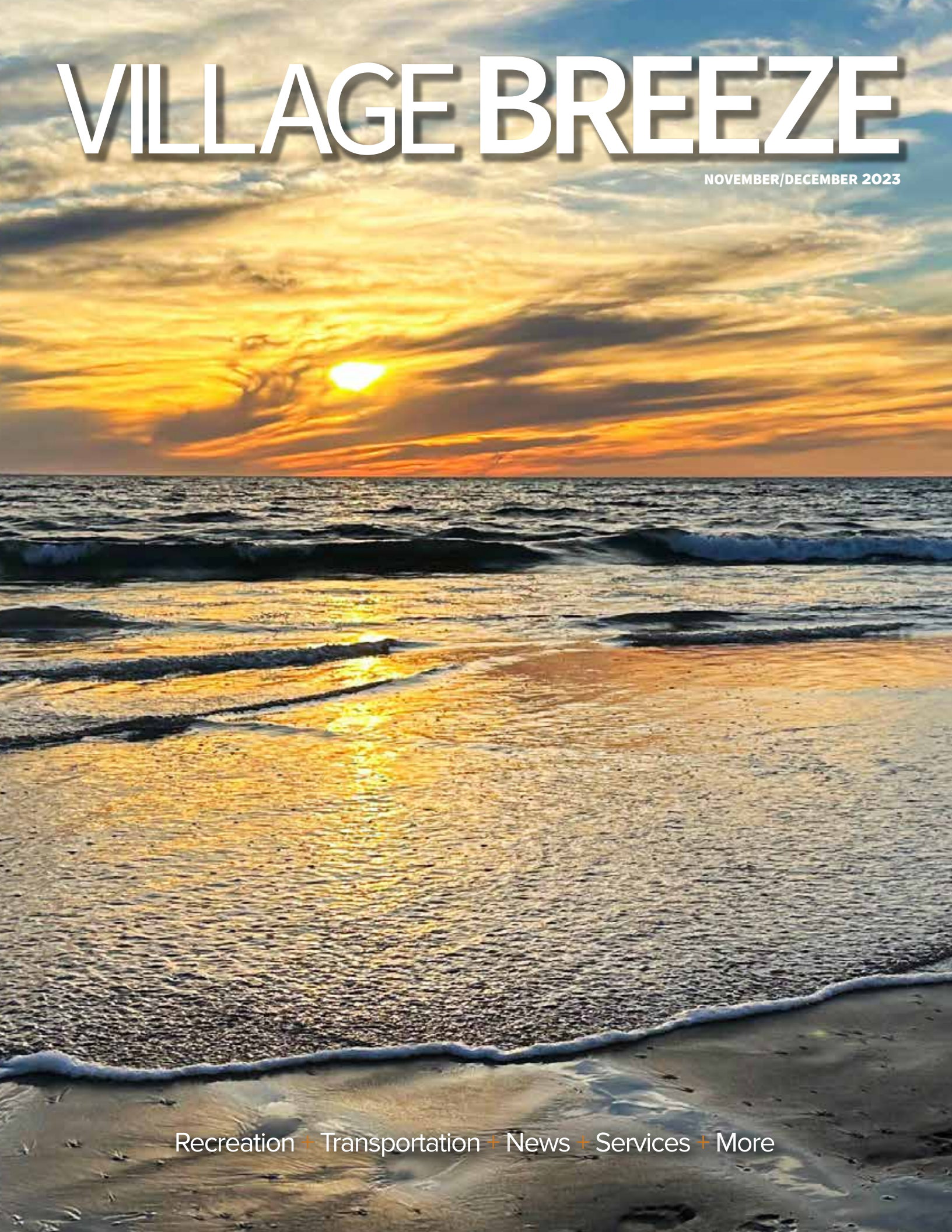


VILLAGE BREEZE

NOVEMBER/DECEMBER 2023



Recreation + Transportation + News + Services + More



Behnaz Haghghi Motlagh, M.D.
Family Medicine
Laguna Niguel

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LETTER FROM THE EDITOR

Jerry Sears' photo took first place and the cover of the August/September 2020 issue

PICTURE IT PERFECTLY

In one of the earliest issues of the Village Breeze, we solicited submissions for our first-ever photo contest, and I think now is a good time to announce another. Therefore, once again, I cordially invite anyone inclined to express their inner artist to contribute their talents.

Show your community your keen eye and creative side by submitting up to two photos of anything Village- or Southern California-related, whether they be of the great outdoors, creatures of nature, portraits, candid everyday life, architecture or favorite destinations.

Please email your submissions to ellyce.rothrock@vmsinc.org no later than Friday, December 8. Be sure to include your name and manor number, and a brief description of your photo(s). Photos must be at least 1 MB in size, clear and in sharp focus for consideration.

Winners and runners up will be featured in the January/February 2024 Village Breeze and the Village website—and the top photo pick may appear on a future Village Breeze cover. First-, second- and third-place winners will receive two tickets apiece to a fabulous Village event.

Last but not least, as we prepare to close out 2023 and welcome 2024, I would like to wish everyone a very happy and healthy holiday season.

See you—and hopefully lots of great photos—next year!

Ellyce

Ellyce Rothrock, Editor

ellyce.rothrock@vmsinc.org



Jerry Sears



David Shepherd



Anonymous resident



Susan Adragna



Mary Jo Brown



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Andy Eugenio

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Laguna Woods Village offers something for every interest, hobby, passion or calling.

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How to safeguard against spam and unwanted email

BY DEBBIE DOTSON



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Every Village Breeze edition is paid for through a partnership with MemorialCare.



VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF
LAGUNA WOODS VILLAGE

NOVEMBER/DECEMBER 2023

CEO: Siobhan Foster

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VILLAGE BREEZE MAGAZINE: Published six times a year by the Golden Rain Foundation (GRF) of Laguna Woods Village. ©2023 GRF. The diverse opinions expressed in Village Breeze magazine do not necessarily represent the views of the editors, Village Management Services Inc. management or administration, the GRF Board of Directors or the Village Breeze Advisory Board. Village Breeze magazine welcomes comment from its readers to info@lagunawoodsvillage.com or Village Breeze, 24351 El Toro Road, Laguna Woods, CA 92637.

EDITORIAL SUBMISSIONS: Village Breeze content is generated by the GRF Media and Communications Committee, its advisors and the Village Management Services editorial team. The purpose of this publication is to provide important community information in a concise format to the Residents of Laguna Woods Village. A digital edition is available at lagunawoodsvillage.com.

Unsolicited manuscripts and content suggestions are welcome for possible future use in the Village Breeze or other VMS publications. Acknowledgement of unsolicited manuscripts is in no way a suggestion or guarantee of publication.

Submit concise editorial ideas as a one-page letter accompanied by recent writing samples to info@lagunawoodsvillage.com or to Village Breeze, 24351 El Toro Road, Laguna Woods, CA 92637. Include your full name, phone number, email address and manor number. To receive a copy of the Laguna Woods Village Style Guide and editorial guidelines, email info@lagunawoodsvillage.com.

Submissions will not be returned.

Village Breeze reserves the right to edit any and all content for clarity, accuracy, space and tone and correct grammar, spelling and usage.

Only Village Breeze staff and its advisors prepare and assign editorial content. No contributor or agent may promise content, or content placement within Village Breeze, to any individual, group, business, organization or entity.

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WHAT'S UP IN THE VILLAGE



RESIDENT SERVICES MADE EASIER

New kiosk system expedites check-in.

When visiting Resident Services Department in the Laguna Woods Village Community Center (24351 El Toro Road), residents will notice a new, easier-to-use kiosk check-in system. The system, developed by a VMS Information Services Department staff member, saves the community \$7,000 per year on software subscription fees. The new system features larger font, an easier-to-use touch screen and predictive text that expedites the check-in process. The system will also help management identify peak traffic periods to better allocate staff resources, reduce wait times and maximize efficiency. If you have concerns about using the new kiosk, don't worry. Concierge staff in the front lobby will be standing by to show you the ropes.



AN OC ADVOCATE FOR YOU

How the Office on Aging works to meet older adults' needs

Orange County's Office on Aging serves as the lead advocate for approximately 780,000 seniors 60 years and older residing in the county. As an advocate, the Office on Aging is responsible for understanding the needs of Orange County's older adults and using the federal funding and programs available to meet those requirements. In addition, the Office on Aging is charged with directing or participating in coalitions to drive new ideas, services and legislation in support of Older Adults.

Visit officeonaging.ocgov.com for more information, including services offered, resources, events and more.



USPS OFFERS FREE COVID-19 TESTS

Order yours today.

Residential households in the U.S. can once again order one set of four free at-home COVID-19 tests from [USPS.com](https://usps.com).

Order details:

- Limit of one order per residential address
- One order includes four individual rapid antigen COVID-19 tests (COVIDTests.gov offers more details about at-home tests, including extended shelf life and updated expiration dates)
- Orders will ship free starting the week of October 2, 2023

Visit <https://special.usps.com/testkits> to fill in a form with your contact and shipping information to order your tests.



VILLAGE SOCIAL SERVICES IS HERE FOR YOU

Connect to community programs and services.

The Village Social Services Division connects residents to community programs and services—such as caregiver services, transportation, meal delivery programs, mental health programs, dementia care programs, social engagement programs and much more—to help those residents maintain independence and enhance their quality of life.

For more information, call the Laguna Woods Village Social Services Division at **949-597-4267**.

NONRESIDENT GUEST SECURITY REMINDERS

Cooperation in protecting Village recreation amenities is appreciated.

Maintaining the level of security at recreation amenities that residents expect is critically important. It allows for uninterrupted and exclusive use by residents only and helps in preventing costly damage.

Please be sure to remember:

- Residents are required to be in attendance with nonresident guest(s). Residents are responsible for knowing the rules regarding nonresident guests at each amenity. Not adhering to established rules will result in immediate removal of the guest and compliance violations for the resident.
- Proper gate clearance is required for all guests.
- Always secure gates at the tennis and pickleball courts upon ingress/egress. Do not prop gates open with rocks or other items. Gates are under video surveillance and will be reviewed for violations.
- If you suspect a nonresident is taking advantage of amenities without a resident host, please notify Security Services personnel immediately at **949-580-1400** so that they may officially document the incident.

Your cooperation in protecting your amenities is appreciated.



WHAT'S UP IN THE VILLAGE



INCREASE YOUR SMARTPHONE'S IQ

Make your device smarter, safer, easier to use and better organized.

1. Improve security. Make sure the screen lock is on and the code, fingerprint sensor or facial ID is set up.
2. Add emergency information. Enter health details like medications. For iPhone, use the Health app's Medical ID. For Android, find Emergency Information.
3. Increase font size. Go to Settings (under Accessibility) and enlarge text to simplify navigation. However, this won't enlarge font for every app.
4. Flag favorite contacts. Make a list of frequently used numbers. For iPhone, tap name, then Add to Favorites. For Android, tap name, then the star icon.
5. Delete unnecessary apps. Clearing clutter keeps things simple. Also, check reviews before downloading new apps to avoid malware scams.
6. Organize the home screen. Create folders for groups of apps and name them, like "Finance," "Social Media" or "Games."



KICK SCAMS TO THE CURB

Recognize these current fraud attempts.

It seems scammers never sleep—they certainly never tire of looking for ways to liberate us from your identity and/or cash.

Below are links to some of the most common scams. Be vigilant, stay safe and don't let the criminals scam you!

- AARP: bit.ly/3PmAjRn
- USA Today: bit.ly/3BExQ5C
- Experian: bit.ly/3SnZ4UD
- Federal Trade Commission: bit.ly/3dxKUS8
- Usa.gov: bit.ly/3xKOQ8X



VILLAGE TECH TOOLS

The PC Club offers technology classes to help you navigate Village apps.

Helpful technology classes are available at the Bob Sellards PC Club Learning Center adjacent to the PC Club workshop on the third floor of the Community Center.

Classes cover the purpose and use of Laguna Woods Village tech tools, including:

- DwellingLIVE
- Ticket portal
- Resident portal

Visit thepclub.org to register on the PC Club website and select Class Registration in the left menu. You can also register at the PC Club workshop on the third floor of the Community Center from 11 a.m. to 3 p.m.



LEARN ALL ABOUT VILLAGE COMMUNICATIONS

Stay in the know through email, print, meetings and more.

Did you know that Village Management Services offers no fewer than 10 ways to keep residents informed of news, events, meetings and more?

Learn where to find the schedule of governance meetings and ways to attend, as well as agendas, reports and minutes; how to watch Village Television and Village YouTube live and recorded broadcasts and shows; and much more. Also, understand how VMS manages various email and membership lists, preferred delivery methods and more.

Visit lagunawoodsvillage.com and go to **Residents > Resident Services > scroll to Important Documents > Resident Services > "All About Resident Communications: Email, Print, News, Meetings, CodeRED and More."**

Living With Our Coyote Cohabitants

The Village is immediately adjacent to coyote country. Coyotes have little to no fear of humans and, while not normally a danger to humans, some residents are concerned for themselves and their pets.

Visit bit.ly/3EYcty6 to watch a "Discovering Laguna Woods Village" episode, during which Laguna Beach animal services officer David Pietarila talks about coyotes in and around the Village, tips for walking with or without a dog, insight into coyote behavior and much more.



WHAT'S UP IN THE VILLAGE



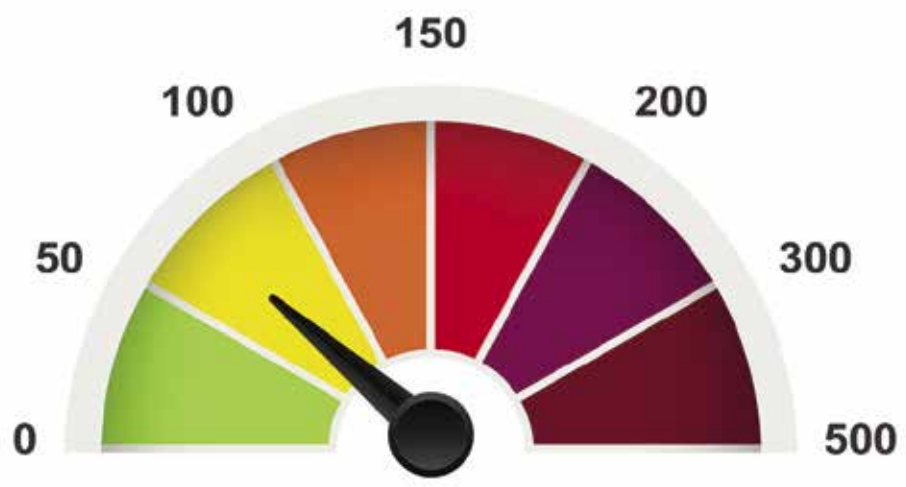
APPROVED TO CONNECT?

