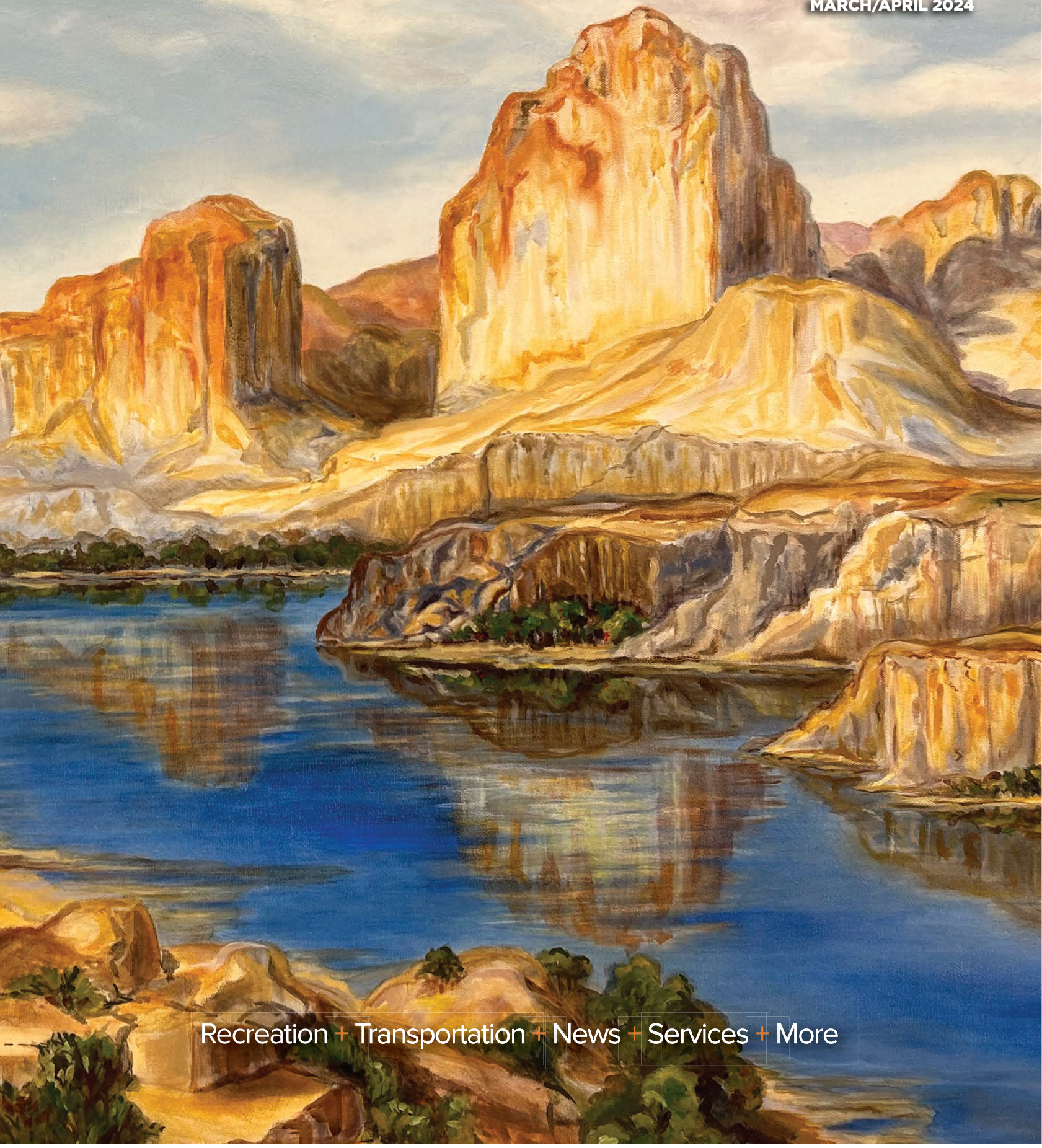
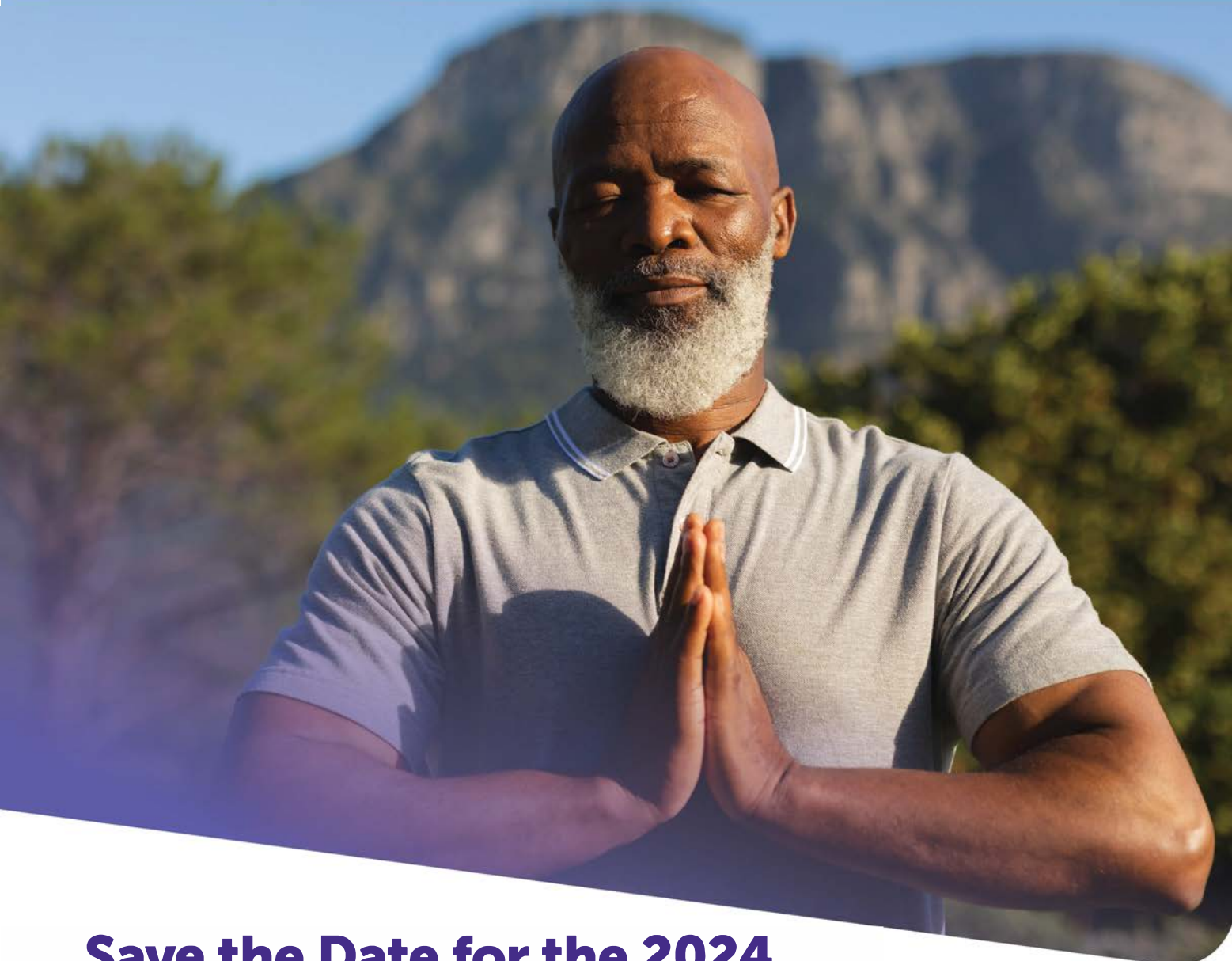


VILLAGE BREEZE

MARCH/APRIL 2024



Recreation + Transportation + News + Services + More



Save the Date for the 2024 Spring Health & Wellness Expo

Saturday, March 23 | 10 a.m. - 1 p.m. | Clubhouse 5

Start the spring season with a renewed sense of wellness by attending the 2024 Laguna Woods Village Health & Wellness Expo. You'll have an opportunity to meet with MemorialCare physicians and learn about cancer prevention, joint pain management, stroke prevention, the new Women's Health Pavilion at Saddleback Medical Center, and more. There will also be a special presentation on cardiac disease prevention and treatment. Attendees will have a chance to enter raffle prize drawings as well. We hope to see you there!

Learn more about MemorialCare.
(657) 241-8475
memorialcare.org/LagunaWoods


MemorialCare™



LETTER FROM THE EDITOR

ART AFFAIR

Experience the 2024 Laguna Woods Art Association exhibition—a gallery-worthy parade of artistic delights.

If you haven't visited the Laguna Woods Village Community Center recently, I hope you will stop in soon to enjoy the newly installed 2024 Laguna Woods Art Association exhibit. More than 170 unique pieces of artwork adorn Community Center first- and third-floor hallways and alcoves. All works are created by residents who are members of the association, and most pieces are for sale, if the call to make one your very own is too strong to deny.

In preparation of this very special, highly regarded and much-anticipated show, association members capture their creative visions in the Clubhouse 4 art studio and share their considerable talents with the community.

No matter the medium, no matter the scene depicted, each artwork offers inspiration, charm, provocation or engagement in some way.

Pictured here is just a small sampling of our very own captivating art gallery.

Ellyce

Ellyce Rothrock, Editor

ellyce.rothrock@vmsinc.org



Ellen Rose



Audrey Grider



Bernice Gross



Evgenia Willis



Janet Beaujon Couch



Inna Makarichev



Paul Landman



Karl Kiefer



Jim Gibson



Myoung Park



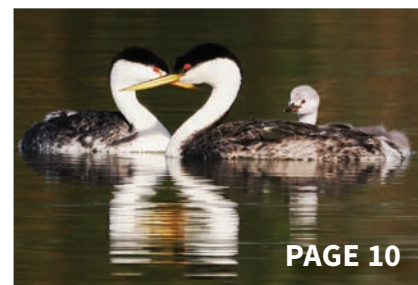
David Enjem

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BY SUSAN LOGAN-MCCRACKEN



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The Camera Club of Laguna Woods Village helps capture, preserve and share memories.

BY MYRNA KEITGES, PUBLICITY CHAIR



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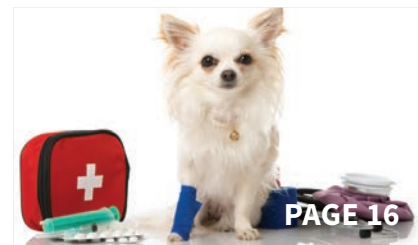
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Cover by Linda Ruddy



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 GOLDEN RAIN FOUNDATION
of LAGUNA WOODS


Village Management Services, Inc.


THIRD LAGUNA HILLS
— MUTUAL —


UNITED LAGUNA WOODS
— MUTUAL —

THE TOWERS
of Laguna Woods Village

in every issue

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VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF
LAGUNA WOODS VILLAGE

MARCH/APRIL 2024

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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.

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WHAT'S UP IN THE VILLAGE



CLUBHOUSE 1 PROJECT UPDATE

Renovations to the 41,000-square-foot, 60-year-old community landmark that hosts a wide range of recreation and social activities began on Monday, March 4. This is the first substantial renovation of Clubhouse 1 since its construction in 1964. The project includes interior updates to flooring, wall coverings, lighting and fixtures in various locations within most of the clubhouse buildings; door and window replacement; and painting of all exterior stucco.

For safety and efficiency reasons, most Clubhouse 1 facilities will be closed during the estimated six-month construction. The Village Library and Laguna Woods History Center will remain open, with parking access near the entrance and in the lot behind the library building.

