with me forever.



My name is Abigail Gutierrez and I am an intern at the Orange County Office on Aging. I am an undergraduate student at the University of California, Irvine. I am studying public health and psychology, and my interests in those fields include health education and preventative health interventions for communities. I am 20 years old and I plan to graduate in the year 2018, with plans to attend graduate school. During my time here, I have gained a lot of knowledge about the processes and implementations of health education efforts for senior citizens. I plan to continue enhancing my knowledge and experience with the health education and health promotion sector of Orange County in order to help as many seniors and families as we can reach out to.

During my time here at the Orange County Office on Aging as a health education intern, I have had the opportunity to familiarize myself with the different workshops and services this county offers to senior citizens. I have enjoyed assisting the leaders of the workshops and classes with preparations, logistics, and marketing of the classes and services. Furthermore, I have learned the tools and strategies that are implemented in self-management classes, which is very relevant to everyday life.

Abigail Gutierrez



Kathleen Harrel



My name is Kathleen Harrel, and I am currently a student at Coastline Community College pursuing a Certificate of Achievement in Gerontology, to compliment a BA in Sociology received many years ago. At 62 years of age, I decided to follow a different path and pursue an Encore career working with the aging in Orange County. My interest in this area developed while helping care for my Mom during her late 80s and 90s. I applied for this internship with the Office on Aging to gain a better understanding of the services and providers available to area seniors, to introduce myself to the non-profit sector, and to begin to establish a network in a new field. I currently volunteer in my community but have the energy and desire to do more by re-entering the workforce as a wage earning member of society. My goal is to work PT in a role that allows me to Inform, Assist, and Advocate for Senior Citizens who lack a strong support system by helping their voice be heard and matter.



Jennifer Nguyen



My name is Jennifer Nguyen, the Health Education intern working for the Office on Aging's Health Educator. Currently, I am a graduate student from CSUF, completing my Masters in Public Health in Health Promotion and Disease Prevention. I earned my bachelor's degree in Public Health Sciences and minored in Psychology at UC Irvine. My areas of interest include learning about the public health needs of the aging adult population, chronic conditions, infectious diseases, and epidemiology.

As an intern, I have had the opportunity to participate in several coalition meetings, assist with conducting focus groups on marketing materials, and learned about the different services the Office and Aging provides to older adults. My ultimate career goal is to become a primary care physician who integrates public health and medicine in serving the community. I am looking forward to the many things I will learn while at the Office on Aging.



Charles Spence



Charles "Cass" Spence is currently interning with the Office on Aging, courtesy of the Vocational Rehabilitation program for disabled combat veterans through the VA. Cass served honorably and with distinction as an Infantry Unit Leader in both the US Army and Marine Corps (active duty and reserve) from 1985 to 2005. Where he participated in several major overseas actions such as the Persian Gulf War 1990, Operation Sea Angel: Bangladesh Disaster Relief 1991, and Operation Iraqi Freedom 2003. He is an Orange County native with seventeen years of public service experience working for the City of Newport Beach handling Code Enforcement issues for the Planning, Building, Public Works, and General Services Departments. Upon leaving the City of Newport, Charles followed his passion for cooking, and attended culinary school at the Art Institute of Orange County located in Santa Ana. Charles is currently in transition and is seeking to utilize his skill sets in a new field of Public Service with the County of Orange.

I enjoy the company of my fellow employees. I appreciate the time, effort and support they provide during training. I am thoroughly impressed how employees maintain a positive attitude and pride of work. Regardless of what unnecessary distractions may be occurring throughout the day. I have increased my QC capabilities and data entry extensively. This has led to completing assignments much quicker, and with a higher level of confidence pertaining to their accuracy.



My name is Michaela Thompson and I am a student at Cypress College studying Human Services, with a concentration in Gerontology. In my spare time, I enjoy spending time with my family and playing with my dogs. I am also a Girl Scout Gold Award recipient, as well as a Lifetime Member. In the next year, I plan to transfer to a university and continue my education.

One thing that I enjoy the most about interning at the Office on Aging is the people. They are super helpful and are always there to lend a helping hand. Throughout the past two months, I have gained so many skills and have learned so much. My supervisors, Rosemary and Veronica, have taught me communication, computer, and regular life skills. Without them, I do not know how I would have survived my first internship.

Andrew Zeller



I'm Andrew Zeller, was born in Los Angeles and raised in La Habra CA. I married my high school sweet heart Meghan, and have two practice children; Sidney and Maverick, (our cat and dog). I've been with the U.S. Navy Reserves for 9 years and lived in locations like Seattle, Afghanistan, and Virginia Beach. I enjoy mountain biking and family events. I'm happy to be volunteering with the VSO while I pursue my career in Law Enforcement.

I have enjoyed and had the pleasure to work with the fine professionals that work at VSO. From all aspects of the department, I see an almost seamless work flow, keeping Veterans the number one goal. I was well trained and gained valuable insight on what benefits are made for vets and their families. I was treated as part of the team and given tasks that had direct support to assisting the vets and their family. I would be happy to come back to this office to volunteer again.

Michaela Thompson