All Village golf carts must display an EV decal to connect to mutual common area electricity.

Those in the Village who drive personal electric vehicles (EV), including battery electric and plug-in hybrid vehicles, are required to properly display an EV decal to connect to mutual common-area electricity.

Electric vehicle owners must obtain a decal from Resident Services for an annual cost of \$240 before charging to avoid any notice of violation or fine.

Call Resident Services at **949-597-4600** for more information.



THE AIR WE BREATHE

How you can check current status and subscribe to alerts

Check the resources below for air quality updates and forecasts, and how you can subscribe to air quality alerts.

- Find South Coast AQMD advisory updates at aqmd.gov/advisory.
- Subscribe to air quality alerts, advisories and forecasts by email at airalerts.org.
- View current air quality conditions by region in an interactive map at aqmd.gov/aqimap.
- Get real-time air quality information, maps, notifications and health alerts in our area by downloading the South Coast AQMD app at aqmd.gov/mobileapp.
- Find air quality forecasts at aqmd.gov/forecast.
- Find a map of South Coast AQMD forecast areas at aqmd.gov/ForecastAreas.

ARE YOUR DEVICES SAFE?

What you can do to thwart cybercriminals

To learn about online safety basics, how to secure key accounts and devices, reporting cybercrime, managing your privacy, checking your privacy settings, where you can find free online security checkups and tools, and other helpful information, visit staysafeonline.org/stay-safe-online.



LANDSCAPING REDUCES COSTS BY RETOOLING PROTOCOLS

VMS continuously looks for ways to save costs and improve efficiencies. Through careful planning and innovating, departments cut costs by enhancing protocols.

Landscaping Services implemented a master irrigation control system:

- Saves 74 million gallons of water and \$280,000 annually
- Earns \$350,000 in Metropolitan Water District of Southern California rebates

Staff also adjusted its mowing protocol by retaining seven mowers that were slated for surplus:

- Allows more acreage to be mowed in less time
- Reallocates 320 labor hours per mow cycle
- Shifts gardener hours to shrub-bed maintenance cycles



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SIGN UP NOW FOR SCE OUTAGE ALERTS

Receive electrical outage notifications via email, view current outage updates and more.

Planned and unplanned power outages can happen at any time. That is why VMS strongly recommends that all Village residents—especially those who depend on electricity to power medical equipment—register with Southern California Edison (SCE) to receive alerts and updates.

Per SCE's mandate, residents should address all questions and concerns regarding the company's work directly to the utility company. Visit sce.com or call SCE customer service at **800-655-4555**.

SIGNING UP FOR OUTAGE ALERTS

Residents can log in to their SCE account at sce.com/mysce/login and enroll to receive outage alerts via email. To view current outage updates, visit the SCE Outage Center map at sce.com/outage-center/check-outage-status and enter your address or ZIP code. Check the status of a scheduled maintenance outage at sce.com/outage-center/maintenance-outages. Learn how to prepare for a power outage at sce.com/outage-center/preparing-for-outages.

MEDICAL BASELINE ALLOWANCE PROGRAM

Through its Medical Baseline Allowance program, SCE automatically contacts participants in the event of a Stage 3 Emergency rotating outage and provides those enrolled with an additional 16.5 kWh of electricity per day.

Visit sce.com/residential/assistance/medical-baseline to apply for the Medical Baseline Allowance program.



WHAT'S UP IN THE VILLAGE



UPDATED EV CHARGING RATES

The GRF board has completed its review of electric vehicle charging rates for chargers located at the Laguna Woods Village Community Center (24351 El Toro Road) and the Maintenance Service Center (23081 Campo Verde, Building E). The updated rates, which are due in large part to rising Southern California Edison costs, also cover GRF maintenance and operations costs, are effective immediately:

	Members/ kWh	Other Users/ kWh	Parking Rates
Level 2 Chargers	\$0.31	\$0.34	\$2/hour after four hours
Level 3 Chargers	\$0.31	\$0.44	\$2/hour after one hour

For more information or to register to receive these rates, please contact Resident Services at residentservices@vmsinc.org or 949-597-4600, or in person at the Community Center.



WINTER DOESN'T MEAN NO MOSQUITOES

Mosquito season in SoCal runs from March to October, but some mosquitoes can still breed during winter months. Orange County Mosquito and Vector Control District (OCMVCD) continues to encourage all county residents to empty all flower pots, saucers and other items full of water to prevent mosquito breeding.

- Dump and drain any containers filled with water at least once a week
- Clean and scrub bird baths and pet water bowls weekly
- Dump water from potted plant saucers
- Do not transport or share pant clippings rooted in water
- Drill a hole or puncture containers to eliminate standing water

For more information from OCMVCD about services, programs, mosquito control and breeding, and more, visit ocvector.org.

BOOST YOUR TRANSPORTATION OPTIONS

Lyft rideshare partnership offers rides to residents when the fixed-route system is not in service.

Boost (provided by Lyft rideshare service) on-demand service offers rides to Laguna Woods Village residents within its transportation service area when the fixed-route system is not in service. Boost covers basic economy rides only. Some wait times may take up to 30 minutes; please schedule accordingly. Schedule rides by:

1. Downloading the Lyft app on your smartphone or



2. Calling Transportation at 949-597-4659 and dialing 3 to schedule a ride

HOURS OF SERVICE

- Monday through Friday from 7 to 9 a.m. and from 5 to 10 p.m.
- Saturday 8 a.m. to 10 p.m.
- Sunday 8 a.m. to 5 p.m.

For detailed instructions on using Boost, visit bit.ly/3mXDREh.




MemorialCare™

Get the Most Out of Medicare

Join a Medicare 101 class.

Not sure which Medicare plans and options are the best for you or a loved one? MemorialCare is here to help! Attend one of our complimentary classes to learn about:

- Original Medicare
- Medicare Advantage plans
- Prescription drug plans
- Medigap plans
- Eligibility guidelines
- Coverage options
- How to apply for Medicare
- And more!

Learn more and see a list of class dates and times at [memorialcare.org/MCEvents](https://www.memorialcare.org/MCEvents).



LANDSCAPING

LANDSCAPING



A WALK IN THE PARK

Enjoy a new, relaxing space in the Village known as United Passive Park.

The long-awaited Passive Park in United Mutual is ready to welcome members of the community! At the end of August, the United Laguna Woods Mutual Board of Directors and VMS Landscaping Services staff celebrated the grand opening of the new Village amenity with a ribbon-cutting ceremony.

The new park, located at building 695 on Avenida Sevilla, features pet-friendly drought-tolerant plantings, decomposed granite walkways, and multiple benches and picnic tables to encourage togetherness among residents.

ALL THE TRIMMINGS

Find out how the Village’s 30,000 trees are professionally tended.

The VMS Landscaping Services Department and Great Scott Tree Care, the contractor who trims large trees throughout Laguna Woods Village, collaborated with Village Television to bring to you an educational video about how the Village’s 30,000 trees are professionally and carefully trimmed.

The first half of the video, introduced by Landscaping Services Department Director Kurt Wiemann and led by Landscaping Services Department Manager Bob Merget, introduces the certified VMS tree crew and offers an in-depth look at how the team keeps the community’s trees healthy and looking good, all while focusing on safety.

The second half of the video highlights Great Scott Tree Care and its Arbor Pro spider lift, which reaches a height of 95 feet but retracts to enter a gate just 36 inches wide, operated by one of Great Scott’s highly trained staff. It also highlights how Great Scott promotes safety, keeps the community’s turf and sidewalks damage free and works with the Landscaping tree trimming crew and Resident Services to notify residents of upcoming work.

Watch the VMS tree trimming crew and the spider lift in action at bit.ly/3dyfmvp.



MAINTENANCE & CONSTRUCTION



EQUESTRIAN CENTER UPDATE

The Village Equestrian Center has been refreshed! This summer, the Equestrian center received some much-needed TLC. Work started in August with cleaning, sanding, and repairing the stall doors. The doors were freshly painted and new kickboards were installed. These protect both the horse and the doors.

By the end of September, all 48 stall doors were completely repainted and the Equestrian Center looks almost new again.

WHAT'S NEXT?

The main entrance to the Equestrian Center will be updated with new fencing and a gate with security features to enhance safety for resident boarders and the horses. The new fencing will visually enhance the entrance and discourage unauthorized personnel from entering the facility after hours. The main arena will be updated with stadium-style lighting so it can be used after dark.

The maintenance and upgrades help ensure the Equestrian Center remains in top shape and one of the many great amenities in Laguna Woods Village. We look forward to bringing you an update in the spring when all the work has been completed.

For details about events, tours and riding programs, contact the Equestrian Center at [949-597-4275](tel:949-597-4275).

M&C DELIVERS ENHANCED EFFICIENCIES

VMS continuously looks for ways to save costs and improve efficiencies. Through careful planning and innovating, the Maintenance and Construction Department cut costs by enhancing protocols.

The Maintenance and Construction Department implemented numerous efficiencies in United Mutual to enhance resident service and staff workflow:

- Revamped its appliance replacement program, resulting in appliance installation within 30 days of completed paperwork
- Created a tracking system to manage contractors to ensure quality and compliance with contract specifications
- Reassigned personnel to help residents schedule work in manors and allow for more operations oversight
- Implemented staff cross-training initiatives to provide support to work areas experiencing workload surges



WE HEAR YOU!

QUESTIONS ASKED & ANSWERED

WE HEAR YOU!



I hear there are beautiful walking trails in the Village. Where can I find information about these trails?

There are 10 lovely walking trails in Laguna Woods Village available for resident exercise and enjoyment. Visit the community’s website, select [Amenities > Fitness/Sports > Fitness Trails](#) and you will be able to click on links to the trail maps.

I would like to reach the boards of directors for GRF, Third or United. How can I contact them?

The boards of directors for GRF and the housing mutuals can be reached various ways:

- Mail a letter addressed to (board you are trying to reach) Board of Directors, 24351 El Toro Road, Laguna Woods, CA 92637.
- Contact the Office of the CEO and leave a message for a specific board member, or email generalmanager@vmsinc.org.
- Attend a board meeting and address the board during the open forum portion of the agenda; you will have a three-minute time limit to speak to the board or ask a question. Board meetings are also broadcast via Village Television (TV6) and at lagunawoodsvillage.com.

[com/meetings](http://lagunawoodsvillage.com/meetings) (expect a 20-second delay when watching the board meeting online or via Village Television). Members may email comments to meeting@vmsinc.org any time before or during the meeting; they will be read by staff during open forum. Be sure to include your name, unit number and the name of the meeting on which you’re commenting in the email subject field.

To view the board meeting calendar, go to Calendars at lagunawoodsvillage.com and select the board you seek.



A VMS employee who came to my home to complete a repair did a wonderful job, and I want to communicate this to VMS.

How do I let them know?

Email generalmanager@vmsinc.org to share your observations with CEO Siobhan Foster, who will acknowledge these staff members working to make Laguna Woods Village the very best community possible for all residents.



GENERAL SERVICES



KEEPING GUTTERS CLEAN AND FLOWING

The Village gutter cleaning program, tasking that was transferred from the Maintenance and Construction Department to the General Services Department in 2020, begins each fall and is completed by the year's end.

In Third Mutual, single-story gutters are maintained by VMS Work Center 936 (Streets and Sidewalks) and multistory gutters are maintained by an outside contractor. In United Mutual, both single- and multistory gutters are maintained by an outside contractor. Third's 2024 budget includes \$15,000 for a rain gutter cover pilot program.

Work performed as part of this project includes removing debris from gutters by blowing or by hand, clearing downspouts, making minor repairs, verifying that splash guards are in place, removing debris from patio covers and servicing alteration gutters to prevent structural damage.

All gutters are serviced once per year; additional cleanings as required (high leaf-debris areas) are part of an efficiency analysis. Any emergency gutter cleaning identified by staff, the vendor or a member are prioritized and addressed immediately.

Did You Know?

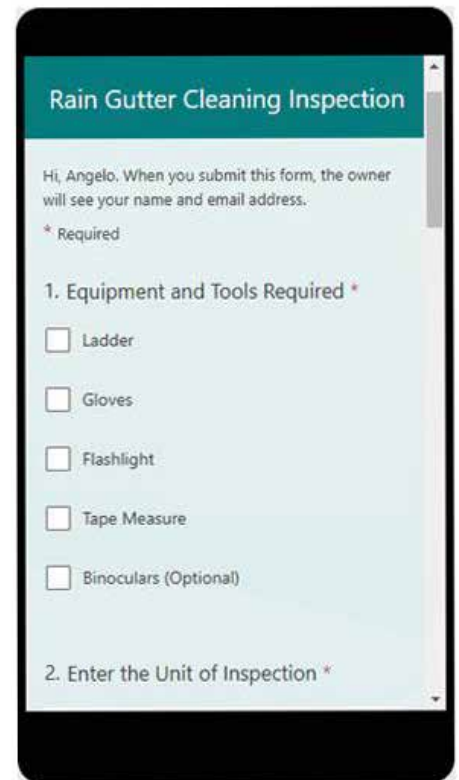
General Services is responsible for key Village tasking, including maintenance, transportation and more.

Visit lagunawoodsvillage.com/news/category/maintenance to view carport cleaning, street sweeping, janitorial schedules and more.

Vendors and staff place an "Important Notice" document/letter at each manor a minimum of 24 hours before work begins.

Work generally progresses numerically beginning with building 1, but some modifications may be made based on geography/building locations.

An analysis is underway to ensure the program is effective and efficient, and to maximize value from outside vendors. Buildings are spot-checked via a new inspection web form process, and feedback is provided to the outside vendor and Work Center 936, and corrections are scheduled.



Buildings are spot-checked via a new inspection web form process, and feedback is provided to the outside vendor and Work Center 936.



Laguna Woods Village offers something for every interest, hobby, passion or calling.