RECREATION

Bocce and pétanque will remain open for the duration of construction, and bocce players may park in front of the bocce courts. In addition, nearly 100% of rental groups have been relocated to alternate venues. The Community Fitness Center at 24351 El Toro Road offers expanded hours: Monday through Friday from 6 a.m. to 9 p.m. and weekends from 7 a.m. to 5 p.m. The Clubhouse 5 fitness center is open daily from 5:30 a.m. to 9 p.m.

Additionally, fitness center staff can provide residents with information on how to use free gym memberships in the area through their insurance (depending upon eligibility).

TRANSPORTATION HUB

The transportation hub is temporarily relocated to the parking lot on the east side of the Village Library at 24266 Calle Aragon. For more information, visit lagunawoodsvillage.com/amenities/transportation or call 949-597-4659.

THANK YOU

Your patience is appreciated, and the GRF board and staff are confident you will be pleased with the end results of this project. Stay tuned for more updates along the way!

For more information, contact the Recreation and Special Events office at recreation@vmsinc.org or 949-597-4273.



DON'T FLUSH SO-CALLED "FLUSHABLE" WIPES

Despite the marketing claims that "flushable" wipes can be flushed down the toilet, these products actually often clog plumbing systems because they do not break down like toilet paper. Once a sewer line or toilet is clogged, the blockage attracts additional debris, making the situation critical.

Should a "flushable" wipe get through our pipes, it will get stuck at the El Toro Water District (ETWD) recycling plant, where it must be removed, an effort that ultimately impacts the cost of our water services. "Flushable" wipes currently represent the largest amount of solid waste that the ETWD recycling plant cannot process.

Save yourself, your pipes and possibly your neighbors some grief by throwing "flushable" wipes in the trash and by placing only standard bathroom tissue in your unit's toilet(s) as well as toilets throughout the Village.



WHAT GOES WHERE

To know what to recycle, what to place in the organics bins, what to toss in the landfill trash container and what requires special disposal, visit bit.ly/3NKcZ7U.

ORGANICS RECYCLING MADE EASY

- View/download a City of Laguna Woods flyer for guidance on use of the organic carts (what is and isn't considered organics recycling materials) at bit.ly/3Sy7EmE.
- Use compostable bags to dispose of organic items (paper bags and newspaper are acceptable).
- Access an interactive map at bit.ly/3sa2tP3 or access a printable map at bit.ly/4bfmVA4 that highlights your nearest organics cart. Do not move organic waste recycling carts—they will not be serviced in areas where they are not assigned. Email LagunaWoods-Recycles@CRRMail.com if you find a cart that has been moved.
- Green waste is accepted in organics carts. However, to ensure everyone can use the carts for accepted waste, please do not fill the organics carts with garden/lawn prunings. Email or call Resident Services at residentservices@vmsinc.org/949-597-4600 with your manor address any time before noon on Thursday to schedule a Friday clippings pickup. Requests received after the Thursday deadline will be serviced as soon as possible the following week. If you have trash, recycling and organics recycling questions, concerns or requests, please email CR&R at LagunaWoods-Recycles@CRRmail.com or call 949-625-6735.



WHAT'S UP IN THE VILLAGE

CodeRED™

RECEIVE BRIEF URGENT MESSAGES

VMS continually monitors municipal and government information sources and communicates any potential danger to residents via our CodeRED emergency notification system. In the event of an emergency or the need to broadcast critical time-sensitive news, CodeRED transmits brief, urgent messages to Village residents as quickly as possible via phone, text or email.

If you are not already enrolled in CodeRED, visit lagunawoodsvillage.com, click the black and red CodeRED icon at the top left-hand corner and fill out the form or enroll after logging in to the resident portal at portal.lagunawoodsvillage.com/login.php. All information you provide to the CodeRED system is confidential and will be used to contact you in the case of an emergency only.



GRF AMENDS ADDITIONAL OCCUPANCY FEE

On December 5, 2023, the GRF board adopted Resolution 90-23-69 that amended its additional occupancy fee. The current fee of \$100 for each additional occupant over two will increase to 50% of the GRF total basic assessment per manor per month to offset costs incurred by extra occupants. So effective January 1, 2024, the GRF additional occupancy fee will be \$114 and is subject to change annually. The additional occupant fee will be applied to the owner's account beginning on the first day of the calendar month immediately following the additional occupant's effective date. Should you have questions about the GRF policies please reach out to your GRF board.



MEMORIALCARE SADDLEBACK MEDICAL CENTER NAMED A BEST HOSPITAL

MemorialCare Saddleback Medical Center was once again named one of America's 250 Best Hospitals by Healthgrades, a leading resource that connects consumers, physicians and health systems. This is the second year in a row that Saddleback Medical Center has received this recognition.

"Our clinicians are dedicated to this community," said Marcia Manker, MemorialCare Saddleback Medical Center CEO. "I'm filled with gratitude to have such a compassionate and caring group of clinical leadership at our hospital. We are continuously focused on putting the patient first from clinical outcomes to their overall day-to-day experience, and this type of recognition lets us know we are succeeding."

CHECK OUT THE VILLAGE YOUTUBE CHANNEL

Visit Village Television's YouTube channel at youtube.com/c/VillageTelevision and browse the thousands of videos from Laguna Woods Village clubs, entertainment events, board meetings, "This Day" and much more. More videos are added each day!



PC CLUB TEACHES RESIDENTS TO USE COMMUNITY APPS

It never hurts to broaden your technology skills to more easily navigate communication tools and electronic devices. 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.

Open to Village residents and their guests, PC Club classes are free but donations are welcome at the door. Registration is required prior to each class. A small sample of classes offered includes how to use the dwellingLIVE guest pass portal, the Performing Arts Center ticket portal and the resident portal.

Visit lagunawoodsvillage.com/amenities/clubs/computer-club-pc to learn more about PC workshops, classes and more.

The PC Club Workshop is open from 11 a.m. to 3 p.m. Monday through Friday.



IF THEY POOP, YOU MUST SCOOP

Besides simply being a good neighbor, there are many reasons why dog owners must always pick up after their pooches and place waste in the proper receptacle:

- It's the law—many urban and suburban areas require it.
- It can contaminate groundwater.
- It may contain harmful organisms such as Giardia, Salmonella and E. coli that can be transmitted to humans and other animals.
- It may contain roundworms and hookworms (deposited by infected animals) that can live in the soil for long periods and transmit to humans and other animals.
- It can attract rodents.
- It's the right thing to do!



60 YEARS: A VILLAGE MILESTONE CELEBRATION

The Moulton Museum (moultonmuseum.org) and the Laguna Woods History Center (lagunawoodshistory.org) partnered to kick off the Village's 60th anniversary celebrations in late January at the History Center. Mid-century artifacts were unveiled for the first time, offering a unique glimpse into the transformation of ranch land into the vibrant community residents cherish today. The exhibit will run through the end of April. The Laguna Woods History Center, located at 24266 Calle Aragon, is open Monday through Friday from 11 a.m. to 1 p.m.

FROM CONCEPT TO REALITY

Meet the masterminds of VMS' largest operating department: Maintenance and Construction.

BY SUSAN LOGAN-MCCRACKEN

As the largest VMS department, Maintenance and Construction staff provides planned and emergency maintenance and construction services to United and Third housing mutuals and for all GRF facilities throughout the Village. That responsibility requires an annual operating budget of \$35 million and 172 budgeted staff positions led by a director and two assistant directors.

MANUEL GOMEZ, MAINTENANCE AND CONSTRUCTION DEPARTMENT DIRECTOR

Department Director Manuel Gomez credits his two assistant directors for ensuring the department's



five operating divisions run smoothly. "They are the ones who do the heavy lifting, and their efforts are key to our department's success," he said, adding that the three of them combined "have more than 100 years of management experience in both private sector and municipal government organizations."

Gomez joined VMS as the department director in August 2021. In this role, he assists the CEO in implementing board policies and ensures all divisions have the resources they need to successfully provide the best quality services possible. To achieve this, he relies on the support of both assistant directors who oversee the day-to-day department functions.



BART MEJIA, ASSISTANT DIRECTOR, PROJECTS, MANOR ALTERATIONS, DAMAGE RESTORATION DIVISIONS

Seeing concepts become reality is what Bart Mejia enjoys most about his work. "Whether that is a major or minor project approved by one of our corporations or the remodel of manors undertaken by our members, knowing that my team and I had something to do with such an accomplishment is most rewarding," said Mejia, a licensed civil engineer.

As Maintenance and Construction assistant director, Mejia oversees, leads and supports management for the Projects, Manor Alterations and Damage Restoration divisions in planning, design and construction of major projects including facilities, roadways, common areas and infrastructure. He also develops and implements policies and standards for processing mutual consents, variances and resales inspections, designs programs and procedures to assist members with

damage restoration, and manages and oversees solar and energy programs. His typical day at the Village is filled with updates, resolving issues, responding to communications, looking for ways to improve customer service, attending meetings and providing leadership to managers and staff who report to him.

“I had the privilege to have worked on a variety of projects that range from creating natural habitats to the construction of new libraries and fire stations and the coordination with multiple agencies and departments. I apply this experience to the work that we do in each of my divisions.”

For the divisions that provide member services (Manor Alterations and Damage Restoration), Mejia seeks ways to make the experience easier, simplify processes and improve customer service while upholding each mutual’s rules, regulations and goals. For the Projects Division, he endeavors to deliver the highest quality projects at the most economical cost. He aims to apply innovation and technology to improve services for all the divisions.

“My staff and I welcome any ideas and suggestions to improve current processes and customer service.”



**IAN BARNETTE, ASSISTANT DIRECTOR,
MAINTENANCE SERVICES, MAINTENANCE
OPERATIONS DIVISIONS**

Meeting amazing people and serving the community bring joy to Ian Barnette. “I take pride in knowing that I am part of a team that is instrumental in delivering world-class service to one of the largest active senior communities in the country. I particularly enjoy speaking with our residents and hearing their stories, and I have had

the extreme pleasure of meeting some amazing people living in Laguna Woods Village.”

As Maintenance and Construction assistant director, Barnette leads, oversees and supports management for the Maintenance Services and Maintenance Operations divisions. Maintenance Services includes epoxy programs, plumbing, electrical, appliance, fire safety systems and GRF facility services (including clubhouse and pool maintenance). Maintenance Operations includes carpentry, interior components, prior to paint, paint, Garden Villa inspections, elevator maintenance and fumigation.

Barnette sets goals and objectives for division managers to plan, organize and supervise building and facility maintenance programs and to prepare and implement new programs, procedures and policies. He works closely with the director to implement division, board and committee objectives and to create new and revised policies. His daily tasks range from staff meetings to board and committee meetings, working with staff to increase efficiencies, reviewing policies and making revisions where needed, working closely with other departments and vendors to ensure production optimization in the maintenance divisions, and interacting with the residents to resolve any concerns that may arise. His goal is to leave residents with a smile.

He spent much of his junior high and high school years volunteering at retirement communities in Garden Grove and Seal Beach. He worked as a carpenter for his grandfather’s company in his early teens and later attended business and construction management school while functioning as a carpenter and then as production manager and interim director for Knott’s Berry Farm’s Entertainment Production Department. He draws from those experiences to navigate his current role.

“In my early career, one of my mentors told me something that resonated and stuck with me in every role I took: ‘Work your hardest to leave it just a little better than when you found it.’ If I can leave at the end of the day and know that I have improved a process, lowered spending or enhanced service, I have done my job.”



VISIONS OF *Light*

The Camera Club of Laguna Woods Village helps capture, preserve and share memories.

BY MYRNA KEITGES, PUBLICITY CHAIR

The Camera Club was one of the first clubs to organize after Laguna Woods Village first opened as Leisure World. Initially the club was made up of a group of individuals with a passion for photography. They shared their travel, landscape and portrait photos while helping each other with planning and composition ideas. In 1966, a formal club organization was established, leading to a growth in meetings from 40 individuals to 85. Early meeting sites included meeting rooms at the Performing Arts Center, but the club found its permanent home in 1973 when Clubhouse 4 opened.