BY SUSAN LOGAN-MCCRACKEN

The Tennis Club led retired math teacher Steve Carpenter and his wife Grace, a retired nurse and educator, to purchase a condo in Laguna Woods in 2007. When Steve was diagnosed with Alzheimer's disease in 2016, they joined the Fit Brain Club. "I learned how to accept and cope with a diagnosis that could have flattened us and how to prepare for my husband's passing," she said. As one of the Village's 250 clubs and one of five categorized as a support group, the Fit Brain Club with guest speakers from Alzheimer's Orange County educates club attendees on topics related to brain health, memory and all the forms of dementia.

Carpenter and her husband attended the meetings until his passing six years ago. "Through it all, I learned that music was the key that unlocked his brain and stopped violent hallucinations. I vowed to continue my work through this club and support our neighbors and friends as we all walk the walk toward our life's final transition with dignity, bravery and courage." Today she is president of the club and is involved in

several other clubs, including the Rainbow Club, Community Bridge Builders, the Chicago Club and the Sunshine Performance Club, which inspired her to serve others through music.

Sunshine Lutey co-founded the club that bears her name and the Fit Brain Club with her late husband David Hartman in 2007. Between 2008 and 2019, the Sunshine Performance Club provided 24 musical shows at which residents and sponsors raised over \$100,000 for charity.

One of 36 performing arts clubs, the Sunshine Performance Club is still active, with Ana Shu as president. “Residents with musical talent can join and savor the joy of giving—sharing music with residents at senior centers, nursing homes and day care centers,” Lutey said.

BUILDING FRIENDSHIPS

When Wendy Shade moved to the Village in 2019, she didn’t really know anyone. “My mother had lived here for 20 years and was very active, so I thought this would be the ideal place to start my next chapter after retirement. I was involved in drama club in high school and the Theatre Guild immediately caught my attention.” When she first came to the Community Center to complete her paperwork, she saw a big picture of a theatrical production on the wall. At that moment, she decided to join the club, and today she serves as its president.

“It was the best decision I could have made,” she said. “In three short years, I am delighted

HOW TO START A CLUB

Can’t find something that tickles your fancy or see a niche that needs to be filled? Start your own club! Complete a new club proposal form, collect 20 signatures from residents who are interested in joining and write a club description. Find the form at lagunawoodsvillage.com/amenities/clubs and click “New Club Form.”

to say that I now have so many friends and acquaintances, I literally cannot count them all. Getting involved in a club as I have provides you with a family of people who surround you with love and encouragement. I cherish the friendships this club has given me. At our age we need to do the things we may have thought about but never had the guts to try. I’m not a great performer but I’d like to be and why not hone my skills now? We always encourage people to give it a try and just dip their toe in the water. We teach workshops that give members that taste of what it would be like and I’ve been both amazed

and thrilled to see how many of those students have blossomed and mustered the courage to audition and perform.”

FINDING PURPOSE

If you prefer being part of the audience over performing on stage, perhaps the Village’s largest club, the Chicago Club, is for you. One of 69 general interest clubs, this club currently has 813 members who enjoy excursions and shows.

Sharon Beck is president of the Chicago Club and the National Council of Jewish Women, co-president of Laguna Woods Friends of the Jewish Federation of Orange County and is active in Bridge Club, Concerned Citizens, Hadassah, ORT and two book clubs. “These are clubs that I both enjoy and believe in,” she said. “By being involved in clubs you both make friends, find new interests and, in many cases, help the community.”

Other clubs that offer shows and concerts include the Baby Boomers (now called Boomers Club), California Club, Community Concerts, New York Club, Comedy Klub and Old Pros.

The Publishing Club (aka, Pub Club) showcases resident



Publishing Club Autumn Author Forum



African American Heritage Club International Fest 2023

SOMETHING FOR EVERYONE

The Village offers 250 clubs in several categories, including:

- 9 arts and crafts
- 22 cultural
- 26 dance
- 14 games
- 12 health and wellness
- 36 performing arts
- 5 political
- 20 religious and spiritual
- 7 science and technology
- 22 sports and fitness
- 5 support groups
- 69 general interest

To find a club (or several) that may interest you, visit lagunawoodsvillage.com/amenities/clubs to search by category or scroll through all clubs, from A to Z, for a complete listing.

members storytelling through an annual author forum and “Village Stories” anthology, monthly workshops and special events. “When I’m especially passionate about the mission and goals of a club, I’ll volunteer as interest and time allows,” said Pub Club President Nancy Brown. “Developing and maintaining friendships is extremely important to furthering that goal for me. Staying active and having a purpose in life is well known to have significant health benefits. I’ve already surpassed the age which my parents and grandparents passed, and I intend to be on this planet for many more years!”

Village clubs provide the opportunity to socialize with peers who share similar interests, which promotes strong, lasting friendships and a stronger sense of community and belonging. This in turn improves physical, intellectual and emotional wellness.

PROMOTING HEALTH

If fitness motivates you to join a club, the Village offers 12 health and wellness clubs, 22 sports and fitness clubs, and 26 dance clubs. Carlos Negrete is president of two of them, the American Ballroom Dance Club and Ballroom Dance Club, where he teaches dance lessons to help residents continue to enjoy the pleasures of ballroom dancing.

“Ballroom dancing has been shown to improve cardiovascular fitness and muscle strength and tone,” he said. “It provides for improved flexibility, balance and posture; it sharpens cognitive abilities, boosts self-confidence and provides opportunities to connect with others and make new friends.”

CELEBRATING WITH NEIGHBORS

Joseph Camera has been a member of several Village clubs. For the past two years he has served as president of the Astronomy Club, which is one of seven science and technology clubs.

The club, which celebrated its 50-year anniversary in September 2021, offers monthly guest speakers presenting the latest understanding of the universe,

two free annual membership appreciation parties for the winter and summer solstices, and multiple field trips to points of interest from Griffith Observatory to the San Diego Air and Space Museum. Significant growth over the past two years enabled the club to start a scholarship program with Saddleback College, awarding \$1,000 to a young person with an expressed passion to study astronomy. Camera hopes more neighbors will check out the club to see if it is right for them. “For anyone who enjoys learning new things and celebrating life with their neighbors, the Astronomy Club is here for you,” he said.

Getting to know neighbors and having them know you is what spurred African American Heritage Club President Annie McCary to get involved in several Village clubs, including

Community Bridge Builders. Annie also serves on the board of directors for the New York Club in addition to serving on the Laguna Woods City Council.

“I want to be involved in the community,” she said. “I want to get to know my neighbors and their heritage and have them get to know me and my heritage so we can celebrate together.” One of 22 cultural clubs in the Village, the African American Heritage Club hosted an intercultural fashion show and Juneteenth celebrations that drew large gatherings of neighbors from different cultures, backgrounds and faiths who celebrated together.

“The only way we can get to know and understand our neighbors is to be involved with them,” she said. “We do that through our clubs. If we stay in our own circles, that’s all we’ll ever know.”

CLUBBING IS BENEFICIAL

Studies show that older adults who interact with others beyond their close circle of friends and family are more likely to have fewer feelings of stress and isolation and improved mood, cognition and memory recall.

Village clubs provide the opportunity to socialize with peers who share similar interests, which promotes strong, lasting friendships and a stronger sense of community and belonging.

This in turn improves physical, intellectual and emotional wellness.

Meeting a new group of people can be daunting, and it’s normal to feel nervous or uncomfortable in new social situations. Going to a new club with a friend, a neighbor, a caregiver or a family member can help reduce that initial anxiety. Joining clubs with others who share your interests often creates an open, friendly environment where you can talk about something that you both enjoy. Also, those who are more introverted can speak with club leaders in advance to discuss the club structure, as they may feel more comfortable in smaller groups.



Astronomy Club members at the San Diego Air and Space Museum

Normal or Atypical?



Physicians explain typical changes that come with age—
and when to seek help

BY JENNIFER KARMARKAR

It happens to all of us: We enter a room and can't remember why we're there, or we struggle to recall the name of an old friend. Maybe we've been feeling a little "blue" or lack the energy to engage in our normal activities. Perhaps our sleeping pattern has changed, and we're not feeling as rested as we used to when we wake.

We might ask ourselves: Is this just normal aging—or is it something else?

Michelle Jo Park, MD, of the Preventative Mental Health Department, Council on Aging - Southern California, and Dr. Dung Trinh, MD, chief medical officer of Healthy Brain Clinic and a board member for Alzheimer's Orange County, share what common changes can be attributed to aging, what's "normal"—and when our concerns should be addressed by a doctor.

DEPRESSION OR THE BLUES?

According to Dr. Park, a program psychiatrist for the Council on Aging's ReConnect Early Intervention Services for Older Adults, contrary to popular belief, older adults, in general, are more resilient to depression than younger populations, and often are happiest later in life. "We think everything declines and gets worse over time, when actually, in studies across many different

Establish a relationship with a primary care physician whom you trust and whom you can see for annual physicals, wellness checks and age-appropriate screenings. Things we assume to be part of normal aging don't have to be.

countries, happiness is lowest during our 40s and 50s and tends to go up from there. So, it's not as if it's a steady decline."

The numbers bear that out.

According to statistics from the Centers for Disease Control and Prevention (CDC), fewer than 5% of seniors living independently have major depression compared to 8.3% of all U.S. adults. That figure rises to 11.5% in hospitalized patients and 13.5% in those who require home health care.

Depression can occur at any age and is a true and treatable disease, just like hypertension and diabetes. Although the symptoms might look different as we age, depression generally can be characterized as feelings of sadness or anxiety that persist for weeks at a time. Other symptoms may include:

- Feelings of hopelessness, worthlessness or guilt
- Irritability or restlessness
- Loss of interest in activities or hobbies
- Fatigue or decreased energy
- Difficulty concentrating
- Insomnia
- Overeating or loss of appetite
- Suicidal thoughts

While older adults are at higher risk for depression than younger folks, Dr. Park emphasized that depression is not a normal part of aging, and it often goes undiagnosed.

"It's true that the symptoms of depression can certainly happen as a result of the various losses that happen in later life," she says. "But persistent depression is not normal, and it's often overlooked by primary care physicians who attribute the symptoms to aging. There are many myths that are put out there about what the aging

process should be when actually, the patient may be depressed, and that's a treatable condition that can get better."

When is it important to see a doctor? According to the National Institute on Aging, symptoms that persist for more than two weeks could be depression and should be treated by a professional.

MORE THAN A SENIOR MOMENT?

It's a question Dr. Trinh frequently hears: Are occasional memory lapses a cause for concern? The simple answer, he said, is no. "That happens to me all the time. I'll forget something now, and then for a few days I'll be fine, and then I'll forget something again. It's no big deal," he said.

Abnormal memory loss is that which progressively goes backward from short-term memory to longer-term memory, he explained. "It



Seek medical care if you are concerned about yourself or a loved one.



As we age, various things can affect quality and duration of sleep, but in general, our bodies need less of it.

continues to progress in one direction, so that in patients with dementia, initially, they'll forget what they had for breakfast. They'll forget the conversation they had five minutes ago, which is why they keep repeating the same questions over and over—because that memory never stuck.

“Over time, as the disease progresses, they'll start to forget what happened yesterday, last week, last month, last year.”

Cognitive functions like processing speed, problem-solving, reasoning and responding to new situations—often called fluid intelligence—peak around age 30 and take about 50 years to decline, Dr. Park said. “So sometime in our 80s might be where we see a significant decline. But that's all considered normal in terms of changes.

“Having new experiences, gaining new information, and being able to encode that is a little bit slower and harder to

do later on in life. And memory retrieval in terms of the time it takes to be able to remember something can also decline over time. Again, all normal changes,” Dr. Park adds. “But if you have learned the information and retained it successfully at any point in the lifespan, that's preserved for folks who are cognitively healthy throughout the lifespan.”

EARLY INTERVENTION IS KEY

There's more good news: Only 40% of people over 65 have what Dr. Park considers age-related cognitive decline. “So, that's not even the vast majority,” she said.

Both physicians recommend seeking care if you are concerned about yourself or a loved one.

“The ideal situation is that when you get your annual physical exam, you should also be getting a brain exam, which includes a memory test,” Dr. Trinh said. And the earlier you start the better, he added, as Alzheimer's plaque can build up in the brain for up to 20 years before it's detected.

Dr. Park agreed. “Early intervention, early testing, and serial testing is the way to go if you're concerned about it,” she said. “Especially if there's a family history of Alzheimer's or other types of neurocognitive disorders in the family.”

CHANGES IN SLEEP

It's no secret that through the lifespan our bodies require less



Persistent depression is not normal. Seek professional help if symptoms persist for more than two weeks.

sleep. By the time the average adult reaches 65, about seven to eight hours per night is sufficient, according to the CDC. An increased frequency of daytime naps is normal as we age, as are earlier bedtimes, increased frequency in waking during the night and changes in the stages of sleep.

However, insomnia—taking more than 30 minutes to fall asleep—and not feeling rested when one awakens are not typical, said Dr. Park. “Even if you feel like you’re sleeping but you don’t feel rested when you wake up, that’s not normal. That’s not something that we just accept as part of life and aging.”

Medications and medical comorbidities can affect both the quality and duration of sleep, and it’s best to share any concerns with your doctor, she added.

PHYSIOLOGICAL CHANGES

Most people start to notice physiological changes when they reach their senior years, but they happen at different ages with different people, depending upon factors such as genetics and lifestyle. Our bones will thin, our spine will compress and we may lose up to a few inches of height over time. We also start to lose muscle mass, which converts over time to an increased percentage of body fat.

“There’s an expected weight gain of a pound or a pound and a half every year, and that’s part of what’s considered normal for our bodies,” Dr. Park said.

We likely will notice changes in our metabolism as we age, she

added, noting that alcohol or other substances may affect us differently than they previously did because the mechanisms of removing toxins from the body slow down.

“That’s true for everybody,” Dr. Park said. “You can’t fight it no matter how healthy you try to stay. Our kidneys will age, our liver will age, and that’s going to mean that the way we metabolize different substances and medications tends to change. So, you have to be much more cautious after age 60 about what you’re taking in.”

Dr. Park noted that while sensory declines are a normal part of aging, they can put a senior at a high risk for anxiety and depression. “The loss of any of our senses, especially hearing, can make you feel socially isolated and really lonely, particularly in social settings. It can cause anxiety because you have to ask people to repeat

themselves, and you stop wanting to do it.”

Her advice is to engage in regular vision and hearing screenings to be aware of options for corrective or assistive devices that may greatly improve quality of life, like reading glasses or hearing aids.

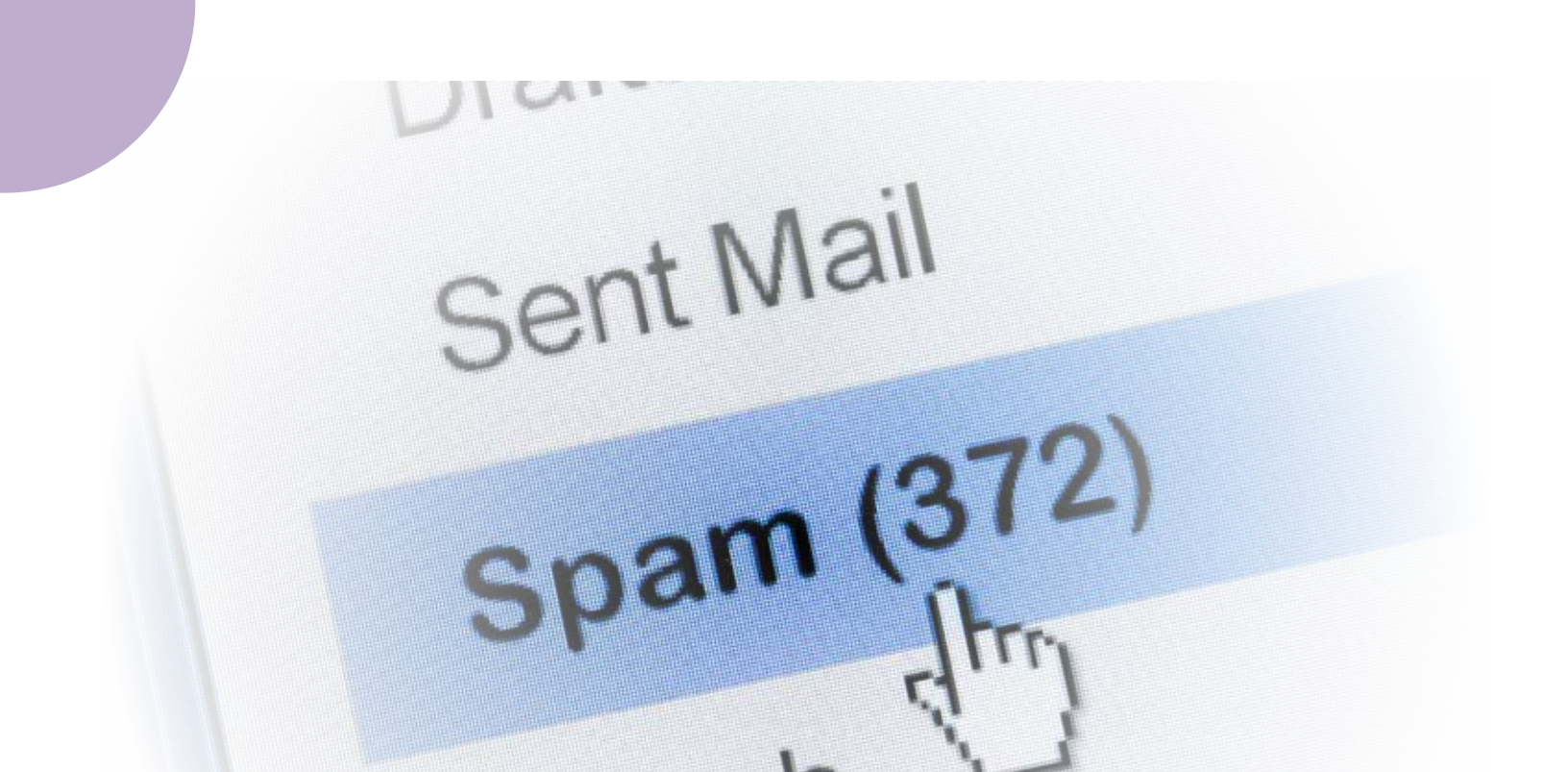
BE PROACTIVE, NOT REACTIVE

Dr. Trinh and Dr. Park recommend seniors establish a relationship with a primary care physician whom they trust and whom they can see for annual physicals, wellness checks and age-appropriate screenings. The broader message is that things we assume to be part of normal aging don’t have to be.

“Let a professional tell you if it is a normal part of aging,” Dr. Park said. “And even then, take that with a little bit of skepticism because there is a lot of growth and neuronal flexibility still that can happen in older age.”



Bones thin, spines compress, height diminishes—and we lose muscle mass, which converts to increased body fat.



Sent Mail

Spam (372)

FIGHT INBOX INFILTRATORS

How to safeguard against spam and unwanted email

BY DEBBIE DOTSON

In today's digital age, where communication and information exchange happen frequently online, spam email, or simply, "spam," has become a widespread nuisance. Spam floods our inboxes, promising everything from miracle weight loss solutions to unbelievable financial opportunities where you may have "inherited" millions of dollars.

Spam emails are unsolicited and irrelevant messages sent to many recipients via email. The term was originally coined to describe the process of sending the same message repeatedly, much like the famous Monty Python sketch in which a restaurant menu consists primarily of spam. But spam email is no laughing matter. Spam not only clutters our email accounts but also poses significant security and privacy risks.

KEY RISKS

Phishing attacks: Some spam emails aim to trick recipients into revealing sensitive information, such as login credentials, credit

card numbers or social security numbers. These emails often impersonate legitimate institutions, like banks or government agencies, which attempt to gain the recipient's trust. A legitimate source will never seek this information via email.

Malware distribution: Cybercriminals often use spam to distribute viruses, ransomware and spyware. Opening attachments or clicking on links in spam can result in the

If you have a specific technology question, please feel free to email author Debbie Dotson at talktech949@gmail.com and watch “Let’s Talk Tech” on Village Television or the Village YouTube channel (<https://www.youtube.com/c/VillageTelevision>).

installation of harmful software on your device. Never click on an attachment or a link in an email unless you specifically were expecting something from someone—even then, be very cautious.

Identity theft: By obtaining personal information through phishing or malware, spammers can engage in identity theft, leading to financial losses and online reputation damage. If someone sends out emails in your name asking others to buy gift cards or send money, your friends may unwittingly succumb to this trick.

Financial scams: Many spam emails promise easy money, investment opportunities or lottery winnings. Falling for these swindles can lead to financial losses and even legal trouble.

Privacy invasion: Spam emails can violate your privacy by collecting information about your online activities and interests. This information is often used to tailor more targeted spam campaigns. This is not just limited to email, but also to your use of social media.

IMPORTANT PROTECTIONS

Several best practices can

combat spam and reduce the risks associated with it.

Use a reliable email service provider: Choose an email service provider with robust spam filtering capabilities. Gmail, Outlook and Yahoo all employ advanced algorithms to identify and automatically filter spam messages. These steps are not foolproof, but you can identify and mark them as spam for the provider to see and eliminate. You will get many of these per day, so some will make their way into your inbox.

Create strong, unique passwords: Consider using a password manager to help generate and securely store complex passwords. Change your passwords frequently.

Enable spam filters: Ensure that your email account’s spam filters are turned on. These filters analyze incoming messages for common spam characteristics, such as suspicious links or keywords. Again, some will still make it into your inbox.

Be cautious with personal information: Avoid sharing your email address on public forums or websites unless necessary. Spammers often harvest email addresses from online sources.

Consider using another email address for online newsletters and keeping your personal email separate.

Don’t click suspicious links: Be cautious when clicking on links in emails, especially if the email comes from an unknown source. Hover over links to preview the URL before clicking, and make sure they lead to legitimate websites. Odd email addresses and/or irrelevant links are huge red flags.

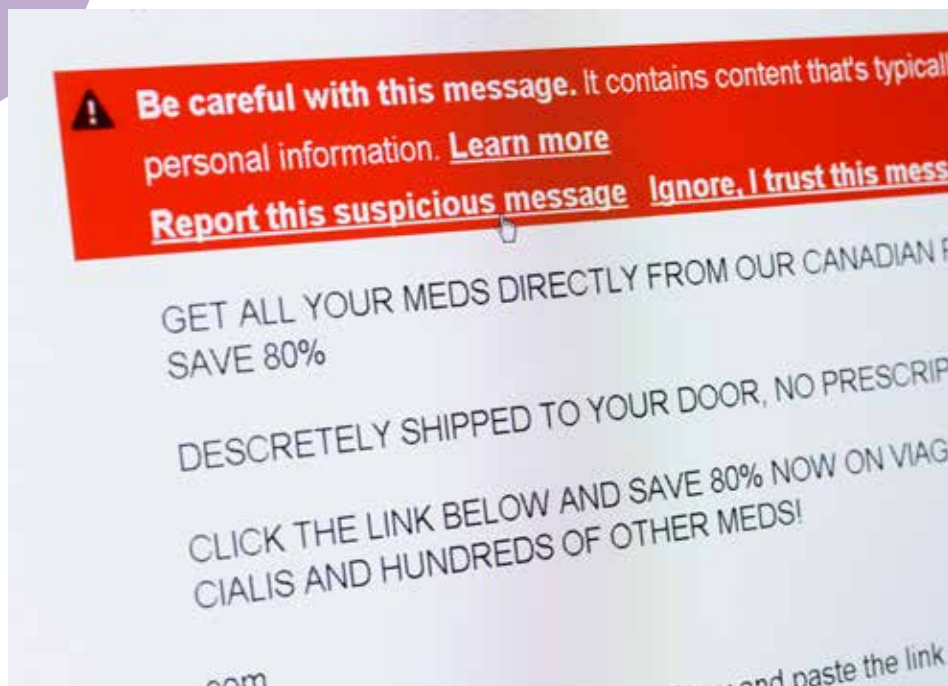
Verify sender information: Carefully check the sender’s email address and domain. Emails that use unfamiliar/generic or misspelled email addresses are almost always fraudulent.

Avoid opening attachments: Do not open email attachments from unknown sources, as they can contain malware. Verify any unexpected attachment with the sender before opening it.

Unsubscribe wisely: If you no longer wish to receive marketing emails from legitimate companies, use the unsubscribe option provided by the sender. Be cautious when unsubscribing from unknown sources, as the procedure may confirm your email address’ validity to spammers. When you unsubscribe from unwanted emails, the sender is obligated by law to remove your name.

Educate yourself and others: Awareness is crucial.

Update operating system and antivirus software: Regular updates often include security patches that protect against known vulnerabilities.



Two-factor authentication (2FA): If available, enable 2FA on your email account to add an extra layer of security by requiring a second form of verification, such as a one-time code sent to your mobile device.

DEFEND YOUR PRIVACY

California state law provides additional protections for individuals regarding privacy and data security. In relationship to receiving unwanted emails, these laws may apply in some instances.

California Consumer Privacy Act (CCPA): The CCPA, a groundbreaking comprehensive privacy law enacted in 2020 to enhance protection of consumers' personal information, grants California residents specific rights over their personal information, including:

- **Right to know** what personal information a business collects about them, the categories of

information collected and the purposes for which it is used.

- **Right to opt-out** of the sale of their personal information to third parties. Businesses are required to provide an opt-out mechanism on their websites. No one can share this information without your express permission.
- **Right to access** the specific pieces of personal information that a business has collected about them.
- **Right to delete** personal information upon request, with certain exceptions.
- **Right to nondiscrimination** if you exercise your privacy rights, such as by charging higher prices or providing inferior services.

The CCPA applies to businesses that conduct business in California, collect personal information from California residents and meet specific

revenue or data processing thresholds. It has been amended since its initial enactment and now includes the California Privacy Rights Act, which further expands privacy protections for consumers and introduces a dedicated regulatory agency, and the California Privacy Protection Agency, to enforce privacy regulations.