Today, with a membership of 300 and the shift from film to digital, the club works diligently to update equipment and resources available to club members.

“The club has state-of-the-art professional equipment that is professionally maintained,” said member Tom Conrad. “We have some amazing stuff, on par with any commercial lab.”

As far back as 1973, the club provided members with many opportunities to have their images professionally critiqued. “The quality of images has evolved right along with equipment and club members’ skill and creativity,” said member Lawrie Bau.

Club showcase events continue to be a popular mainstay, with presentations by professional photographers and our club members taking

everyone along on their travels. Many club members are well traveled and happy to bring these experiences to the community.

The club offers classes and workshops, covering everything from editing software to tips and tricks with smartphone cameras. Also, as another recognition opportunity for club members’ skills and creativity, the club is featured on Village Television twice weekly—Wednesdays at 11:30 a.m. and Saturdays at 10:30 a.m.

This year a new feature on the club’s website, “Trips & Outings,” encourages club members to connect. This is an outlet for members to share photography events and plan local or long-distance outings.

Visit the
Camera Club at
cameraclublwv.org
or at [Facebook.com/
CameraClubLWV](https://www.facebook.com/CameraClubLWV).

The Camera Club provides residents access to experienced photographers who provide photographic support to activities such as the Village Games, Clown Alley and other activities sponsored by the Recreation and Special Events Department. Every fall, the club is open to the community at the Arts and Crafts Bonanza at Clubhouse 4. And finally, the club also assists the community with



The Camera Club offers classes and workshops, covering editing software to tips and tricks with smartphone cameras.

personal projects. Think printing photos, scanning negatives and slides, restoring old photographs, matting a favorite family photo and getting portraits done.

“Photographs are memories,” said member Joel Goldstein.

“They are recordings of family. They are memories of places we’ve been. They are displays of our skills. The Village is fortunate to have a club that helps us capture, edit, preserve and share these memories.”



Save the Date

Women’s Health Physician Panel Event

Monday, April 8 | 5 – 7 p.m. | Clubhouse 2

Join us for an event focused on women’s health services offered at the new Women’s Health Pavilion. Our physician speakers include our new medical director of women’s health services, breast oncologist, gynecologic oncologist, and breast oncology surgeon. Light refreshments will be served.

Visit memorialcare.org/lwwomenshealth or call (877) 696-3622 to register.





Lifestyle changes to build muscle mass and
keep us stronger longer

BY JENNIFER KARMARKAR

Stan Wada's parents were approaching 70 when he started noticing signs that they were losing muscle mass. It took them longer to perform simple tasks like tying their shoes or putting away the dishes. His mother was no longer able to lift heavy bowls from the cupboard like she did when she was younger. His father's posture was more rounded, and his gait became unsteady. And, like many in their age bracket, they needed the assistance of armrests to get out of a chair.

Now in his early 50s, Wada, a personal trainer for 30 years, has started to notice signs of muscle mass decline in himself, as well.

"It's a wakeup call for me," Wada said. "My body does not do the things that it used to do, and I've lost a step or two—probably two. But at the same time, I knew this was coming because I've been training many people into their 70s."

USE IT OR LOSE IT

Loss of muscle mass is a natural part of aging. Experts say that beginning in our mid-30s, we can expect to lose between 3% to 5% each decade. Men tend to lose more muscle mass than women, in general, because they have more testosterone, which builds and maintains muscle. According to a report by Harvard Medical School, most men will lose about 30% of their muscle mass during their lifetime.



“At a certain age, we see success in the increased ability to perform different tasks and to increase the amount of weight we move throughout the exercise. But probably the biggest reward that I hear is not at the gym. It’s ‘I did this on the weekend. I was with my family, and I was able to get to the restaurant, get back in the car and get back home. And I felt great!’”

—Patrick Kennedy, a personal trainer at the Laguna Woods Village Fitness Centers

Age-related muscle mass loss, called sarcopenia, can lead to weakness, loss of balance and mobility problems, putting us at greater risk for falls that can result in life-threatening fractures or head injuries.

The worst thing for seniors is to be sedentary, Wada said. “What happens after 30 if you stop being active is you lose your muscle mass, you start to lose your strength, and you’re just not able to do as much.”

The good news is that with a few lifestyle changes, we can start rebuilding muscle mass at any age.

BENEFITS OF BUILDING MUSCLE

Muscles are soft tissue that contracts and expands to produce force that is used in virtually every movement the body makes, whether we’re running a marathon or brushing our teeth. The amount of muscle we are born with is largely a matter of DNA and will be maintained without us having to do anything until it begins declining in middle life.

We often think of muscle building as an activity that athletes or bodybuilders engage

in; however, everybody can benefit from building muscle, as it is vital to our overall health.

Muscle mass can help prevent osteoporosis and bone decay, improve hormonal functioning, regulate blood pressure, lower our heart rate, and fight heart disease and type-2 diabetes. In addition, it can boost our metabolism, elevate our mood and promote better quality of sleep.

Muscle mass is also critical to the ability of older adults to live independently without fear of falling.

“That’s the number-one fear we have in our community,” said Patrick Kennedy, a personal trainer at the Laguna Woods Village Fitness Centers. “To be out there actively living our lives, we need to be able to feel confident, not only about not falling, but also whether one can get back up on one’s own. Muscle mass allows us that opportunity to help ourselves get back up again.”

Given the overall benefits, rebuilding our muscle mass may be just what the doctor ordered to improve our quality of life



Get in a good workout led by a personal trainer at the Community Fitness Center.

and to remain independent as long as we can. Read on to learn how to get started.

EXERCISE REGULARLY

Any attempt to rebuild muscle mass should include regular exercise, whether it's in the gym, outdoors or in our own home. Fitness professionals say one of the best forms of exercise to build muscle strength is resistance training, which uses our own body weight rather than machines.

Resistance training is typically done with rubber resistance bands, along with weight balls, dumbbells, kettlebells and barbells. We also can use our body weight to do squats, pushups, planks or burpees.

As with many forms of exercise, resistance training can be done in the gym or at home. "The beauty of it is with the internet, there are multiple ways you can exercise at home, whether you work with a trainer on a Zoom call or watch a YouTube video," Wada said.

And you don't have to spend a ton of money on equipment, he said. For example, Wada has a client who has shoulder problems and is unable to lift weights, "So I have her use two Campbell's soup cans. I have her do a series of shoulder exercises where she just raises them over her head to stimulate the muscle tissue."

He also recommends seated squats for his senior clients, which require simply getting in and out of a chair.

Importantly, he says, don't



Any attempt to rebuild muscle mass should include regular exercise, whether it's in the gym, outdoors or in our own home. Fitness professionals say one of the best forms of exercise to build muscle strength is resistance training, which uses our own body weight rather than machines.

overdo it. "I know there are some bodybuilders in their 50s and 60s, and that's fine, but it's not something I recommend in the beginning. Recovery is just as important as working out itself. So slow down, and just be patient."

KEEP MOVING

Another good (and free) activity to rebuild muscle mass is walking, "which is the single best thing you can do to work all of your muscle groups," said Kennedy, who adds that any amount of walking is better than no walking.

"I'm teaching myself to get away from 'it has to be three days a week, it has to be an hour long.' It's more about if I did the laundry, or if I did a little gardening, maybe I don't need a

walk. It's thinking about what I do on a daily basis.

"At the fitness centers, I see people using the elliptical machines, I see them using the stair climber or the treadmill because that's what motivates them and keeps them active," said Kennedy, who adds that aerobic exercise and dancing have benefits as well. "There are so many ways that we can use our bodies to develop muscle mass as long as we keep moving."

EAT A BALANCED DIET

Fitness professionals emphasize that a diet rich in proteins and complex carbohydrates is critical to building muscle mass in older adults, especially if they are engaging in regular exercise. Kennedy said that diet

Personal Trainers Are Here for You

Get in a good workout led by a personal trainer at the Community Fitness Center at 24351 El Toro Road. Five 30-minute sessions cost \$200; 10 30-minute sessions cost \$400.

Call the Community Fitness Center at **949-268-2275** for more information.

feeds the body what it needs and wants to maintain or grow muscle.

“If you start a program of reconditioning and you don’t include diet, there’s going to be a point at which your body starts pushing back and saying, look, you’re not giving me what I need to accomplish this,” he said. That can result in stress, overuse of muscles, fatigue and even sleeplessness, he added.

A 180-pound adult with sarcopenia may need to eat 3.5 to 4.3 ounces of protein daily, according to the Mayo Clinic, which also reported the best proteins for rebuilding muscle contain the amino acid leucine, found in lean meat, poultry, fish, eggs, milk and milk products. Beans and legumes are also excellent sources of protein.

And don’t forget to include complex carbohydrates, Kennedy said. “I know carbohydrates get a bad rap, but research shows that carbohydrates are going to feed the body the energy it needs to perform fitness activities.”

Complex carbohydrates are found in legumes, fruits, starchy vegetables such as sweet potatoes, and whole-grain products such as bread, rice and pasta.

BE REALISTIC

So, you’ve decided to commit to a program of regular exercise, bravo! As Kennedy and his colleagues at the fitness centers

say, “That front door at the gym is the heaviest weight you’re going to lift.”

Before you begin, make sure your physician clears you for physical activity. Then seek out a fitness professional for an assessment of your posture, balance and gait. And give yourself a little grace—you didn’t lose muscle mass overnight so don’t expect to rebuild it quickly.

“At a certain age, we see success in the increased ability to perform different tasks and to increase the amount of weight we move throughout the exercise,” Kennedy said. “But probably the biggest reward that I hear is not at the gym. It’s ‘I did this on the weekend. I was with my family, and I was able to get to the restaurant, get back in the car and get back home. And I felt great!’”



Age-related muscle mass loss can lead to weakness, loss of balance and mobility problems. The worst thing for seniors to do is to be sedentary.



A PLAN FOR PETS

How to prepare for disasters with your companion animals

BY SUSAN LOGAN-MCCRACKEN

Hurricane Katrina taught us some hard lessons. We learned that many people consider their pets family members and refuse to evacuate without them. Sadly, many of those people and their pets perished in the storm or its aftermath. Approximately 85% of pets displaced by the disaster were never reunited with their owners. That prompted the Pet Evacuation and Transportation Standards (PETS) Act of 2006, a federal law that requires state and local authorities to plan for the care and sheltering of pets and service animals during mass evacuations. We also learned that people need to prepare for disasters and include their pets in the plan.

WE HAVE A PLAN

“We have a plan and it’s up to date,” said Sandy Benson, member of the

Disaster Preparedness Task Force for Pets Subcommittee. Known by many in the Village as “the pet lady,” Benson is certified by the Federal Emergency Management Agency (FEMA) and has served on the subcommittee since its founding in 2020. In the event of a disaster, “we would be immediately recognized by FEMA, because we have a plan,” she said, adding that she updates it every year.

Government may care for and shelter pets during mass evacuations, but people need to include their pets in their disaster plan.

Benson led a volunteer group of resident animal lovers appointed by GRF to create the Laguna Woods Village Disaster Preparedness Plan for pets living in Laguna Woods Village. The plan outlines steps in three phases—preparation, during a disaster and after a disaster.

Benson clarified that the plan does not include residents registering their pets. Because of limited resources and volunteer attrition, keeping track of all pets in the Village is not logistically feasible. “We had a committee of 15 and now it’s one,” she said of the subcommittee on which she literally serves as a subcommittee of one. “It’s hard to keep people engaged because we don’t have disasters, thankfully.”