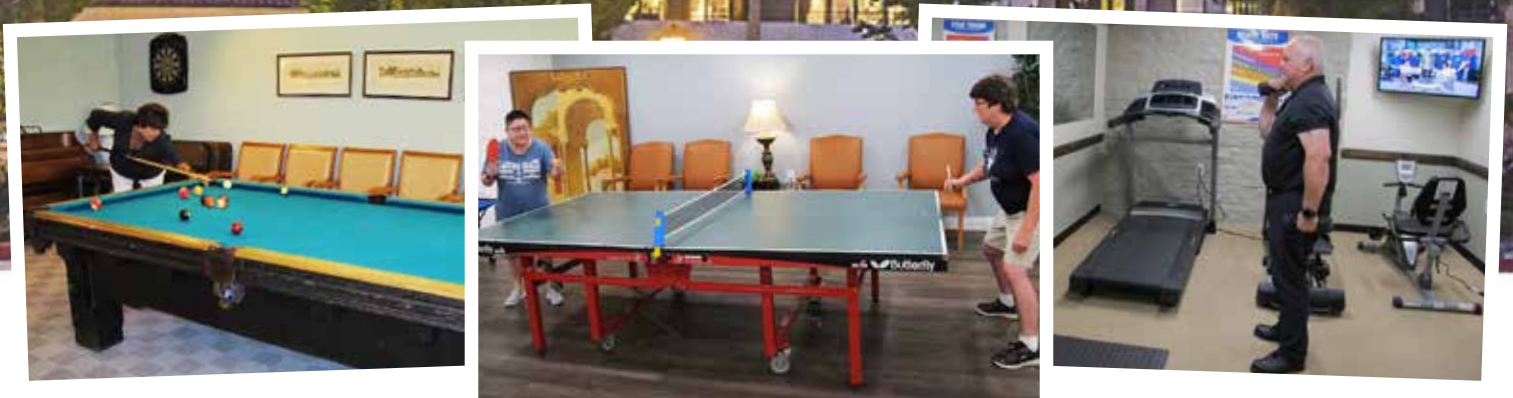
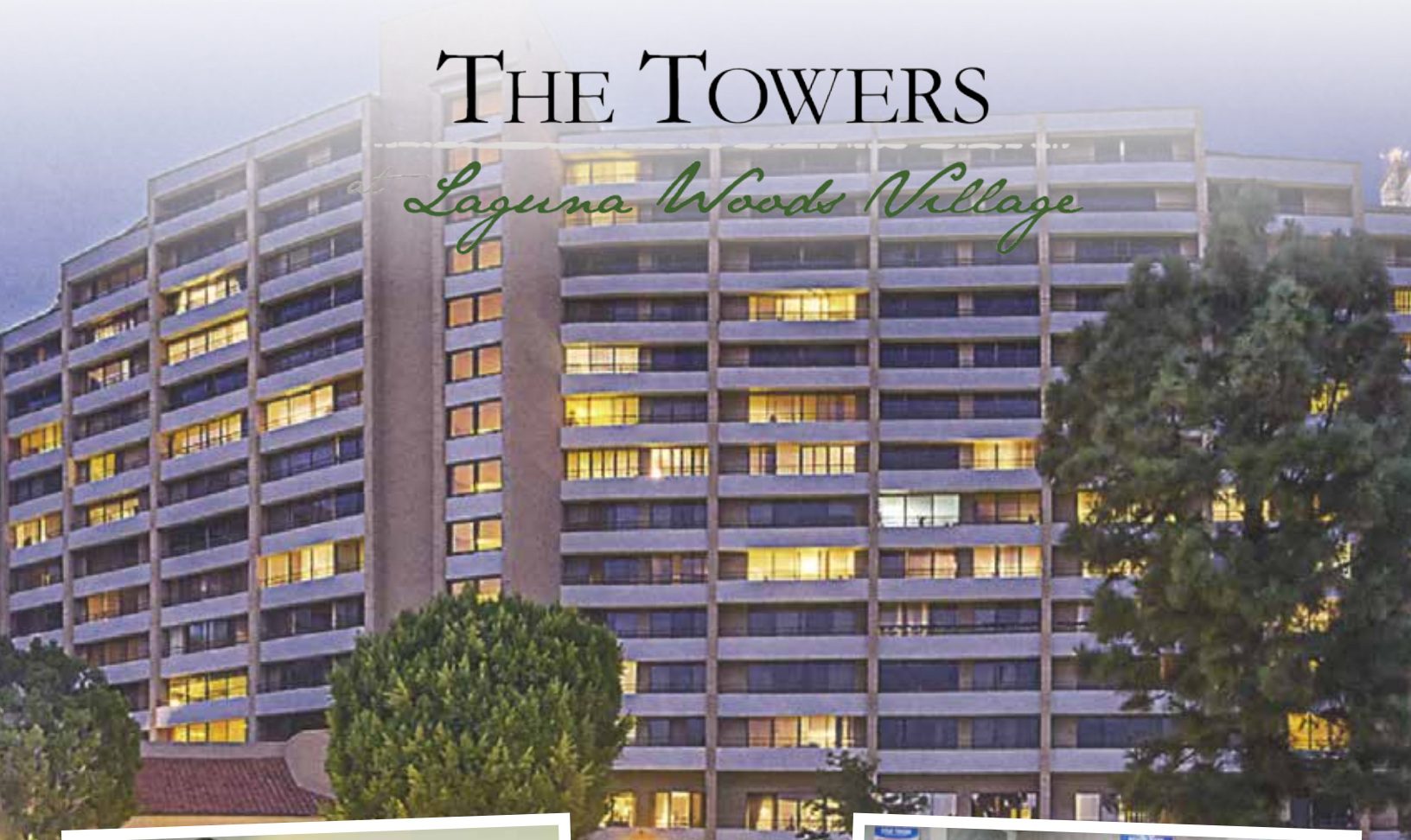
Businesses must disclose their data collection and usage practices, provide clear privacy notices explaining what data they collect and how it will be used, limit and minimize their data collection to what is necessary for the purposes disclosed, and must not collect more data than is required for their operations.

The California Attorney General can enforce the CCPA, and consumers have a private right of action in case of data breaches. Noncompliant businesses can face significant fines and legal consequences.

Spam emails are an enduring challenge in the digital world, but with the right protections and practices, you can reduce their impact on your online experience. By staying vigilant, using reliable email services, and following best practices, you can protect your privacy, financial assets, and personal information from the dangers of spam emails. In an era of ever-evolving technology and communication, practicing good digital citizenship and consciousness are your most potent tools against the persistent tide of spam, swindles, and fraud.

THE TOWERS

Laguna Woods Village



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LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

KEYS TO THE COMMUNITY

1
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11

A B C D E



Map Not to Scale

- Golf Cart Route
- Health Care
- Churches, Temples
- Security Gates
- OCTA Bus Stops
- Clubhouses
- Swimming Pool

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A B C D E

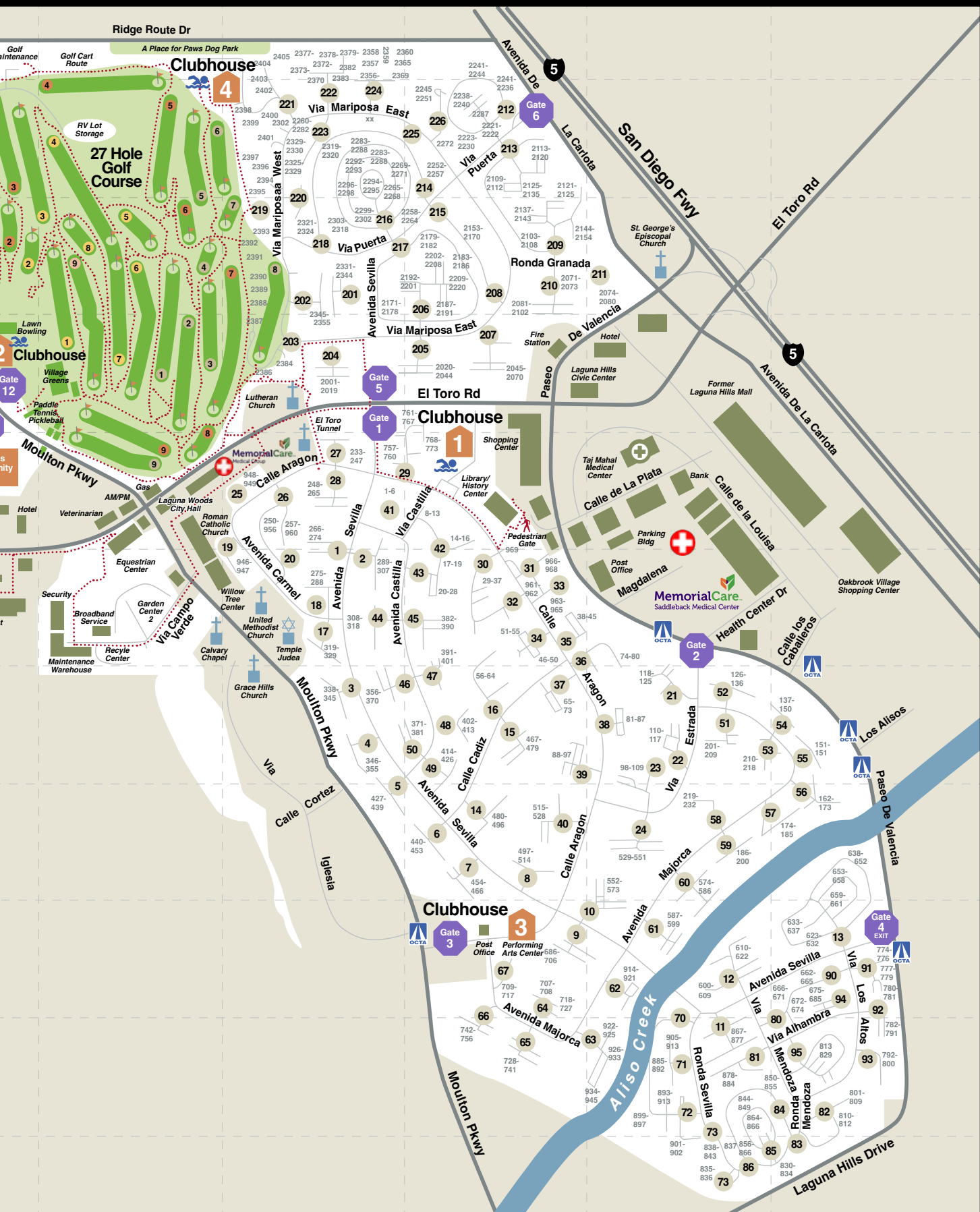
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KEYS TO THE COMMUNITY

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KEYS TO THE COMMUNITY

Stay in Touch!

Use these frequently called numbers to seek assistance, find answers and more.

ADMINISTRATIVE OFFICES

General Information 949-597-4600
information@lagunawoodsvillage.com
info@vmsinc.org

AMENITIES AND RECREATION

General Information 949-597-4273
recreation@vmsinc.org
19 Restaurant and Lounge 949-206-1525
Clubhouse 1 Office/Pool 1 949-597-4281
Clubhouse 1 Fitness Center 949-597-4284
Clubhouse 2 Office/Pool 2 949-597-4286
Clubhouse 4 Office/Pool 4 (Mon - Fri) 949-597-4291
Clubhouse 4 Office/Pool 4 (Sat & Sun) 949-597-4344
Clubhouse 5 Office/Pool 5 949-597-4382
Clubhouse 6 Office/Pool 6 949-597-4436
Clubhouse 7 Office 949-268-2417
Clubhouse Reservations 949-597-4227
Community Fitness Center 949-268-2275
Equestrian Center 949-597-4275
Golf and Village Greens 949-597-4336
Golf (Par 3 Course) 949-597-4334
Performing Arts Center 949-597-4289
Performing Arts Center Box Office 949-597-4288
Village Library 949-597-4274
lvillagelibrary@yahoo.com
Village Television 949-597-4295

COMMUNITY ACCESS

Community Access 949-597-4600
Gate Clearance 949-597-4301

EMERGENCY AND MEDICAL SERVICES

Fire, Police, Medical Emergency 911
Care Ambulance Service 877-972-0999
MemorialCare Saddleback Hospital 949-837-4500
OC Fire Authority Public Information Line 800-545-5585
OC Sheriff's Nonemergency Dispatch 949-770-6011

The Laguna Woods Village Community Center

24351 El Toro Road
Laguna Woods, CA 92637

lagunawoodsvillage.com

949-597-4600

Emails provided where available

MISCELLANEOUS

Animal Services, City of Laguna Beach 949-497-0701
City of Laguna Woods 949-639-0500
Florence Sylvester Senior Center 949-380-0155
Foundation of Laguna Woods Village 949-268-2246
Laguna Woods Globe (subscriptions) 714-796-7777
lagunawoodsglobe@scng.com
Laguna Woods History Center 949-206-0150
info@lagunawoodshistory.org
Lost and Found 949-597-4435
lostandfound@vmsinc.org
RV Storage 949-268-2284
Saddleback College Emeritus Institute 949-582-4835
The Towers 949-597-4278
thetowerslwv@pmpmanage.com

RESIDENT SERVICES

Manor Alterations 949-597-4616
alterations@vmsinc.org
Resident Services 949-597-4600
residentservices@vmsinc.org
Social Services 949-597-4267

SECURITY

Compliance Hotline (anonymous) 949-268-2255
Department of Security Services (24/7) 949-580-1400
Disaster Preparedness Task Force 949-597-4237

TRANSPORTATION

Village Bus System 949-597-4659

UTILITIES

Broadband (Cable) 949-837-2670
CR&R Inc. (Trash) 949-625-6735
LagunaWoods-Recycles@CRRmail.com
El Toro Water District 949-837-0660
Southern California Gas Company 877-238-0092
Southern California Edison 800-655-4555
West Coast Internet Customer Service 949-487-3302

In Your Neighborhood

To find out what's going on in and around your neighborhood, visit lagunawoodsvillage.com, go to the Residents tab, click on Maintenance & Construction and scroll down to Maintenance Project Logs.



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

Street Sweeping Schedule

**All times are approximate and subject to change*

MONDAY TO FRIDAY

7:30 a.m. to 3:30 p.m.

Cul-de-sacs

MONDAY

7:30 to 11:30 a.m.

Gates 1, 2, 3 – Calle Aragon to Via Estrada North

11:30 a.m. to 3:30 p.m.

Gates 1, 2, 3 – Calle Aragon to Via Estrada South

TUESDAY

7:30 to 11:30 a.m.

Gates 5, 6 - All streets in this area

11:30 a.m. to 3:30 p.m.

Gates 11, 14 – All streets in this area

WEDNESDAY

7:30 to 11:30 a.m.

Gates 7, 8 – Calle Sonora/Alta Vista (East Area)

11:30 a.m. to 3:30 p.m.

Gates 7, 8, 9 – Calle Sonora/Alta Vista (West Area)

THURSDAY

7:30 to 11:30 a.m.

Gate 10 – East of Ave. Sosiega & North of Monte Hermoso

11:30 a.m. to 3:30 p.m.

Gate 9 – South of Monte Hermoso

FRIDAY

GRF Facilities

Please see GRF Facilities Sweeping Schedule.

Every other week

Gate 9 – Towers Parking Lot

Gate 11 – Check area and re-sweep if needed.

GRF Facilities Sweeping Schedule

1ST FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 1

5:30 to 6 a.m. Clubhouse 2

2ND FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 3

5:30 to 6 a.m. Clubhouse 4

3RD FRIDAY OF THE MONTH

4 to 6 a.m. Clubhouse 7

6 to 7 a.m. Clubhouse 5

7 to 8 a.m. Clubhouse 6

4TH FRIDAY OF THE MONTH

4 to 7 a.m. Maintenance Center

Garden Centers

Equestrian Center Lot

5TH FRIDAY OF THE MONTH (WHEN APPLIES)

4 to 7 a.m. RV Lots

Golf Maintenance



COMMUNITY CONNECTED

COMMUNITY CONNECTED



to understand the severity of their illness. Among the topics discussed are the creation of advance medical directives, the designation of a surrogate healthcare agent, and the California physician orders for life sustaining treatment (POLST) form. They discuss who can be an agent, whether a surrogate agent has to be a family member, how you can change your agent designation and what happens if two agents disagree about what should be done. Most important, they discuss the necessity of having a conversation about your future healthcare wishes with those close to you.

PLANNING FOR THE INEVITABLE

Advance directives and estate planning

By Marcy Sheinwold, for The Foundation of Laguna Woods Village

Have you had “that” conversation yet? When we were teenagers, that conversation had to do with sex. Now that we are in our golden years, that conversation is very different. That conversation is now about our future healthcare wishes and ensuring they are followed should we suffer a serious illness and cannot communicate with our doctor.

If you answered “no,” the Foundation of Laguna Woods Village’s new televised broadcast, now available as a YouTube video, will provide practical guidance on this important topic. View it on the foundation’s website, [founationoflagunawoodsvillage.org](http://foundationoflagunawoodsvillage.org), under a special tab, “Planning for the Inevitable.”

Tune in and hear Dr. Matthew Janssen, medical director of the hospice program at MemorialCare Saddleback Hospital, and Dr. Larry Tran, inpatient medical director for the hospital. They first highlight what can go wrong if someone’s healthcare wishes are not known, particularly if the person cannot communicate or has lost the ability

ESTATE PLANNING

Do you think that estate planning is only for the wealthy? Are you concerned that estate planning is a long and labor-intensive process? Have you avoided estate planning for these reasons?

If you answered “yes,” the Foundation of Laguna Woods Village’s new televised broadcast, now available as a YouTube video, will provide practical guidance on estate planning issues confronting older adults. View it on the foundation’s website, foundationoflagunawoodsvillage.org, under “Planning for the Inevitable.”

Fay Blix, a local elder law attorney since 1984 and the founder of the Elder Law Section of the Orange County Bar Association, debunks the common misconception that

estate planning is only for the wealthy. During the broadcast, she explains what can go wrong if you do not have an estate plan, what problems can result from probate and some specific issues that can be involved in estate planning like underage beneficiaries or caring for a disabled child. Most important, she explains that estate planning is an ongoing process, a continuum, that begins while you are alive. She emphasizes that we must plan for the possibility of incapacity as part of estate planning and discusses some immediate steps we can take to address that possibility.

If you have any questions about advance directives or estate planning, please call the Foundation of Laguna Woods Village at **949-268-2246** or email **foundation@comline.com**. For more information about the foundation, please visit **foundationoflagunawoodsvillage.org**.

All residents are cordially invited to share photos, poems, anecdotes and information of general interest to the community. Please email your submissions to **ellyce.rothrock@vmsinc.org**.

CAPTURED IN THE VILLAGE



"I'm always taking pics on my walks throughout the Village. This is a lovely garden in Gate 9."—Gwen Ginocchio



"True Love" by Colleen McHugh



"Pretty Bird" by Mark Rabinowitch



"Sun-kissed Trees in Aliso Park" by Andy Eugenio



"Soon to Transform" by Ghislaine Fenmore



"Catching Rays" by Jerry Kathnelson



RECREATION

YOUR GUIDE TO EVENTS, FITNESS AND FUN



RECREATION OFFICE VILLAGE COMMUNITY CENTER

24351 El Toro Road

949-597-4273
recreation@vmsinc.org

Visit lagunawoodsvillage.com > **Amenities** for activities, classes, fitness and sports, golf, facilities, clubs and more. For registration, visit the Recreation office or the facility where the class/event is held.



AMAZING JOB, VILLAGE VOLUNTEERS!

We couldn't do it without you.

On December 1, Clubhouse 5 will be the festive scene of the annual Volunteer Luncheon, an event hosted by GRF and organized by Recreation Services staff as a thank you to the many volunteers in the community.

Resident volunteers really love their Village: In 2023, 470 volunteers dedicated their time to Village endeavors; from January through September, residents volunteered almost 30,000 hours, or a little over 3,200 hours every month!

Volunteers devote their time to Village boards and committees, the Village Library, the Laguna Woods History Center, lawn bowling, the video learning center, Clubhouse 4 workshops (ceramics, slipcasting, photography, art studio, quilting, sewing, glass studio, woodshop, machine shop, lapidary and jewelry), the Equestrian Center, Village Television, the Community Activities Committee, the Disaster Preparedness Task Force, the PC and Mac computer learning centers, recreation class instructors, the garden centers, docent tours, tax preparers, the Foundation of Laguna Woods Village and Clubhouse 6. Approximately 125 volunteer building captains helped to keep residents safe and prepared in case of disaster.

Laguna Woods Village is extremely lucky to have a very dedicated, capable and enthusiastic cadre of volunteers who work tirelessly to help ensure the Village runs smoothly and efficiently!

If you are interested in learning more and volunteering your time, visit lagunawoodsvillage.com/amenities/recreation and scroll to Volunteer Opportunities.

NEW YEAR'S EVE 2023

Celebrate the most festive night of the year
with five incredible acts!

Sunday, December 31

PERFORMING ARTS CENTER | 7:30 P.M. | \$35 • \$40 • \$45

Purchase tickets at tickets.lagunawoodsvillage.com or the PAC box office
Monday through Friday from 9 a.m. to 5 p.m. at 23822 Avenida Sevilla.
Enjoy beverages from the GRF no-host bar!

The Diamonds



This high-energy group performs such hits as "Why Do Fools Fall in Love?" "Little Darlin'" and "The Stroll."

The Lindy Sisters



Enjoy popular songs from such big-era "sister" groups as the Pointer Sisters, the Andrews Sisters and the McGuire Sisters.

Leigh Vance



Leigh, who has performed with many headliners and big bands, will be honoring the music of Linda Ronstadt.

Dana Daniels



Funnyman and magician Dana Daniels and his "Psychic Parrot" Luigi have delighted audiences for years.

Jody Baran & Kathleen

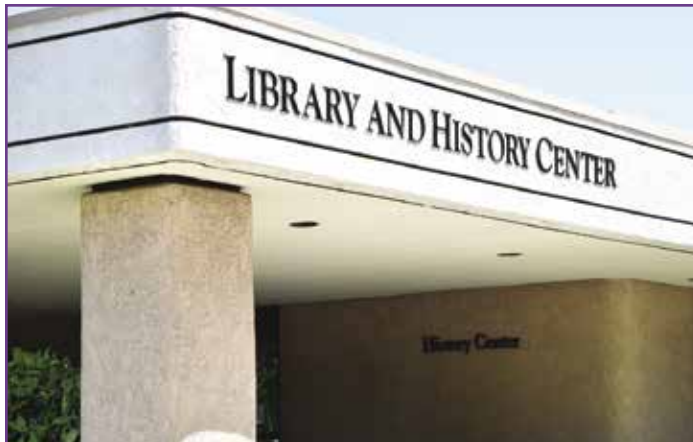


These illusionists extraordinaire have performed around the world and have headlined in Maui for 12 years.

949-597-4288/949-597-4289 • RECREATION@VMSINC.ORG



RECREATION



LIBRARY & HISTORY CENTER

The Library and History Center are located adjacent to each other at 24266 Calle Aragon.

Library Hours

- Monday to Friday: 10 a.m. to 4 p.m.
- Wednesday: 10 a.m. to 7 p.m.
- Saturday: 10 a.m. to 1 p.m.
- Sunday: Closed

949-597-4274; lwvillagelibrary@yahoo.com

History Center Hours

- Monday through Friday from 11 a.m. to 1 p.m. or by appointment

949-206-0150; info@lagunawoodshistory.org; lagunawoodshistory.org



HOLIDAY TREE LIGHTING AND TOY DRIVE

Free event
Saturday, December 2
6 to 7:30 p.m.
Clubhouse 1

Please bring a new, unwrapped children's gift.

The Village kicks off its holiday celebrations with the annual tree lighting ceremony featuring Santa, a toy drive, our local fire department and carols sung by Aliso Niguel High School. Enjoy hot cocoa and cookies!





GET MOVING!

Visit lagunawoodsvillage.com > **Amenities** > **Recreation** to learn more about the Village's resort-style amenities.

- View a list of amenities, location, contact information, registration process and more.
- Consider taking one or more of the almost 20 classes currently offered, including mat/chair yoga, ballroom dance, English or Korean language classes, cycling, aquatic classes and more. Check out our schedule of current recreation classes.
- Find a comprehensive list of virtual activities, classes and more.



JOIN A CLUB

In addition to the many amenities and activities offered through the Recreation and Special Events Department, more than 250 clubs, special interest groups and organizations offer residents a wealth of fun and entertainment. With so many clubs to choose from, there's sure to be like-minded new friends to make.

Visit lagunawoodsvillage.com > **Amenities** > **Clubs** today.



PERSONAL TRAINERS ARE HERE FOR YOU

Get in a good workout led by a personal trainer at the Community Fitness Center or Clubhouse 1. Five 30-minute sessions cost \$200; 10 30-minute sessions cost \$400.

Call the Community Fitness Center at [949-268-2275](tel:949-268-2275) or Clubhouse 1 at [949-597-4284](tel:949-597-4284) for more information.



RECREATION



EQUESTRIAN CENTER

Our charming and unique equestrian facility offers boarding for resident-owned/lesson horses and a riding program for residents and their sponsored guests. In addition, riders and non-riders alike enjoy various events at our facility, including summer barbeques, the Harvest Hoedown, Easter at the Equestrian Center and horse shows..

LOCATION

24312 El Toro Road
Laguna Woods, CA 92637
949-597-4275

HOURS

Business hours: Wednesday through Sunday from 9 a.m. to 3 p.m.

Tour hours: Wednesday and Thursday at 2 p.m.; Friday, Saturday and Sunday at 12:30 and 2 p.m.

Riding program: Wednesday through Sunday; contact the Equestrian Center office for lesson schedules.

Tours and riding program are closed Monday and Tuesday.



HORSEMANSHIP CLASSES

Horsemanship classes at the Equestrian Center are all about developing the horse-man relationship. Horsemanship is a journey rather than a destination.

In these group classes, staff combines lectures, handouts, herd observation and hands-on education in the care of and communication with horses. It's a great opportunity for those who would like to someday own a horse or for those who just want to learn how to work with horses.

Six-session drop-in classes are offered Sunday at noon.

Those who graduate Level 1 are invited to join Level 2. Call or drop by the Equestrian Center for more information.

HELP THE HERD FUNDRAISING

The Help the Herd fundraising program was created by the Village Community Fund to help ensure the Equestrian Center horses continue to thrive and be available for all residents to enjoy.

Visit villagecommunityfund.org/help-the-herd to donate to the Village Community Fund's Help the Herd or visit villagecommunityfund.org for more information.



SPONSOR A GRF HORSE

PLEASE DON'T SAY NEIGH!

The Equestrian Center is one of the happiest places in the Village—thanks to its many wonderful horses. Let's work together to keep that joy alive—please consider sponsoring a GRF horse!

SPONSORSHIP BENEFITS

- You and your sponsored horse will be thanked in the equestrian newsletter
- A special sign on the horse's stall door sporting the horse's and sponsor's names:
 - *"Sebastian is generously sponsored by Jane Smith"*
 - Receive an 8-by-10-inch color photo of your sponsored horse
- Visit your special horse once a month to pet and take pictures during business hours

SPONSORSHIP RULES

- Handling, grooming or riding are not permitted
- Giving food or treats may not be given without staff approval
- Horses must remain in their stalls/paddocks • Staff must supervise visits

SPONSORSHIP RATES PER HORSE

\$650 Monthly • \$3,500 Six Months • \$6,500 Yearly

Sponsorship includes a percentage of the cost of care and maintenance of a GRF horse, which are total board, feed and farrier costs.

We truly are grateful for the generosity of those who sponsor our GRF horses. Please contact the Equestrian Supervisor for details on sponsorship.

EQUESTRIAN CENTER | 24312 EL TORO ROAD | 949-597-4275



RECREATION



WHITE CHRISTMAS

MONDAY MOVIES AT THE PAC

December 18

White Christmas (movie)

Free at the Performing Arts Center/
Clubhouse 3

Doors open 1:45 p.m., movie starts 2 p.m.

949-597-4288, 949-597-4289,
recreation@vmsinc.org



ABBAFAB AT THE PAC

My, my—how can I resist you?

Performing Arts Center
Saturday, February 17
7:30 p.m.
\$20, \$45 and \$30

Wowing sold-out crowds across the United States and abroad, playing monster hits such as “Waterloo,” “Fernando,” “Honey, Honey,” “Dancing Queen” and countless others, ABBAFAB is a stunning ABBA tribute. From the band’s earliest hits to “Mamma Mia,” ABBAFAB will take you on a technicolor journey that is unmatched.

Visit the GRF no-host bar in the Performing Arts Center lobby.

Purchase tickets starting Monday, November 20, at tickets.lagunawoodsvillage.com or the PAC box office Monday through Friday from 9 a.m. to 5 p.m. at 23822 Avenida Sevilla. Credit card fees apply.

949-597-4288/949-597-4289
recreation@vmsinc.org



ONGOING CLASSES

Schedules subject to change without notice.

MONDAY

Chi Kung

Clubhouse 1 patio, 8 to 9:30 a.m.
Free drop-in class

Zumba Gold with Tracy Murray

Clubhouse 2 ballroom, 10 to 11 a.m.
\$25 for 5 classes

Movement and Stretch with Sybil Moore

Clubhouse 5 fitness room, 10:30 to 11:30 a.m.
Free drop-in class

Ballroom Dance with Candi Davis

Clubhouse 1 ballroom, 10:30 a.m. to 12:30 p.m.
\$25 for five group lessons

Age-ing to Sage-ing with Dr. Lois Rubin

Performing Arts Center, 10:30 a.m. to noon
Free drop-in class

Mat Yoga with Kristine DeYoung

Clubhouse 2 ballroom, 11:30 a.m. to 12:30 p.m.
Free drop-in class

Chair Yoga with Kristine DeYoung

Clubhouse 2 ballroom, 1 to 2 p.m.
Free drop-in class

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 5 to 6 p.m.
\$40 per eight-class session

TUESDAY

Yoga with Kim Min

Clubhouse 1 ballroom 8:30 to 9:45 a.m.
Free drop-in class

Tai Chi

Clubhouse 7 ballroom, 8:30 to 9:30 a.m.
Free drop-in class

Clogging with Edith Jones

Performing Arts Center rehearsal room, 8:30 to 10 a.m.
Free drop-in class

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 9 to 10 a.m. and
10:30 to 11:30 a.m.
\$40 per eight-class session

Chair Fitness with Janet Gilliam

Clubhouse 1 gym, 10 to 11 a.m.
\$15 for five classes

Swim Clinic with Jan Levinrad

Pool 2, noon to 1 p.m. and 1 to 2 p.m.
Free drop-in class





RECREATION

IKTA Self-Defense with Ron Murray

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.
\$25 for five classes

Drum Circle

Performing Arts Center, 5:15 to 6:45 p.m.
Free drop-in class

Meridian Yoga

Clubhouse 5 fitness room, 5:30 to 6:45 p.m.
Free drop-in class

WEDNESDAY

Chi Kung

Clubhouse 1 patio, 8 to 9 a.m.
Free drop-in class

Zumba Gold with Tracy Murray

Clubhouse 5 ballroom, 9 to 10 a.m.
\$25 for five classes

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 10 to 11 a.m.
\$40 per eight-class session

Mindful Movement Yoga with Jerry Bloch

Performing Arts Center dining room, noon to 1 p.m.
Free drop-in class



Russian Language Class with Janet Preissler

Clubhouse 2 Grevillea Room, 3 to 5 p.m.
Free drop-in class

IKTA Self-Defense with Ron Murray

Clubhouse 5 fitness room, 3 to 4 p.m.
\$25 for five classes

THURSDAY

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 7 to 8 a.m.
and 8:30 to 9:30 a.m.
\$40 per eight-class session

Tai Chi Dance

Clubhouse 1, multipurpose room, 8 to 10:30 a.m.
Free drop-in class

Chi Kung

Clubhouse 2 ballroom, 8 to 9 a.m.
Free drop-in class

Tai Chi

Clubhouse 7 ballroom, 8:30 to 10 a.m.
Free drop-in class

Chair Fitness Janet Gilliam

Clubhouse 1 gym, 10 to 11 a.m.
\$15 for five classes

Tap Dance and Rhythms with Laura Fremont

Clubhouse 5 fitness room, 10:30 to 11:45 a.m.