“It’s hard to have disaster preparedness when there’s no disasters, which is good because we don’t want disasters,” said Disaster Preparedness Task Force committee member and GRF First Vice President Juanita Skillman. “The challenge is how to keep people involved. We don’t have children in the Village—the pets are our children.” As such, it’s important to take proactive steps to include pets in our emergency planning.

PREPARATION

Here’s how you can prepare to shelter in place with your pets.

Sign up for CodeRED to receive important information and updates about the Village. CodeRED is deployed during emergencies and power outages. Visit lagunawoodsvillage.com, click on the CodeRED icon in the upper left corner of any web page and fill out the form.

Identify a safe place in your home where you can shelter in place with your pets. Close off spaces where frightened cats may try to hide, the Humane Society of the United States (HSUS) recommends.

Pack an emergency kit and store it in the safe place you identified. “Make sure you have a disaster kit that includes

medications and medical records, just like you would for yourself, in a water-proof bag,” Benson said. “Have an extra supply of food and water for a week just like you would for yourself. Prepare to keep them comfortable and keep them with you.” She also recommends telling your neighbors you have pets.

Stick a decal in your window that indicates to first responders that you have pets inside. “It’s especially necessary with cats, because cats panic and hide,” Skillman said.

Keep the carrier, leash and harness handy in case you need to evacuate with your pets. Identify places in advance where you can stay with your pets should you need to evacuate. If you evacuate, keep your pets with you. The Village disaster preparedness plan provides a list of pet boarding facilities and pet friendly hotels.



Hurricane Katrina taught us that many people refuse to evacuate without their pets during a disaster, which can be fatal, and that approximately 85% of pets displaced by the disaster were never reunited with their owners.

Make sure your pets wear ID in case you get separated. The HSUS also suggests getting your pet microchipped.

DURING A DISASTER

Shelter in place and keep your pets indoors with you. FEMA offers guidance on sheltering in place during multiple types of disasters. Staying in your home, place of employment or the building where you happen to be located may be the safest place to be.

Make arrangements ahead of time with a trusted neighbor to take your pets in case you are not home during the disaster. Be sure the person knows where you keep your supplies, the HSUS recommends. Establish a meeting location in advance, if your neighbor has to evacuate with your pets.

“People have the misconception someone will come and save their pets,” Benson said. “It’s important to prepare yourself and your pets. It has to be on a smaller scale of neighbor taking care of neighbor. I think the biggest takeaway is know your neighbor. Know if they have pets and if they have needs. Have a contact. Be a good neighbor.”

AFTER A DISASTER

The Village disaster preparedness plan recommends steps to take after a disaster.

Survey the area inside and outside your home for damage and hazards. These can include sharp objects, dangerous materials, contaminated water,



Identify a safe place in your home where you can shelter in place with your pets. Close off spaces where frightened cats may try to hide. If you must go outside with your pets, use carriers, harnesses and leashes to help keep them safe.

downed power lines, dangerous wildlife and other hazards.

Continue to shelter in place. Continue to use carriers, harnesses and leashes if you have to go outside with your pets. Never leave them outdoors unsupervised.

Reintroduce food in small servings and work your way up to full portions if your pets had to go without food for a long time.

Allow your pets uninterrupted sleep and rest as they recover from the stressful situation.

Establish a normal routine for your pets as soon as you can, as disruption of a familiar schedule can be your pet’s biggest source of stress.

Comfort your pet. Petting and snuggling can reduce anxiety for you and your pet.

Contact your veterinarian if you notice any signs of illness, discomfort or stress in your pet.

SHELTER-IN-PLACE EVENT

Learn more about sheltering in place with pets, as well as how to protect yourself and your neighbors, at the Disaster Preparedness Task Force’s shelter-in-place event at the Performing Arts Center (PAC) auditorium on Friday, March 15, from 10 a.m. to 1 p.m. Register by visiting bit.ly/42ML3WY or calling Grace Stencel at **714-421-9019**. Text or leave a voice message with your name, telephone number and manor number.

INSIDE A PET EMERGENCY KIT

- Food and treats (one-week supply)
- Water (one-week supply)
- Medicine (one-week supply)
- Portable carriers (plus bedding, blankets, towels)
- Veterinarian contact information, records, microchip information



Keep the carrier, leash and harness handy in case you need to evacuate with your pets. Identify places in advance where you can stay with your pets should you need to evacuate. If you evacuate, keep your pets with you.

- Current pet photo with owner information, name and ID tag
- Emergency contact information
- ASPCA Poison Control Hotline (**888-426-4435**)
- Grooming equipment (clippers, combs, brushes, flea comb)
- Cleaning supplies (paper towels, plastic bags, disinfectant)
- Flashlight
- Favorite toys
- Scissors
- Petroleum jelly
- Tweezers
- Adhesive bandages
- Instant cold compress
- Alcohol prep pads
- Sting relief pads
- Antiseptic pads
- Saline wash
- 3-inch-square sterile wound pads

Extra for cats:

- Harness and leash
- Disposable litter box

Extra for dogs:

- Muzzle
- Harness and leash
- Dog waste bags
- Dog potty pads

INSIDE A PET FIRST AID KIT

- Triple antibiotic ointment packets
- Hydrogen peroxide
- Gauze pads
- Cotton swabs

- Thermometer
- Vinyl gloves (latex and powder free)
- First aid book for each pet species

RESOURCES

For more information on how to prepare for a disaster and what to include in a pet first aid kit:

- American Red Cross First Aid Kit for Pets: **bit.ly/3OJ7sih**
- American Society for the Prevention of Cruelty to Animals (ASPCA) How to Make a Pet First Aid Kit: **bit.ly/3wfuqHf**
- Federal Emergency Management Agency (FEMA) Shelter-in-Place Pictogram: **bit.ly/4bFlZoR**
- The Humane Society of the United States (HSUS) Pet Disaster Preparedness: **bit.ly/3wj7QxL**
- Laguna Woods Village Disaster Preparedness Plan **lagunawoodsvillage.com > News > Categories > Disaster Preparedness.**



Never leave pets outdoors unsupervised. If you have to take them outside, keep them in a carrier or on a leash and harness.



FINANCIAL SERVICES



WHAT DO OTHER 55+ COMMUNITIES COST?

The data is surprising.

Have you ever wondered how the total assessments you pay in Laguna Woods Village stack up when compared to other active 55+ communities? With support of the VMS board of directors, the Financial Services Department has prepared a cost breakdown of various 55+ communities that compares average basic assessments, common-use amenities, total assessments, community locations, home values and amenities offered, and more.

The data is telling—favorably for Laguna Woods Village. Third and United mutuals together are by far the largest representation, with 12,425 homes, compared to the next-largest community with half the number of homes and a total basic assessment that is more than twice that of United's and almost twice that of Third's.

Also, consider the following:

- Compare Third's and United's total and average basic assessments to other communities that are significantly smaller and offer far fewer amenities.
- Compare the number of homes in each community to put landscaping and maintenance/construction tasking into greater perspective.
- Certain utilities, such as trash, water, sewage and basic cable are included in Third's and United's total assessments.

Visit bit.ly/4bBBheh to review the entire comparison chart for more detailed insights.

BASIC ASSESSMENT INFORMATION

Each year, the United, Third and GRF boards of directors determine monthly assessments required to fund operations, determine restricted fund contributions and set reserve fund contributions. Visit bit.ly/3SAYqVF to read an article at lagunawoodsvillage.com that highlights basic assessment information and includes a graph of changes to monthly assessments for GRF, United and Third since 2014.



WHAT DO MY HEIRS AND I HAVE TO KNOW REGARDING MY ESTATE PLAN?

Estate planning is a complicated matter and should be handled by a professional. Third and United each have factors to consider during your planning. For more information, visit lagunawoodsvillage.com > [Documents](#) > [\(select your\)](#) [Mutual](#) > [Sales & Leasing](#) > [Estate Heirs and Transfers](#).



MAINTENANCE & CONSTRUCTION



CHARGING EVS VIA COMMON-AREA OUTLETS

Help keep breakers from tripping.

The number of electric vehicles and plug-in hybrids in the Village has increased from 511 in 2022 to 670 in 2023. This trend is expected to continue and, with it, the impacts to our infrastructure.

The Village, built in the '60s and '70s, did not anticipate such a demand for electricity. Carports and underground garages were constructed with common-area outlets rated at 120 volts and 20-amp circuits mainly to charge golf carts. Electric vehicles can still charge at these outlets, but there are some limitations for this convenience as outlined in the electric vehicle letter (bit.ly/3uxaGFb) attached to every electric vehicle charging permit and available at lagunawoodsvillage.com.

Staff works hard to ensure the electrical circuits and outlets are operating properly; however, when too many vehicles/golf carts plug into the same circuit, the breakers will trip. Should this occur, please contact Resident Services ([949-597-4600](tel:949-597-4600); residentservices@vmsinc.org) to request a breaker reset. Staff will make every effort to

respond to such calls as quickly as possible, but it may take up to two business days depending on workload and priorities.

Note that the electric vehicle charging stations (operated by ChargePoint) at the Laguna Woods Village Community Center (24351 El Toro Road) are open 24/7/365 for your convenience and offer reduced rates for members. The charging stations offer four Level 2 ports and three Level 3 (fast chargers) ports.

WHERE TO FIND MAINTENANCE AND CONSTRUCTION PROJECT LOGS

The best way to stay informed about projects in Laguna Woods Village is to reference the Maintenance and

Construction Project Logs. United and Third project logs provide specific work timelines centered around the housing mutuals; GRF's project log offers information about work taking place involving community amenities.

Find the Maintenance and Construction project logs on the Village website by selecting **Residents >**

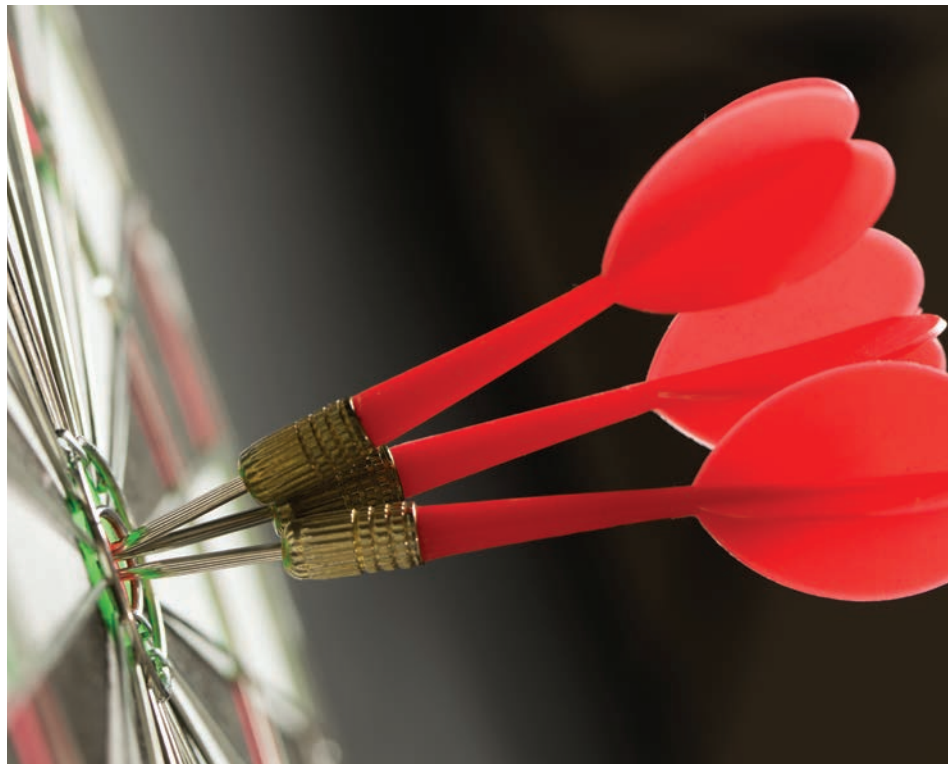
Maintenance and Landscaping > Community Project

Updates > Maintenance and Construction Documents or **Residents > Maintenance and Landscaping > Community Maintenance Schedules**

(orange button).



MEDIA & COMMUNICATIONS



ACCURACY MATTERS

Get the right info about the Village.

If you have questions or are curious about something you heard that doesn't sound quite right, Village Management Services has answers, in person, online, via email, in the Village Breeze and more!

GET FACTS

- Email staff at info@lagunawoodsvillage.com, which is monitored continuously and answered daily.
- Read the every-Friday "What's Up in the Village" email newsletter containing information, news, events and updates. Not subscribed? Send a request to info@lagunawoodsvillage.com.
- Read the Village Breeze, which is delivered to every manor via the United States Postal Service's Every Door Direct program. Didn't receive your copy? Copies are available throughout the Village: Clubhouse 1 fitness center; all clubhouse offices; Community Center concierge desk and literature racks; Community Center fitness; Community Center Recreation office; Equestrian Center office; Garden Center 2 office; golf pro shop;

par 3 office; tennis clubhouse; and the Village Library.

- Check out the latest news at lagunawoodsvillage.com > **News > News Home**.
- Watch "This Day" on TV6 Monday through Saturday at 9 a.m. (rebroadcast at 12:30 and 5 p.m.).
- Visit our Facebook page at facebook.com/LagunaWoodsVillage.

ATTEND OPEN MEETINGS

- Under **Calendars** at lagunawoodsvillage.com, go to **Calendars Home** and select **All Governance Boards, GRF, Third or United**.
- Click on the meeting of interest.
- Find meeting information and agendas by clicking on the meeting of interest.

GET ANSWERS TO FAQs

- Click **How Do I?** at the top main menu of the Village website for a list of answers to frequently asked questions regarding general information, sales and leasing, billing, decals and passes and more.

KNOW WHO TO CALL

Click **Contact Us** in the top right-hand corner of the Village website for general information and important phone numbers, or make a **What can we help you with?** online query to be answered by staff. Visit the **Contact Us** page at bit.ly/3uJZF7h and click **View Full Phone List** to see all telephone contacts.



WE HEAR YOU!

QUESTIONS ASKED & ANSWERED



My ceiling is leaking, and I reported it to Resident Services. Do I need to follow up?

If you experience a leak and have called Resident Services at **949-597-4600** (press 1) to report it, your service request is already recorded and a member of the VMS maintenance team will contact you as soon as possible.

Where can I get a copy of frequently called numbers?

Click Contact Us in the top right-hand corner at lagunawoodsvillage.com for general information, important phone numbers and more. A “What can we help you with?” online form (scroll to the bottom of the Contact Us landing page) allows you to make an inquiry to be answered by staff.

- Visit bit.ly/3uJZF7h to view the full phone list or click View Full Phone List (orange button) at Contact Us.
- Visit bit.ly/2PXD8VV for a comprehensive list of frequently called numbers.
- Ask the concierge or a Resident Services representative at the Laguna Woods Village Community Center for a copy of frequently called numbers.
- Frequently called numbers are usually found in the Village Breeze, adjacent to the centerfold map.

What is the Resident Portal?

Pay your assessments or chargeable services via credit card, submit

service requests, check account balances, print account statements, update emergency contacts and review resident and vehicle information all in one location. From lagunawoodsvillage.com, click Login in the upper right-hand corner, next to Contact Us. For a first-time login, register your account. Enter the email you have on file with Resident Services. Click Verify Email. Check your email for a message from the Village that contains a prompt to reset your password. Return to the Login/Sign In page, and enter your email and password. For questions, or if you don't know the email address you have on file, call Resident Services at **949-597-4600**. Visit bit.ly/3h0LhUN to view a step-by-step tutorial on how to set up and use the resident portal.

What can I do about a neighbor who breaks community rules?

If your concern pertains to pet violations or noise issues your first step is to call Laguna Woods Village Security Dispatch at **949-580-1400** to initiate an incident report. For other issues, you may request that the Compliance Division investigate the alleged violation. Visit lagunawoodsvillage.com > **Residents > Security Services**; mid-page you can download a Compliance Request Form to document your story. All complaints remain anonymous; no information is disclosed to the alleged violator.



RESIDENT SERVICES



HOLD NO MORE

Convenient new callback feature alleviates phone traffic during peak call times.

Resident Services staff, who continually seek ways to provide the best resident customer service possible to the community, are pleased to share news of a callback feature designed to help reduce hold times. Simply, residents who call during peak times may leave a callback telephone number as an alternative to waiting on hold and receive a return call according to their order in the telephone queue.

This new feature not only enhances customer service but also reduces the number of callers on hold and customer frustration, and more effectively manages call traffic.

BEST TIMES TO CALL/VISIT RESIDENT SERVICES

If you can, please consider calling during off-peak hours, which are from 1 to 4 p.m., and during mid-week versus Monday morning, when call volume is the highest.

In addition, you can always schedule an appointment with Resident Services or email your questions to residentservices@vmsinc.org.

USE THE RESIDENT PORTAL

Many services offered by Resident Services can be done from the convenience of your own home. Avoid lines, save gas and time, and go

online for the following:

- Register guests for daily passes and overnight parking permits 24/7/365 with dwellingLIVE at lagunawoodsvillage.com/passes or download the app at Google Play or the App Store.
- Process credit card payments, submit service requests, check account balances, print account statements, update emergency contacts and review resident and vehicle information at portal.lagunawoodsvillage.com.

Visit bit.ly/4937s4U to view a step-by-step tutorial on how to use the resident portal.

WHO TO CALL AFTER HOURS

If you experience an urgent issue at your manor (such as a leak or backup) from 8 a.m. to 5 p.m. Monday through Friday, call Resident Services at **949-597-4600**. After normal business hours, calling that same number will offer you the option to be transferred to the Security Services Department.

For nonemergency issues, please email Resident Services at residentservices@vmsinc.org.

Alternatively, call **949-580-1400** to directly reach Security Services, and staff will mobilize the appropriate resources to address your concern.

For frequently called Laguna Woods Village telephone numbers, visit lagunawoodsvillage.com/contact. In case of a life-threatening emergency, dial **9-1-1**.



REMINDER TO REGISTER YOUR GUESTS

Don't keep your friends and family waiting at the gates—use dwellingLIVE! DwellingLIVE is the easiest, fastest way to welcome friends and family to the Village. The app's user-friendly interface allows residents to send guests and vendors passes via email or text 24/7 using a smartphone, tablet or computer.

Simply visit lagunawoodsvillage.com/passes to register or log in. If you are a resident who has not received an email with login instructions or if you do not know what email address is on file with Resident Services, please contact the department at residentservices@vmsinc.org or 949-597-4600.

Visit bit.ly/48c2ql8 to view a dwellingLIVE tutorial or visit bit.ly/3ugIrnJ to watch a Village YouTube channel tutorial. Visit bit.ly/42tZf7c to watch Deborah Dotson demonstrate dwellingLIVE on her show, "Let's Talk Tech."

Download the dwellingLIVE app at the App Store or Google Play.

Residents also may call Gate Clearance at 949-597-4301.

DAY TO NIGHT PARKING PASSES

What if a guest decides to extend their visit?

Village residents have the flexibility to create visitor day or overnight parking passes (OPP) without having to visit the gatehouse.

But what if a guest who has a day parking pass wishes to spend the night?

Visitors cannot change a pass' status. Instead, residents can log in to their dwellingLIVE app and select the OPP option or call gate clearance at 949-597-4301 to request an OPP pass.

While there is no need to reprint the parking pass after the status is changed, the resident may pick one up at any gatehouse *if desired*. As long as a visitor's parking status is updated and verified in the system, they will not be subject to citation and/or a fine for violating the overnight parking ordinance. However, please remember that regardless of parking status, visitors must display a parking pass on their vehicle's dash while parked in the Village. This information assists officers in accurately identifying the manor with which the vehicle is associated when verifying the day pass was updated to an OPP.

Residents can create an OPP for up to two weeks. Beyond that two-week period and up to 60 days per calendar year, residents must contact gate clearance or Resident Services (residentservices@vmsinc.org, 949-597-4600).



SECURITY SERVICES



HIDE IT, LOCK IT OR LOSE IT

Reduce your risk of becoming a victim of theft.

Although we all enjoy a protected sense of security inside the gates of Laguna Woods Village, our community sees many visitors. With the increased activity comes an increase in petty theft. Residents have reported items stolen from carports, open patios and even from some of the garden plots.

The first line of defense is to keep valuable possessions, especially bicycles, golf accessories and garden tools, secured and out of sight. It can't be a temptation if no one knows where you have stored it. If you notice irregular behavior from individuals you do not recognize, call Security Dispatch at **949-580-1400**.

Our Security Department has a strong partnership with the Orange County Sheriff's Department, which allows for effective sharing of information regarding increased theft activity in the Village. Security personnel encourage all community members to stay alert and remember the motto, "See Something, Say Something."

Taking an extra 3 or 4 seconds to secure vehicles, garages, carports and cabinets, and keeping valuables out of plain sight, will keep our Village the safest community in the region. Reduce the risk of becoming a target by taking the steps listed below to conceal and secure your property both within and outside the Village.

- Remove cell phones, cameras, laptop computers, briefcases, backpacks, wallets and purses from unattended vehicles. Do not leave giftwrapped packages or other valuable items lying on the seat. Lock all other valuables in the trunk or glove compartment, or take them with you.
- Always close your windows and lock your vehicle and garage doors.
- Secure your carport cabinets with heavy-duty locks.
- Don't leave your vehicle in unattended parking lots for extended periods. A car is five times more likely to be stolen from an unattended lot than from the street or an attended lot.
- Never attach a tag with your name and address to your key ring. If the keys are lost or stolen, the tag will lead the thief directly to your car and home. If you have to leave your keys with a parking attendant, leave only the ignition key.
- Park your car near or under a street light at night.
- Consider adding a car alarm system. Always set your alarm if so equipped.



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.



SOCIAL SERVICES IS HERE FOR YOU

The VMS Social Services Division, part of the Security Services Department, aims to help Laguna Woods Village residents maintain independence and enhance their quality of life. Social work counselors are available for short-term counseling, crisis intervention, support groups, educational programs, long-term care planning and resource referrals. Services are confidential, meaning that no information about you will be disclosed to anyone not directly involved in your care without your written or verbal permission, or as required by law.