Mat Yoga with Kristine DeYoung

Clubhouse 2 ballroom, 11:30 a.m. to 12:30 p.m.
Free drop-in class

Chair Yoga with Kristine DeYoung

Clubhouse 2 ballroom, 1 to 2 p.m.
Free drop-in class

Spanish Class with Walter Valencia

Performing Arts Center dining room, 1 to 3 p.m.
Email kevinvalencia@verizon.net to register

IKTA Self-Defense with Ron Murray

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.
\$25 for five classes

FRIDAY

Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 7 to 8 a.m. and
8:30 to 9:30 a.m.
\$40 per eight-class session

Chi Kung

Clubhouse 1 patio, 8 to 9 a.m.
Free drop-in class

Yoga With Kim Min

Clubhouse 7 ballroom, 9:30 to 10:45 a.m.
Free drop-in class



Ballroom Dance with Ed VanOrnum

Clubhouse 1 ballroom, 9:30 to 11:30 a.m.
\$30 for five classes

Zumba Gold with Tracy Murray

Clubhouse 2 ballroom, 9 to 10 a.m.
\$25 for five classes

Mindful Flow Yoga with Jill Camera

Clubhouse 1 ballroom, 1 to 2 p.m.
Free drop-in class

Circle of Love Meditation with Zahir Movius

Clubhouse 5 fitness room, 2:30 to 4 p.m.
Free drop-in class

SATURDAY

Tai Chi Dance

Clubhouse 1 multipurpose room, 8 to 10:30 a.m.
Free drop-in class

Mind and Body Fitness

Clubhouse 5 fitness room, 10:30 a.m. to noon.
Free drop-in class

Line Dance

Clubhouse 5 fitness room, 2 to 3 p.m.
Free drop-in class

Disco Dance

Clubhouse 5 fitness room, 3 to 4 p.m.
Free drop-in class





RECREATION

AMENITY INFO

Clubhouse Reservations | 949-597-4227

Schedule reservations at Clubhouses 1, 2, 5 or 7; the Village Greens; the Performing Arts Center; or the Community Center recreation office Monday - Friday, 8 a.m. to 5 p.m.

- Reservations may be scheduled through December 31, 2024.
- Reservations are limited to Clubhouse 1, 2, 5 and 7; the Village Greens; or the Performing Arts Center.
- Performing Arts Center reservations are limited to Monday through Friday from 8 a.m. to 10 p.m.
- Clubhouse 6 and the Performing Arts Center reservations will resume at a later date.

Clubhouse 1 | 949-597-4281

- Open 8 a.m. to 10 p.m. daily
- Fitness center open Monday, Wednesday, Friday from 7 a.m. to 7 p.m.; Tuesday, Thursday from 7 a.m. to 5 p.m.; Saturday/Sunday from 8 a.m. to 2 p.m.
- Indoor mini-gym (badminton, pickleball, volleyball, basketball)
- Archery
- Shuffleboard
- Bocce
- Game rooms
- Billiards
- Drop-in lounge

Clubhouse 2 | 949-597-4286

- Open 8 a.m. to 10 p.m. daily
- Video lab and studio
- Card room
- Lawn bowling



Clubhouse 4 | 949-597-4344

- Art studio, ceramics, jewelry, lapidary, photo studio, sewing room, slipcasting, woodshop, machine shop
- Open Monday, Wednesday, Friday, Saturday and Sunday from 9 a.m. to 4 p.m.; Tuesday and Thursday from 9 a.m. to 8 p.m.
- Contact the clubhouse for specific studio days/times

Clubhouse 5 | 949-597-4382

- Open 8 a.m. to 10 p.m. daily
- Game room
- Gym open 5:30 a.m. to 9 p.m. daily

Clubhouse 7 | 949-268-2417

- Open 8 a.m. to 10 p.m. daily
- Bridge games Monday through Friday from 12:30 to 4 p.m.
- Bridge class schedule varies

Community Center | 949-597-4273

- Concierge, Resident Services Monday through Friday from 8 a.m. to 5 p.m.
- Table tennis: Monday through Friday from 8 a.m. to 9 p.m.; Saturday, Sunday from noon to 5 p.m.
- Mac learning center: Monday through Friday from 9 a.m. to 3 p.m.; 949-268-2263
- PC workshop: Monday through Friday from 11 a.m. to 3 p.m.; 949-268-2262
- Community fitness center Monday, Wednesday, Friday from 7 a.m. to 7 p.m.; Tuesday and Thursday from 7 a.m. to 8 p.m.; Saturday and Sunday from 8 a.m. to 2 p.m.

Equestrian Center | 949-597-4275

- Tours Wednesday and Thursday 2 p.m.; Friday through Sunday 12:30 and 2 p.m.
- Call to inquire about riding program

Garden Centers | 949-268-2387

- Daily sunrise to sunset

Golf | 949-597-4336

- 27-hole course open daily 7 a.m. to 6 p.m.
 - Online reservations only; see golf shop to create account
- Driving range open 7 a.m. to 4:30 p.m.
 - Wednesday close at 4 p.m. for clean pick
- Par 3 course open 7:30 a.m. to 5:30 p.m.
- Call the course condition hotline at **949-597-4373** for course updates



History Center | 949-206-0150

- Open Monday through Friday from 11 a.m. to 1 p.m. or by appointment

Library | 949-597-4274

- Open Monday through Friday from 10 a.m. to 4 p.m. (7 p.m. Wednesday), Saturday from 10 a.m. to 1 p.m.

Paddle Tennis | 949-597-4273

- Tuesday, Thursday from 7 a.m. to noon
- First, third Saturdays from 7 a.m. to noon

Performing Arts Center | 949-597-4288

- Box office open Monday through Friday from 9 a.m. to 5 p.m.
- Billiards open Monday through Friday, 9 a.m. to 10 p.m.
- Auditorium open for scheduled shows; dates and times vary



Pickleball | 949-597-4273

- Monday, Wednesday and Friday mornings open play; sign up on patio for a game
- Tuesday and Thursday mornings paddle tennis has priority 7 a.m. to noon
- Saturday, Sunday open play
- Second, fourth Saturday pickleball has priority

Pools | 949-597-4273

Check the most current pool schedule at bit.ly/3u4adRE

Recreation Coordinated Classes | 949-597-4273

- Class schedule: bit.ly/3rwVWtp
- ActiveNet portal: bit.ly/3eKhxts
- ActiveNet tutorial video: bit.ly/2UDQmJF
- Virtual recreation: bit.ly/3Bsne8V

Tennis | 949-268-2481

- 7 a.m. to 10 p.m. daily
- No reservations required for courts 1 - 7 7 a.m. to 4:30 p.m.
- Court Reserve reservations required for courts 8 - 10 7 a.m. to 4:30 p.m.
- Court Reserve reservations required for courts 6 and 7 4:30 to 9 p.m. (lighted)
- For Court Reserve reservations, visit bit.ly/3x0MMXj.

Saddleback Emeritus | 949-582-4835

Visit saddleback.edu/emertus for the most current class schedule.

GRF Board of Directors

The Golden Rain Foundation of Laguna Woods Board of Directors meets the first Tuesday of each month at 9:30 a.m.

Bunny Carpenter
President
2022-2025

Debbie Dotson
First Vice President
2021-2023

Reza Karimi
Second Vice President
2021-2023

Joan Milliman
Secretary
2020-2023

James Hopkins
Treasurer
2022-2025

Elsie Addington
Director
2021-2023

Egon Garthoffner
Director
2022-2025

Yvonne Horton
Director
2022-2025

Gan Mukhopadhyay
Director
2021-2024

Martin Roza
Director
2023-2024

Juanita Skillman
Director
2021-2024



THE LAGUNA WOODS VILLAGE COMPLIANCE DIVISION

Its importance to the community cannot be overstated.

By Bunny Carpenter, President

Laguna Woods Village residents are a diverse group with varying perspectives and lifestyles, which makes conflicts inevitable. In order to protect and encourage wellness, safety and harmony of the residents of our Village, there are rules and restrictions which all residents must abide by. Each resident of our Village is obligated to comply with the rules, terms and conditions as set forth in the governing documents. Village Management Services' (VMS) Compliance Division is tasked with maintaining community standards, which range from architectural guidelines to landscaping requirements to noise ordinances and more. Ensuring that these standards are upheld preserves the aesthetic appeal of our Village, which, in turn, enhances property values

Register a complaint by calling the Security Services Department at **949-580-1400** or the Compliance Division at **compliance@vmsinc.org** or **949-268-CALL (2255)**.

and maintains residents' sense of pride in their neighborhood. When compliance is lax, neglected properties and rule violations can diminish property values and quality of life for everyone.

The comprehensive legal framework that is the Davis-Stirling Act, also known as the California Civil Code (Sections 4000-6150), defines for California homeowners associations (HOA) the requirements for the process to bring forth and resolve disciplinary issues. It provides guidelines for governance, transparency, financial accountability, dispute resolution and more. HOAs operating in California must adhere to the requirements and procedures outlined in Davis-Stirling ensure that they operate within the bounds of the law and in the best interests of their communities.

Failure to comply with local laws or enforce HOA rules can have legal and financial consequences. The Compliance Division plays a crucial role in mitigating these risks by coordinating the rules enforcement program at our Village and adhering to these regulations, preventing costly lawsuits and fines that could drain Village financial resources. Strictly following the rules adopted by the various boards helps ensure fair and unbiased treatment of all members. The board of directors enforces rules and protects the very essence of what makes our Village a desirable place to live. It ensures the Village thrives, providing a haven where residents can enjoy the benefits of communal living while preserving their individual rights and property values.

MEMBER DISCIPLINARY PROCESS

If everyone followed the Golden Rule ("do unto others ..."), HOA disciplinary hearings

would be rare. Unfortunately, hearings are a necessary, regular and unpleasant board responsibility. These hearings are governed by Civil Code Sections 5850 and 5855. The process begins with a written notice to the member at least 10 days before a disciplinary hearing, informing the member of the date, time and place of the meeting; the nature of the alleged violation; and notification that the member may address the board at the meeting. Within 15 calendar days, the association must inform the member in writing of any discipline imposed. The process must be followed, as any deviation from standard procedures invalidates the disciplinary action (Civil Code §5855[d]).

The required "process" is simply what is specified in the civil code. So, members do not have the right to be represented by counsel, cross-examine witnesses, confront their accuser or face a jury of their peers. Disciplinary hearings are not public court proceedings, but are private meetings between neighbors addressing a community problem. Members' rights in these hearings are what the statute says they are. When a member files a complaint against a neighbor for a violation, members do not have a "right" to know the results.

Each housing board is obligated to investigate, evaluate and impose, if appropriate, member discipline according to its respective governing documents and member disciplinary process. Each board has its own compliance policies and holds its own disciplinary hearings (coordinated by the Compliance Division) for its members except when a violation is on GRF property. The board may impose a fine based on the monetary fee schedule and suspend member privileges.



WHY I VOLUNTEERED— AND YOU SHOULD, TOO

By Debbie Dotson, GRF First Vice President

About four years ago I found myself considering running for a seat on a mutual board. I strongly believe in the philosophy of “Be the change you want to see” and I thought there’s no better way to embody that principle than to become a board member. After several months serving on Third Mutual, I was elected to the GRF board to work on larger community-wide initiatives, where I am now ending my service as first vice president. I am happy to have made a positive impact on our community’s technology upgrades and much more. In these years, I have learned a lot about the history of the Village, our residents and the immense business operations that are needed to keep our gates open! This is not an easy task, but it is essential to sustain our wonderful community.

WHY VOLUNTEER

Volunteering on our boards is a noble undertaking that has far-reaching implications for both the community and the individuals involved. As an active senior community, we often face unique challenges and opportunities, and a well-run board can play a pivotal role in ensuring the well-being and satisfaction of its residents. Quality board members are worth their weight in gold!

GRF is responsible for managing various aspects of the community, such as common areas, clubhouses, pools and amenities, and for enforcing community rules. Our scope and

budget make us much different than many homeowners association boards. Our primary goal is to enhance the quality of life for residents, ensuring a safe, pleasant and welcoming environment. GRF delivers a sense of community among residents and, here in the Village, these responsibilities become even more critical as they directly impact the well-being of an active older adult demographic. This is not a role any of the GRF board members take lightly. We are focused on what is best for Laguna Woods Village. Decisions are made for the greater good.

Volunteering for a board ensures that residents’ voices are heard and their concerns effectively addressed—and helps create a strong sense of community. Getting to know residents, participating in committees and attending the many community activities give board members a real sense of our Village and its concerns. In listening to residents, I am glad

to report that positive comments far and above outweigh the negative ones, and that most of our residents are very happy and content living here.

EXPERIENCE THAT MAKES A DIFFERENCE

Business experience: Business acumen brings a unique set of skills and perspectives that can greatly benefit the board's decisions and overall effectiveness. We need more of these people to join our boards!

Financial management: Prior business experience equips individuals with financial expertise, enabling them to make informed decisions about the community's budget, fees and investments. This knowledge ensures that resources are allocated efficiently, preventing financial strain on residents. This factor cannot be overstated—it's your money and mine—and relying on your boards to make informed decisions is one of the most critical aspects.

Vision: The ability to envision the future is another necessary attribute. Retired business leaders often excel in strategic thinking, which is a vital skill for our board. Developing long-term plans that address the community's evolving needs and challenges to ensure sustainable growth cannot be minimized.

Conflict resolution: This skill can be invaluable when dealing with disagreements among



Prior business experience helps individuals make informed decisions about the community's budget, fees and investments.

community members. A calm, pleasant demeanor with the ability to work with a variety of people is an absolute necessity for anyone on our board.