Contact Social Services at **949-597-4267** if you are:

- Grieving the loss of a loved one
- Caring for an ill or aging relative
- Coping with a life changing diagnosis
- Making long-term care arrangements
- Feeling overwhelmed and stressed
- In need of assistance in your home

LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

1
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4
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6
7
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10
11

A B C D E



- Golf Cart Route (dotted red line)
- Health Care (red cross icon)
- Churches, Temples (blue cross and star icons)
- Security Gates (purple circle icon)
- OCTA Bus Stops (blue square icon with 'OCTA' text)
- Clubhouses (orange house icon)
- Swimming Pool (blue wave icon)

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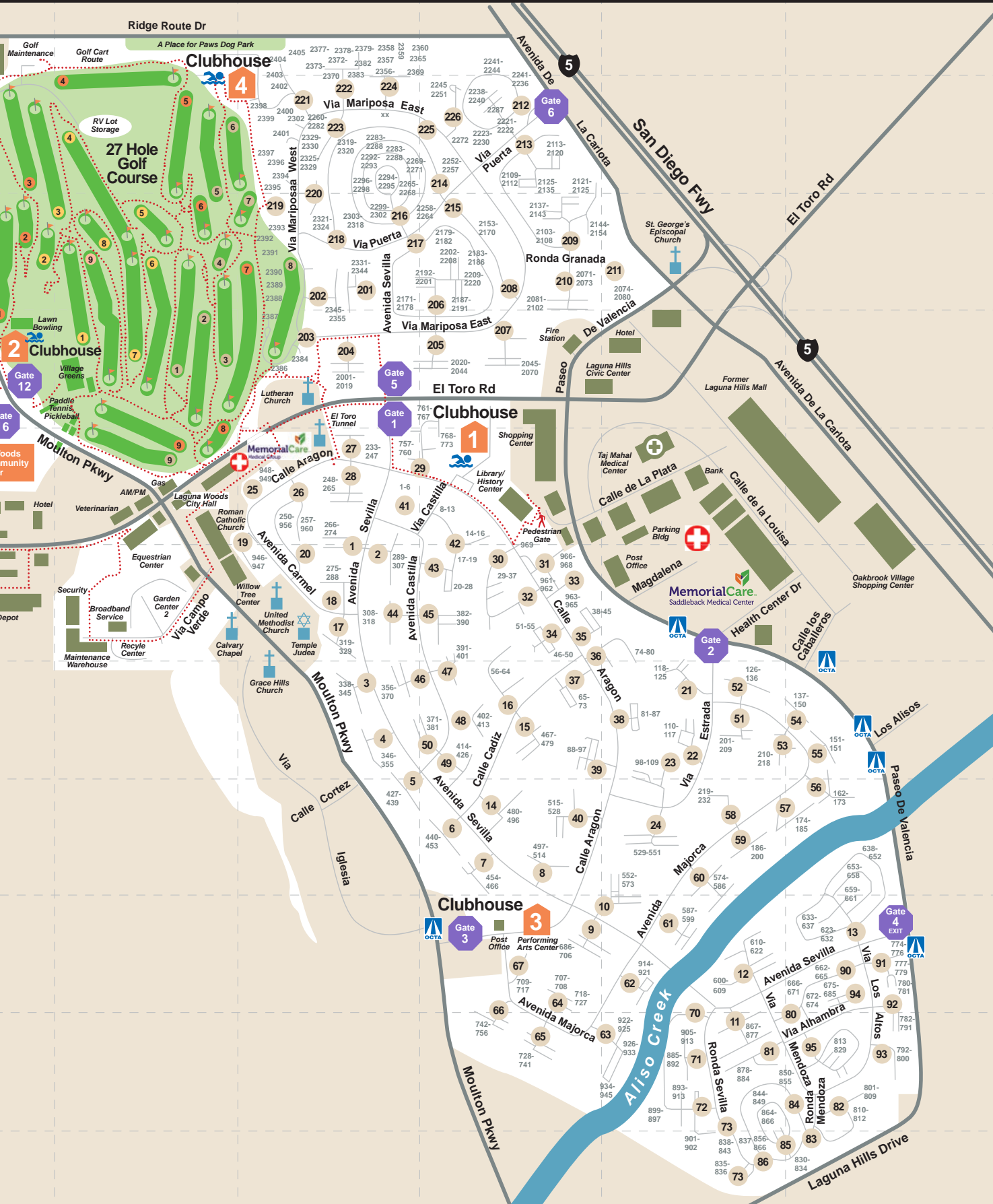
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KEYS TO THE COMMUNITY

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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
lvvillagelibrary@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 & Landscaping and scroll down to Maintenance and Construction Documents.



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

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

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.
Gate 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
Every other week
Gate 9 – Towers Parking Lot

FRIDAY

GRF Facilities
Please see GRF Facilities Sweeping Schedule.

Gate 11 – All streets in this area
No numbered cul-de-sacs fourth week of the month



COMMUNITY CONNECTED



LONELINESS: TOGETHER WE CAN MEET THIS CHALLENGE

By Marcy Sheinwold, for The Foundation of Laguna Woods Village

The Foundation of Laguna Woods Village would like your help in addressing a community issue as part of our “Neighbor Helping Neighbors” goal. Since the pandemic, there is an often-overlooked problem affecting older adults: loneliness.

Loneliness is pervasive. Stemming from social isolation, fear and limited social interaction and support during the pandemic, loneliness has become an increasing problem, particularly for older adults. About 50% of adults report feelings of loneliness.

Loneliness is also harmful. According to United States Surgeon General Vivek Murthy, MD, MBA, “the mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day and even greater than that associated with obesity and physical inactivity.” Two well-known U.S. health agencies have reported that loneliness is now a problem that has reached epidemic levels and can lead to dementia, stroke, depression and premature death.

Why should we be concerned about loneliness in Laguna Woods Village? Because loneliness disproportionately affects older adults.

First, many Village residents live alone, some without any family or without family nearby. Second, limited mobility, financial pressures and physical ailments limit many older adults’ ability to connect and socialize with others. Third, many older adults remain fearful of COVID and limit their social activities.

What can we do about combatting loneliness right here in the Village? Clearly there are no simple answers, but it is an issue worth examining and one the Foundation of Laguna Woods Village would like to start a Village conversation about. We welcome your ideas and strategies, big and small. How can we create more meaningful connections among residents? How can we ensure residents who feel isolated and disconnected can reach out for help? What everyday activities can we foster that create greater connections among residents?

We welcome your input. Loneliness is a problem we can tackle together. Please contact the Foundation with your suggestions at **949-268-2246** or **foundation@comline.com**.



WHAT CAN YOU DO IF YOU ARE EXPERIENCING LONELINESS?

Your doctor can assess your risk for loneliness and social isolation and get you connected to community resources for help, if needed. The following national organizations also offer helpful resources:

- Find helpful information for seniors to help improve quality of life and access to Community Connection Tools at aarp.org.
- Area Agencies on Aging is a network of over 620 organizations across America that provides information and assistance with programs, including nutrition and meal programs, caregiver support and more. Find your local AAA at usaging.org.
- Eldercare Locator is a free national service that helps find local resources for seniors such as financial support, caregiving services and transportation. Visit eldercare.acl.gov/Public/Index.aspx.
- The National Council on Aging works with nonprofit organizations, governments and businesses to provide community programs and services. Find what senior programs are available to assist with healthy aging and financial security, including the Aging Mastery Program, which is shown to increase social connectedness and healthy eating habits. Visit ncoa.org.

—Source: Centers for Disease Control and Prevention, cdc.gov/aging/publications/features/lonely-older-adults.html

CAPTURED IN THE VILLAGE



Andy Eugenio



David Enjem



Dan Vincent



Jerry Kathnelson



Ofelia Aranda



Ghislaine Fenmore



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.



SWIM FROM MAUI TO KAUAI IN 2024

Swimmers are invited to test their mettle by joining the 2024 Lap Challenge to discover whether they can swim the distance from Maui to Kauai.

The total distance, 224 miles (7,840 laps/15,680 lengths), is cumulative over the course of the year. Chart your distance in lengths or laps, using the same measurement each swim session (35 laps/70 lengths are equal to 1 mile), and check in with the pool attendant each session to log your progress.

The challenge is open to all residents, runs now through December 23, 2024, and can be done at lap pools 2 and 5 only.

Congrats to the 2023 Lap Challenge Winners!

The Recreation and Special Events Department congratulates the swimmers who participated in the 2023 Lap Challenge, which was to swim from Greenland to Iceland—a total of 180 miles!

Pool 2

- Barb Straw: 13,437 lengths
- Christian Cruz: 8,784 lengths
- Manfred K.: 5,316 lengths
- Jim Quigley: 5,249 lengths
- Marsha McCoskre: 20 lengths

Pool 5

- Eng-Hong Lin: 14,062 lengths (winner)
- Yin Soong: 4,916 lengths
- Ram Ronen: 168 lengths

For more information, call Recreation and Special Events Department staff at **949-597-4273** or email recreation@vmsinc.org.



CHECK OUT THE PAC'S 2024 SEASON

NEIL DIAMOND TRIBUTE

March 23

Rob Garrett has been a premiere Neil Diamond tribute artist for more than two decades, performing shows around the country and at more venues in Las Vegas than any other tribute artist in the industry. Tickets are on sale now.

HEART OF ROCK & ROLL

April 20

Hits like "Hip to Be Square," "I Want a New Drug," "The Power of Love" and "The Heart of Rock & Roll," will transport you "Back in Time" for this Huey Lewis and the News tribute. Tickets are on sale now.

SPACE ODDITY: THE ULTIMATE DAVID BOWIE EXPERIENCE

August 10

Space Oddity is a live, multimedia spectacle that takes you on a musical journey through the constantly metamorphosing career of rock and roll's most celebrated innovator. Tickets are on sale May 13.

Ticket prices vary by show. All shows subject to change. Purchase tickets at the PAC box office Monday through Friday from 9 a.m. to 5 p.m. or visit tickets.lagunawoodsvillage.com to create an account and conveniently purchase and print PAC tickets at home. Credit/debit card fees apply.

The PAC is located at 23822 Avenida Sevilla. For more information, call **949-597-4288** or email recreation@vmsinc.org.

EVENTS COMING SOON

CLUBHOUSE 5

March

- Sunday, March 17 - St. Patrick's Day Buffet, 5 p.m.
- Saturday, March 23 - Health and Wellness Expo, 10 a.m. to 1 p.m.
- Sunday, March 31 - Easter Buffet, 1 p.m.

April

- Saturday, April 6 - Village Bazaar, 10 a.m. to 2 p.m.

EQUESTRIAN CENTER

Don't miss Easter at the Equestrian Center on Saturday, March 30, from 9 to 11 a.m. Enjoy an appearance by the Easter Bunny, egg hunts at 9:30 and 10:30 a.m., bounce houses, crafts, face painting and a horse parade.



MONDAY MOVIES AT THE PAC

Showings at 2 and 7 p.m.

Doors open at 1:45 and 6:45 p.m.

Free • Ticketless entry

Mar 18 • Oppenheimer

Apr 15 • The Miracle Club

For more information, email recreation@vmsinc.org or call **949-597-4288**.



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



RECREATION AND SPECIAL EVENTS FREQUENTLY CALLED NUMBERS

RECREATION OFFICE 949-597-4273

BRIDGE ROOM 949-268-2420

CLUBHOUSES

- Clubhouse Reservations **949-597-4227**
- Clubhouse 1/Pool 1 **949-597-4281**
- Clubhouse 2/Pool 2 **949-597-4286**
- Clubhouse 3/Performing Arts Center **949-597-4289**
- Performing Arts Center Box Office **949-597-4288**
- Clubhouse 4/Pool 4 **949-597-4344**
- Clubhouse 5/Pool 5 **949-597-4382**
- Clubhouse 6/Pool 6 **949-837-3646**
- Clubhouse 7 **949-268-2417**

EQUESTRIAN CENTER 949-597-4275

FITNESS CENTERS

- Clubhouse 1 Fitness Center **949-597-4284**
- Clubhouse 5 Fitness Center **949-597-4382**
- Community Fitness Center **949-268-2275**

GARDEN CENTERS 949-268-2387

GOLF

- Golf and Village Greens **949-597-4336**
- Driving Range **949-268-2419**
- 19 Restaurant and Lounge **949-206-1525**
- Par 3 Course **949-597-4334**

HISTORY CENTER 949-206-0150

LAWN BOWLING 949-951-3027

LIBRARY 949-597-4274

PC WORKSHOP 949-268-2262

MAC LEARNING CENTER 949-268-2263

SADDLEBACK EMERITUS OFFICE 949-582-4835

TENNIS CENTER 949-268-2481

VIDEO LEARNING CENTER 949-470-0965



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 to browse clubs, including arts and crafts, cultural, dance, games, health and wellness, performing arts, political, religious and spiritual, science and tech, sports and fitness, support groups and more.



PERSONAL TRAINERS ARE HERE FOR YOU

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

Call the Community Fitness Center at **949-268-2275** 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 barbecues, 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 bit.ly/48mNVMh to donate to the Village Community Fund's Help the Herd or visit villagecommunityfund.org for more information.



ONGOING CLASSES

Schedules subject to change without notice.

MONDAY

Chi Kung

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

Mindfulness Meditation with Dr. Lois Rubin

Performing Arts Center, 10 to 11 a.m.
Free drop-in class

Zumba Gold with Tracy Murray

Clubhouse 2 ballroom, 10 to 11 a.m.
\$25 for five 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 6 ballroom, 10:30 a.m. to 12:30 p.m.
\$35 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

Lengthen and Strengthen with Sheryl Leicher

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

TUESDAY

Yoga with Kim Min

Clubhouse 2 ballroom 8:30 to 9:45 a.m.,
March 5 to April 16
Clubhouse 6 ballroom 8:30 to 9:45 a.m.,
starting April 23
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





RECREATION

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

Community Center, third floor multipurpose room,
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

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

WEDNESDAY

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 6 ballroom, 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

Community Center, third floor multipurpose room,
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.
\$25 for five classes

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

Meridian Yoga

Performing Arts Center dining room 2,
5:30 to 6:45 p.m.
Free drop-in class

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 7 ballroom, 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 2 ballroom, 10:30 a.m. to 12:30 p.m.
\$35 for five classes

Zumba Gold with Tracy Murray

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

Mindful Flow Yoga

Clubhouse 5 fitness room, 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 5 fitness 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

- Clubhouse 1 facilities are closed to residents during an estimated six-month construction period, which began Monday, March 4.
- Pétanque and bocce will remain open.

Clubhouse 2 | 949-597-4286

- Open 8 a.m. to 5 p.m. daily, and extended hours to accommodate reservations
- Video lab and studio
- Card room
- Lawn bowling

Clubhouse 4 | 949-597-4344

- Art studio, ceramics, glass studio, jewelry, lapidary, photo studio, quilting, 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 6 p.m. daily, and extended hours to accommodate reservations
- Game room
- Gym open 5:30 a.m. to 9 p.m. daily

Clubhouse 7 | 949-268-2417

- Open 8 a.m. to 5 p.m. daily, and extended hours to accommodate reservations
- 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 through Friday from 6 a.m. to 9 p.m.; Saturday and Sunday from 7 a.m. to 5 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

**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

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 | 949-597-4289

- Open Monday through Friday from 9 a.m. to 10 p.m. (hours vary depending on reservations)
- Box office open Monday through Friday from 9 a.m. to 5 p.m.; **949-597-4288**
- Billiards open Monday through Friday, 9 a.m. to 10 p.m.
- Auditorium open for scheduled shows; dates and times vary

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/emmeritus for the most current class schedule.



For Mutual Benefit

News and updates from the Laguna Woods Village Boards of Directors

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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.

James Hopkins
President
2022-2025

Juanita Skillman
First Vice President
2021-2024

Martin Roza
Second Vice President
2023-2024

Joan Milliman
Secretary
2023-2026

William Cowen
Treasurer
2023-2026

Cush Bhada
2023-2026

Egon Garthoffner
2022-2025

Yvonne Horton
2022-2025

Gan Mukhopadhyay
2021-2024

Ryna Rothberg
2023-2026

FUNDING, REINVESTING AND SHEPHERDING GRF RESERVES

By Jim Hopkins, President

Some may respond with alarm when they hear the GRF board has voted to reinvest millions of dollars to replace, update and/or remodel a particular building, a piece of equipment or another valuable asset. Perhaps the immediate thought is “My HOA fee is going to increase as a result.”

This is not the case. As a result of planning and saving well in advance, the HOA fee is **not impacted** by these expenditures. The current \$33 million GRF reserve balance is the result of 25 years of estimated future requirements, four years of near-term spending projections and, finally, budget-year allocations to preserve the authority to execute the current expenditures upon final approval. Planning starts with the purchase of the original asset and continues as improvements and changes are added. This well-thought-out process and result, validated by outside professionals, is designed to avoid special assessments and spikes in the reserve portion of our GRF HOA fees. Thus, when we hear of these large, anticipated expenditures, we should understand that the funding source is already provided.

GRF reserves are funded in two ways. The first is \$17 per manor per month (pmpm), included in our monthly HOA fee. The second is when a manor is purchased, the new owner is required to pay a one-time trust facilities fee of \$7,500.

When I visited the Laguna Woods History Center for a Village 60th anniversary celebration in January, I was reminded of the original planners’ and residents’ significant vision, planning, tradition and consideration that enable us to enjoy the amenities and services we might take for granted today. Their foresight and patience created value and security in this community that is second to none.

We are now entrusted with prudently maintaining that value in a rapidly evolving external environment and with a well-maintained but aging infrastructure. At the current \$17 pmpm, the cost still seems reasonable.

I urge all residents to stay involved as these critical decisions are made that impact future services, amenities and, thus, value of our community for years to come.

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

Cris Prince
Secretary
2022-2025

Andy Ginocchio
Treasurer
2023-2026

Reza Karimi
2023-2025

Nathaniel Ira Lewis
2021-2024

S.K. Park
2023-2025

Brad Rinehart
2023-2026

Moon Yun
2023-2026

Jules Zalon
2023-2026



MANOR LEASING ACTIVITY IN THIRD MUTUAL

By Mark Laws, President

I am asked periodically how many manor leases (rentals) are within Third Mutual, so I thought I'd share information about that topic.

Currently, an active Third Mutual resolution limits the number of manors that can be leased to 30%. The State of California has implemented laws that require Third Mutual to allow at least 25% of our manors as leasable.

There are 6,102 manors in Third Mutual; 30% of that figure is 1,830. As of the end of December 2023, 1,772 Third manors (29.0%) were leased. One year ago, the percentage was 28.9%. This percentage has remained fairly steady over the past few years.

The State of California has implemented laws that require Third Mutual to allow at least 25% of our manors as leasable.



MEMBERS' TOP PRIORITIES FOR THE THIRD BOARD

By Mark Laws, President

In early January, I invited members to share feedback regarding top priorities for the Third board to address in 2024—other than to reduce/not raise monthly assessments. I received 99 member responses, the details of which I have shared with the Third board for review and consideration.

Below is a general summary of the top priorities submitted by more than one member:

- The priority that received the most feedback was landscaping, with the overall top priority being to improve landscaping, followed by suggestions to better train and supervise landscapers, increase landscape staff and use nontoxic pesticides.
- Infrastructure received a few nods, including speeding pipe relining and improving our electrical infrastructure.
- Numerous compliance-related priorities were received to better enforce rules and standards violations.
- Several members requested we focus on improving the responsiveness and follow-up of staff, reducing the cost of property insurance, speeding the escrow process, adding more street lights to the mutual and better communicating positive actions taken by the board and staff.

There were also 36 other priorities that were each submitted by different members.

Please be assured that the Third board has reviewed and is considering all input, including additional details shared by members as to why they believe their priorities are important. Many members' priorities are ones the board already is considering in some way, but some included additional information that we'll be investigating. I look forward to providing updates on our progress as the year unfolds.

I enjoyed receiving input from our members and plan to request input on different topics going forward. Many thanks to everyone who took the time to share their feedback.



BOARD ACTIONS

NOVEMBER 2023 APPROVALS

- Liens against one member
- Request for removal of one Canary Island pine
- Alteration fee schedule
- 2024 collection and lien enforcement policy
- Monetary penalty schedule
- Urban forest management plan
- Third Mutual committee appointments
- GRF committee appointments

DECEMBER 2023 APPROVALS

- Liens against four members
- Request to alter the landscape
- Variance request
- Standard 18: Gutters and Downspouts
- Standard 11: Exclusive Use Common Area Floor Coverings
- Fruit tree and vegetables policy
- Revised purchasing policy
- Third Mutual committee appointments
- GRF committee appointments



LUCK OF THE LH-21 MANORS

By Stuart Hack, President, Garden Villa Association

When I first moved to Lagna Woods Village, I rented a two-bedroom, two-bath, 788-square-foot manor in a three-story building located at 3337 Punta Alta. It was on the top of a hill and featured a great view overlooking the golf course, east toward the mountains. At sunset, golden light reflected from windows from commercial and residential buildings in the foothills. It was my sanctuary while recovering from a divorce.

I had no idea I was in an LH-21 building, that there was a Garden Villa Association (GVA) and that I had lucked into an amazing retirement community. Looking back after 21 years of living here, I can appreciate the nuances of manor selection options. LH-21 buildings offer reasonably priced apartments with great views. There are typically seven units per floor. Depending on the building configuration, there are one-, two- and three-bedroom layouts. All of the manors have balconies, covered garages with storage, elevators (all three-story building manor owners pay an extra \$15.83 assessment per month for elevator maintenance) and a laundry room on each floor. Some LH-21 buildings have two washers and dryers on every floor. Many first-floor units include a concrete patio, which are conducive to social gatherings.

There are 28 LH-21 buildings, all located in Gate 14 and between Gates 9 and 10. Along with the 53 Garden Villa three-story buildings, they make up the GVA, whose purpose is to represent the interests of

the approximate 1,860 residents of three-story buildings in the Village.

The prime motivation to form the GVA was to enhance communication between Third Mutual and Garden Villa residents. GVA became an official club, and the LH-21 buildings joined the GVA somewhere along the line. We have a symbiotic relationship with Third Mutual and Village Management Services (VMS) in which we help each other toward the common goal of improving life in the Village.

The GVA board is comprised of regional representatives for nine regions, each of whom are also volunteer building captains. Open board meetings take place every other month to discuss concerns and opportunities and act as a forum for building captains to participate in GVA governance. We also hold bimonthly general membership meetings to share information with all three-story building residents and host annual training sessions for building captains.

Top-down communication follows the chain of the office of the president to regional representatives to building captains to residents, and GVA collects feedback from residents to facilitate decision-making regarding three-story buildings.

For more information, visit lagunawoodsvillage.com/amenities/clubs/garden-villa-association. Email GVA President Stuart Hack at GVALWV@gmail.com.

THE TOWERS

at *Laguna Woods Village*

ACTIVE SENIOR LIVING BEYOND EXPECTATIONS!



ENDLESS FUN AND ACTIVITIES

MONTHLY ASSESSMENTS INCLUDE

- Dining services
- Housekeeping and utilities
- 24-hour maintenance and front desk
- Village bus service
- Free laundry facilities on each floor
- Gym, movies, live music
- And much more!



EXPANDED DINING PROGRAM

Above is just a glimpse of why The Towers offers *independent active adults* an ideal environment for an enriching, vibrant and secure quality of life. Residents of The Towers enjoy full access to the vast amenities of Laguna Woods Village.

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The Zen Plaza, for entertainment, outdoor dining and special events!

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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

Maggie Blackwell
Secretary
2021-2024

Mickie Choi Hoe
Treasurer
2023-2026

Nancy Carlson
2023-2026

Vidya Kale
2023-2025

Ellen Leonard
2023-2025

Anthony Liberatore
2021-2024

Tom Tuning
2022-2025

Georgiana Willis
2023-2026

WANTED! CANDIDATES FOR DIRECTOR TERMS

By Sue Quam, First Vice President

If you have many, if not all, of the attributes below, consider running for office! It takes 11 patient individuals willing to work and make decisions together for the good of all United Mutual's 6,323 units. Terms are three years.