Legal and compliance knowledge: The ability to understand contracts, legal obligations, governance rules and state laws is crucial for our board. Business experience often brings familiarity with such matters, reducing the risk of legal complications.

Leadership: Leadership and decision-making are essential for managing a diverse group and making tough choices that benefit the majority. Board directors must possess the ability to provide guidance as well as collaboration.

Effective management and good financial judgment can help protect and increase the value of homes in the community, which directly benefits all residents, especially our demographic which may rely on the equity in their homes for financial security.

Decisions made by boards have long-reaching implications. Maintaining our status as one of the premier active communities in the country is of great importance. Board members should respect and uphold their fiduciary responsibilities with great care.

Volunteering for the GRF board can significantly improve residents' quality of life, promote a sense of community, address our unique challenges and ensure efficient management of resources. While dedication and a commitment to service are vital attributes, having previous business experience matters greatly in this context. Business acumen brings financial expertise, strategic thinking, conflict resolution skills, legal knowledge and effective leadership, all of which contribute to the board's effectiveness. If you possess any of these skills, please consider running for board service, and make a difference in the future of our beautiful community.

Third Board of Directors

The Third Laguna Hills Mutual Board of Directors meets the third Tuesday of each month at 9:30 a.m.

Mark Laws
President
2021-2024

Jim Cook
First Vice President
2021-2024

Ralph Engdahl
Second Vice President
2022-2025

Cris Prince
Secretary
2022-2025

Andy Ginocchio
Treasurer
2023-2026

Cusrow “Cush” Bhada
Director
2022-2025

Nathaniel Lewis
Director
2021-2024

S.K. Park
Director
2023-2025

Brad Rinehart
Director
2023-2026

Moon Yun
Director
2023-2026

Jules Zalon
Director
2023-2026



PLEASE DON'T FEED THE WILDLIFE

By Mark Laws, President

California State law stipulates that feeding wildlife is illegal: “Except as otherwise authorized in these regulations or in the Fish and Game Code, no person shall harass, herd or drive any game or nongame bird or mammal or fur-bearing mammal. For the purposes of this section, harass is defined as an intentional act that disrupts an animal’s normal behavior patterns, which includes but is not limited to, breeding, feeding or sheltering.”

Here in the Village, Third also has a rule that prohibits the feeding of animals which states “Items that constitute a nuisance to one’s neighbors should not be placed in common areas or limited common areas. Examples are ... food or water, which will attract birds, insects, or other animals. ...”

There are many good reasons to not feed wildlife, including, but not limited to:

- Feeding can cause wild animals to lose their natural fear of humans—the bold advances of a tamed wild animal can be misinterpreted as an “attack.”
- Providing food in residential areas often leads to property damage and unwelcome “houseguests.” Please do not leave pet food dishes outside and secure garbage bins.
- Providing an artificial food source causes mature animals to produce large families that the natural food supply can’t support; overpopulation can lead to starvation and disease, some of which are dangerous to humans.

If you see anyone feeding wildlife, please call Security Services staff at **949-580-1400**. Calls may be anonymous.



THE ROLE PLAYED BY THREE-STORY BUILDINGS IN LED LIGHTBULBS AND ROOFTOP SOLAR PANELS

By Stuart Hack, President, Garden Villa Association

Back in 2014, the Third Mutual Energy Committee was formed to consider all energy issues in Third, including changing the lighting in Garden Villa and LH21 buildings to energy-saving LED bulbs. Research showed promising results for cost savings to Third from available rebates, a quick reduction of electricity usage and lower maintenance for long-term savings due to the much longer life of LED bulbs. To be sure, there were issues, such as what would be the best light strength and hue in each type of location.

The Third Mutual board and members of the Third Mutual Energy Committee, in a collaborative effort with the Garden Village Association (GVA), agreed to go forward with a test to determine how LED lighting would work. The GVA was asked to designate one of its rec rooms as an LED bulb test site. Residents of the selected building and from other buildings visited the test rec room and commented on the brightness and the hue (i.e., white through blue based on Kelvin rating). Later, GVA was asked to use some buildings to test external lighting using LED bulbs in underground garages and building walkways. We designated buildings populated by residents who agreed to participate. Resident feedback provided a basis for changing most of the building lights in Third to LED, including street and cul-de-sac lights.

Then in August 2016, the Third board, with GVA backing, approved

the installation of solar panels on 12 Garden Villa buildings. The board saw the potential for producing additional electricity cost savings by mounting solar panels on the roofs of its Garden Villa buildings while federal, state and power company incentives were still available.

The electricity generated by the panels would be sold to Southern California Edison as a credit against the entire Third Mutual electricity bill. None of the energy or the cost savings generated by the solar panels would go directly to the residents of the affected buildings. GVA worked with its building captains and residents to gain their cooperation.

Consultants engaged by the Energy Task Force identified the best-situated building candidates based on how they faced the sun and potential sun blocking trees. GVA knew it was giving up roof space that might otherwise be used for private solar panels, air conditioning and heating units, and luminescent panels. But this was for the good of the entire community, with great potential to save money for all Laguna Woods Village residents.

So, how did it all turn out? All Village buildings now use LED lighting. The solar panels are meeting the expected economics, and Third Mutual is considering additional solar panels.

This is just one example of how being a cost-sharing, considerate community makes life better for all of its residents.

United Board of Directors

The United Laguna Woods Mutual Board of Directors meets the second Tuesday of each month at 9:30 a.m.

Alison Bok
President
2023-2024

Sue Quam
First Vice President
2023-2026

Pearl Lee
Second Vice President
2021-2024

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Ellen Leonard
Director
2023-2025

Anthony Liberatore
Director
2021-2024

Tom Tuning
Director
2022-2025

Georgiana Willis
Director
2023-2026

CLEARING GOVERNING DOCUMENT MISCONCEPTIONS

By Maggie Blackwell, Secretary

There are some misunderstandings regarding what our governing documents allow. Here is help from the rules and regulations.

My guest can use all Village facilities without me, right?

Incorrect. Guests must be accompanied by a resident at all times. We are a private common interest development. Members pay GRF monthly fees to operate facilities for members.

People can live in my manor with me without United knowing.

Yes, but only for 60 days per year. To protect member safety, all co-occupants/occupants must be registered. Sublessees, caregivers, dependent children, family members, partners, spouses or roommates living in your unit must have a co-occupancy form on file.

The board president lines up director votes on resolutions before the board meeting to cut down on discussion, right?

Incorrect. Unlike private corporations, the open meeting act protects members from secret director decisions on open matters. Members have a right to be heard about proposed items. Directors should listen to all views, consider questions and read all reports, and then make an informed, reasonable decision.

A smart director never changes their mind, right?

Incorrect. Directors must listen to all sides, which includes opinions from directors, experts, staff and members before voting, and must make the decision a reasonable person would make.

Directors should look out for their neighbors, right?

Incorrect. Directors have a duty of loyalty to act in the best interests of the corporation. United must be considered over the wishes of friends or neighbors. All residents—all 6,323 units must be considered. Directors can bring issues forward from residents, but directors owe a duty to protect United.



VMS Board of Directors

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GRF, 2022-2025

Mary Seto
First Vice Chair
Third, 2022-2023

Wei-Ming Tao
Second Vice Chair
Third, 2021-2024

Debbie Allen
GRF, 2022-2023

Rosemarie diLorenzo
Third, 2022-2025

Daniel Kenney
United, 2023-2025

Manny Robledo
United, 2021-2024

Cynthia Rupert
GRF, 2022-2024

VMS COMPLIANCE DIVISION PROCEDURES

By Wei-Ming Tao, Second Vice Chair

The VMS Compliance Division follows standard protocols and procedures as specified by the boards of directors of the housing mutuals. Upon receipt of a complaint, on behalf of the appropriate housing mutual, the Compliance Division conducts an initial investigation, including identifying both the complaining party and the alleged violator. This process ensures transparency while still allowing for anonymous reporting when necessary. Members are made aware of the allegations against them.

EVIDENCE

If Compliance’s investigation finds objective evidence of a violation, the member is informed of the allegations and disciplinary procedures. The use of hearsay evidence alone is not the basis for disciplinary action. Witnesses and testimony are considered where applicable, and members are given the opportunity to defend themselves during the disciplinary process.

The Compliance Division presents evidence to the appropriate housing mutual’s disciplinary committee, ensuring that both parties have access to the information presented. The disciplinary committee receives the results of any investigation in its entirety. The member is provided with the necessary information during the disciplinary process to respond to the allegations. Identifying information such as the reporting party’s details are not made available to the offending member. During the disciplinary hearing the offending member is present when staff provides a summary of the alleged violations so that the member can address it and respond accordingly.

WITNESSES

Any relevant witnesses may meet before the disciplinary hearing committee to voice their concerns regarding the alleged violations. This opportunity is made available either before or after the disciplinary hearing that is scheduled before the accused member or on a totally different day. The member disciplinary process is not a court of law and as such the accused member does not have the right to examine relevant witnesses.



TIMELY PROCESSING OF MEMBER DISCIPLINE

Timely processing of member discipline is also crucial to maintain community harmony, as delays can lead to frustration among residents—and potential legal issues. Third-party mediation services may also be offered to resolve disputes amicably without the need for a formal board hearing.

STANDARDIZED PROCEDURES FOR SPECIFIC VIOLATIONS

The following is the disciplinary process adopted by the board of directors when violations occur:

- Upon notice of an alleged violation, staff investigates and files an incident report (IR) and/or notice of clutter violation (NOV).
- By way of the initial investigation, should staff identify objective evidence of a violation by a member or their guests, staff will send a letter to the offending party describing the allegation(s) and the disciplinary action that may ensue if the violation is not corrected. Depending on the seriousness of the matter, the board has the authority to schedule a disciplinary hearing as soon as is reasonably possible.
- Staff will monitor the situation, and if compliance with the request is not evident, an additional IR and/or NOV is filed, and a letter is sent to the offending party advising that a disciplinary hearing may be scheduled with the board

ENSURING FAIR AND TIMELY COMPLIANCE

A guide for Village residents and members

By Deb Allen, Director

In the tranquil community of Laguna Woods Village, residents of United Laguna Woods Mutual and Third Laguna Hills Mutual enjoy a peaceful and serene retirement lifestyle. However, as in any community, occasions may arise when member disciplinary action is necessary to maintain the tranquility and harmony that residents cherish.

The need for disciplinary action may arise in regard to various issues, including clutter, unauthorized occupancy, unapproved alterations and nuisance violations/neighbor disputes. While any violation of the governing documents may result in a disciplinary hearing, these four categories represent the majority of violations. The governing documents include any rules, regulations, policies, procedures and resolutions passed by the board.

LEGAL AUTHORITY FOR DISCIPLINARY HEARINGS AND TAKING DISCIPLINARY ACTION

Each member is obligated to comply with the rules and conditions set forth in their mutual's governing documents. Violations may result in disciplinary action by the board, which is authorized under its bylaws and §5855 of the Davis-Stirling Act. The board-approved member disciplinary process is fair, consistent and reasonable, and commensurate with the violation and progressive in severity.



of directors to determine whether member discipline is merited. If the alleged violation has been resolved, no further action is required.

- If a disciplinary hearing is merited, staff will proceed with noticing the member for a hearing. Hearings are noticed based on bylaws.
- During a member disciplinary hearing the member has the right to meet before the board of directors in executive session. If the board finds the member to be in violation with the governing documents, the board may impose a fine based on the monetary fee schedule, suspend member privileges and/or consider legal action.

PROGRESSIVE DISCIPLINE

Progressive discipline ensures that disciplinary actions are proportional and fair. It allows the member ample opportunity to understand the issue and the potential consequences of uncorrected behavior, and to take corrective action. Progressive disciplinary measures may include various steps:

- **Request for compliance:** The process typically begins with a letter sent to the member in question. This letter, which serves as a formal notification of the alleged violation of the community’s rules, outlines the nature of the violation and the potential disciplinary actions

that may follow if corrective measures are not taken. This initial step aims to inform the member and encourage them to rectify the situation.

- **Fine:** Depending on the severity of the violation or its frequency of occurrence, the board may levy fines after a finding by the board of directors that the violation merits such a response. Fines can be imposed in response to particularly egregious violations or as a second or additional step in the progression of member discipline.
- **Suspension of membership rights/membership termination:** The board holds the authority to suspend a member’s privileges if there is a willful or repetitive failure to adhere to the obligations set forth in the mutual or GRF bylaws. This suspension may encompass restrictions on the use of clubhouses, services provided by GRF, voting privileges or service on the boards.
- **Membership termination:** This is only available for United members. This is the most severe step in the disciplinary process. It is only undertaken

when a member’s actions, whether singular or cumulative, are so egregious that the board is compelled to terminate their membership. Termination of membership in a housing corporation simultaneously terminates the resident membership in GRF. Such actions are exceedingly rare, and the boards proceed with the utmost due diligence and seek advice from legal counsel before taking this step.

In adopting these progressive disciplinary measures, the boards are committed to ensuring a fair, proportionate and reasonable approach to member-disciplinary actions. By following these guidelines, they aim to maintain the peace, harmony and well-being of the community, fostering an environment where residents can enjoy their retirement years to the fullest.

The member disciplinary process is coordinated by the Compliance Division, which is under the authority of the Security Services Department. Following a duly noticed disciplinary hearing, any disciplinary action is imposed by the boards—not staff.

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THEN AND NOW

SADDLEBACK HOSPITAL

In July 1969, a formal application to construct a hospital was filed with the Orange County Health Planning Association, which approved the plans in 1970. GRF donated the land for the hospital as well as cleared the remaining mortgage on the parcel.

Village residents were instrumental in getting the hospital built, both by major donations and by serving on the hospital's initial board of directors. Many of our residents continue as volunteers and donors to today's Saddleback MemorialCare Saddleback Medical Center. In 1970, Village resident E.R. Meriwether gave the hospital \$500 earmarked for a gerontology center.

Hospital groundbreaking was on June 7, 1971, and construction began shortly thereafter. The hospital opened for business on January 27, 1974.



The Laguna Woods History Center, a 501(c)(3) nonprofit that receives no assessment funding, is located next to the Village Library. Visit weekdays from 11 a.m. to 1 p.m. and by appointment (call [949-206-0150](tel:949-206-0150)).



Hospital volunteers were known as "pink ladies."





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