DESIRABLE ATTRIBUTES

- Is willing and able to allocate **time** to serve effectively on the board
- Demonstrates common sense
- Listens and learns
- Negotiates with reason, not rancor
- Is open-minded
- Has business or organizational experience
- Has past committee experience
- Reads documents
- Maintains confidentiality
- Works without thanks or pay
- Obeys laws and regulations
- Evaluates ideas
- Uses diplomacy
- Recognizes United's purpose
- Sees the big picture
- Works well with others

Applications for the United board's 2024-2027 term will be available in late spring at the Office of the CEO, Laguna Woods Village Community Center, 24351 El Toro Road. Look for updates in the every-Friday "What's Up in the Village." Not subscribed? Email info@lagunawoodsvillage.com and ask to be added to the "What's Up" email list.



Urban Forest Management Plan

November 2023 | DUDEK

OUR URBAN FOREST MANAGEMENT PLAN

By Sue Quam, First Vice President

Laguna Woods Village residents love their trees. People moving to the Village often say they fell in love with the community because of its urban forest. While our trees are valued by residents, conflicts can arise when some advocate for total tree protection and others find fault with tree litter and structural damage caused by invasive roots.

About three years ago, a great controversy erupted over a proposal to remove a significant number of Canary Island pine trees deemed diseased or possibly dying. Residents took opposing stands, with some advocating for the preservation of the trees and others supporting their removal.

So, what happened with the controversy? As it turns out, win-win situations do occur, as the recently released Urban Forest Management Plan (UFMP) shows. Funds were allocated for a study aimed at understanding how to maintain and enhance our urban forest while keeping the Village peace. A United ad hoc committee was created, and a respected environmental planning company, Dudek, was hired to facilitate the study and work with Landscaping Services Director Kurt Wiemann to find solutions. Funds were later added to better maintain the trees or manage removal of trees if they could not be saved.

Additional funds were also earmarked for tree trimming timeframes. The initial recommendation suggested a pruning cycle of one to five years, but the 2024 budget, unfortunately, was not approved to maintain this cycle. Instead, the 2024 budget is allocated for two- to six-year cycles. If maintaining a reasonable pruning cycle is important to you, we encourage your attendance at budget meetings!

Starting January 23, 2022, meetings were held, a survey conducted and interested residents, board members, staff and Dudek got busy outlining concerns and finding solutions.

What did they discover? United Mutual has a diverse urban forest with more than 258 species of trees and 18,308 trees in total. Besides

being attractive, providing significant shade and wildlife habitat, these trees sequester 236.9 tons of carbon, divert 1,432,519 gallons of water from stormwaters systems and remove 8.36 tons of carbon.

United's urban forest covers an estimated 31% of United Mutual and provides important environmental benefits, economic services and aesthetic value to residents. The trees add great value to our community. The cost to replace all trees of equivalent ages, sizes and conditions is estimated at \$71.1 million (\$3.89 thousand per tree).

The report recognizes the need for strong policies to preserve trees unless a compelling reason outlined in the United Mutual tree removal guidelines is met.

It concedes that at times there are infrastructure conflicts that exist between our urban forest and damage to structures, hazards to residents or property, failing health or interference with other trees, pipes or buildings. It is imperative that these conflicts be addressed and resolved.

To remove potential bias from the removal evaluation process, a clear definition of infrastructure conflicts and a systemic evaluation process provides United with an easy-to-understand and justifiable decision-making framework



for managing infrastructure conflicts.

The Dudek study guides us on how to manage our grounds by recommending suitable trees and location, species palette, tree maintenance, pruning and parameters for tree removal.

We must be good stewards of these wonderful assets while maintaining our buildings and grounds. Take a walk or look out your window and enjoy our beautiful forest that provides so many environmental benefits.

United's ad hoc committee was overseen by former Director Diane Casey and Landscaping

Services Director Kurt Wiemann, who provided significant amounts of time and expertise to this project. Our Dudek consultant was Kanami Otani, urban forester, certified arborist and tree risk assessment qualified. Ad hoc committee members included Ken Benson, Cheryl Nielsen, Carl Randazzo, Dr. Robert Reyes, Jack Salvador and Mary Sinclair.

To view United's urban forest management plan, visit lagunawoodsvillage.com/residents/maintenance and scroll to Landscape Forms or go to bit.ly/3DpBfYh.

WHAT'S ON 28-DAY REVIEW?

To keep United members abreast of pending resolutions placed on 28-day review, United President Alison Bok features this information and instructions on providing feedback to the board in her twice-monthly e-newsletters. If you do not currently receive President Bok's newsletter, please email unitedmutual@lagunawoodsvillage.com with your name, manor number and email address.



DETAILS, DETAILS, DETAILS

Tips and tricks for easy living in the Village

By Maggie Blackwell

There are so many aspects to Village living that some details may often get lost. Here are some tips and tricks for easy living in our community:

- Know your housing mutual
- Memorize your manor number and member ID
- Keep the Village Breeze magazine handy
- Enroll in CodeRED and EZ-Pay (visit lagunawoodsvillage.com)
- Watch Village Television/TV6
- Subscribe to the Laguna Woods Globe (call **714-796-7777**)
- Read the declaration page of your auto and HO-6 insurance policies
- Go see a free Monday Movie at the Performing Arts Center
- At the lagunawoodsvillage.com main page top-right corner, click “Login” to set up your resident portal to register guests online, submit service requests, check your account balance, review billing statements, pay your assessment online, update your emergency contacts and review your vehicle information.
- Review your escrow package for a list of alterations or contact Resident Services to get a copy—it will make a difference when you call for some services.

- Sign and keep the blue sheet for reference when you receive service.
- For guest entry, visit lagunawoodsvillage.com/passes to register or log in with dwellingLIVE, the easiest, fastest way to welcome friends and family to the Village. If you are a resident who has not received an email with login instructions or if you do not know what email address is on file with Resident Services, please contact the department at residentservices@vmsinc.org or **949-597-4600**. Visit bit.ly/42tZf7c to watch Deborah Dotson demonstrate dwellingLIVE on her show, “Let’s Talk Tech.” Download the dwellingLIVE app at the App Store or Google Play.
- At lagunawoodsvillage.com, visit the “Clubs” landing page. There are about 250 of them—there’s bound to be something for everyone!
- Visit lagunawoodsvillage.com > **Residents > United Laguna Woods Mutual > Documents > Governing Documents** to read United’s occupancy agreement, bylaws and more. Read the first five pages of the agreement to “get” what United is all about; read the remaining 19 pages to understand how United works.
- Visit lagunawoodsvillage.com > **Residents > Maintenance & Landscaping** to view project logs and schedules.



Village Management Services, Inc.

VMS Board of Directors

Diane Phelps
Chair
GRF, 2022-2025

Mary Seto
First Vice Chair
Third, 2023-2026

Cynthia Rupert
Second Vice Chair
United, 2023-2026

Rosemarie diLorenzo
Third, 2022-2025

Ed Elwell
GRF, 2024

Dr. Robert Reyes
GRF, 2023-2026

Manny Robledo
United, 2021-2024

Wei-Ming Tao
Third, 2021-2024



SOCIAL SERVICES OF LAGUNA WOODS VILLAGE

Help when you need it

By Cynthia Rupert

The Laguna Woods Village Social Services Division, established in 1972 to provide help, care and support for residents when they face a variety of needs as they age, is an important and intricate part of the Village that focuses on helping residents maintain independence and enhance their quality of life. I recently interviewed the division's new manager, Melissa Lehigh, who brings a forward-looking perspective and drive to provide the best services and solutions for Village residents.

VMS: Please describe your vision for the Social Services Division.

Melissa: I see a renewed commitment to provide excellent services to the residents of Laguna Woods Village in need of support when experiencing difficulties in their daily lives or situations that affect their quality of life. I see a division that emphasizes care planning and a whole-body approach to health—mind, body and soul. For example, preserving mental acuity and mental health, managing changing daily needs and safety issues, and providing resources to find such necessities as food and transportation or promoting acceptance, satisfaction and happiness.

VMS: What experience do you bring to the division and to residents?

Melissa: I was the first social worker at Monarch Healthcare. During my 15-year tenure, I developed a post-acute (hospital to home) team clinical program, with in-home visits from a nurse and a social worker to ensure that medical, social and psychological needs of members were met to help avoid additional hospital stays. I also instituted a behavioral health program that provided in-home visits with a



psychiatrist and a treatment plan and, most importantly, emphasized finding and solving the root cause. These programs were structured to increase the quality of life and safety within the home.

I hold a Bachelor of Arts in psychology from California State University, Northridge and a Master in Social Work from California State University, Long Beach.

And, I have history with Laguna Woods Village. My grandparents lived here and when I visited; my grandfather, who was a gate ambassador, often shared many entertaining stories with me.

VMS: Melissa, what new or existing services for residents do you wish to highlight?

- Melissa:** The Social Services Division continues to use collaborations to increase the services and resources available to residents:
- **UCI Division of Geriatric Medicine & Gerontology six-part Optimal Aging Lecture Series**, ongoing at the Performing Arts Center (Clubhouse 3). No preregistration necessary; call **949-597-4267** for more information and the upcoming schedule.
 - **Alzheimer's Orange County Caregiver Support Groups**, second Wednesday each month from 2:30 to 3:30 p.m. at the Healthy Aging Center at 24260 El Toro Road; preregister at **949-855-9444** or **alzoc.org**.
 - **MemorialCare Cancer Support Group (new)**, fourth Tuesday each

month beginning March 26 at 1 p.m. at Clubhouse 5. Preregister by calling **949-607-7090**.

- **Council on Aging – Southern California** began in 2018 for residents who are isolated or at risk of behavioral health symptoms. In 2022, the collaboration grew to include two social workers in our division to provide short-term, goal-driven counseling, usually six to eight sessions; to improve resident mental health, quality of life and independent living; and to provide resources for finding long-term counseling.
- **The Foundation of Laguna Woods Village** provides temporary emergency financial assistance to qualifying residents and financially supports development of cognitive behavioral therapy programs.
- **Fall prevention classes** through UCI, the Foundation of Laguna Woods Village and Social Services incorporate chair exercises, stretching and strengthening.
- **Brain exercise classes** improve memory, reasoning, concentration, problem-solving and visual-spatial skills.
- **Dementia support** for residents caring for a loved one with dementia.
- **Resident connection support** acts to combat isolation that leads to depression and a poor quality of life.
- **Medicare open enrollment** includes presentations and clinics providing support, education and services.

VMS: What might indicate residents should contact Social Services for help?

Melissa: Residents should seek Social Services support when they are:

- Grieving the loss of a loved one
- Caring for an ill or aging relative
- Coping with a life-changing diagnosis or event
- Making long-term care arrangements
- Experiencing poor quality of life
- Experiencing distress that interferes with daily life
- Unable to regulate emotions
- Experiencing cognitive issues
- Feeling overwhelmed, angry and unable to switch off thoughts

VMS: How do you spread the word about all of these wonderful services and programs?

Melissa: Through the weekly “What’s Up in the Village” newsletter, the Village Breeze, articles in the Laguna Woods Globe, informational flyers at clubhouses and, coming soon, a local channel program, “Mindfulness With Melissa,” with mindfulness activities and interviews with sources inside and outside the Village.

Social Services Division
Community Center
24351 El Toro Road
Monday - Friday,
8 a.m. - 4 p.m.

949-597-4267
lagunawoodsvillage.com/residents/social-services

THEN AND NOW

WHAT IS MISSING FROM THIS PHOTO?

In 1993, the Clubhouse 1 clock tower almost disappeared. The GRF Maintenance and Construction (M&C) Committee wanted to remove the community landmark to save about \$28,000 on repairs. One board member suggested the tower was “an abomination.”

The community rallied around saving the tower by forming a committee to raise the money to repair and renovate it. The M&C Committee gave them two months to raise the money. Residents raised more than \$43,000, and GRF added an additional \$6,000 from already-budgeted tower funds. Among the donors were Heidi Cortese and her mother Alona. The final cost was \$49,155 and well worth the effort.



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**).



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