

VILLAGE BREEZE

APRIL/MAY 2022



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LETTER FROM THE EDITOR

SPRING IS FOR CELEBRATION!

There's nothing quite like spring in Southern California. Temperatures are perfect, landscape is green and we're gifted with extra sunlight at the end of the day to enjoy activities and stunning sunsets. And, of course, the Village is beautiful! It's a great time to garden in plots, tour the Equestrian Center, stroll the community's 10 walking trails (lagunawoodsvillage.com/amenities/sports/trails) or get out and enjoy all that the Village offers.

Folks are enjoying the post-pandemic blossoming. Clubs are reconvening, classes are full, outdoor activities are abundant and some great events are on the horizon.

One club in particular, the Laguna Woods Village Pickleball Club, has much to celebrate. In late March, the club held a fun and festive event to celebrate the success of its "Lite the Nite" campaign. In October last year, the GRF Board of Directors passed a resolution to accept \$25,000 from the Village Community Fund to purchase and install lights on three remaining unlit courts. Now, all courts are lit at night for longer play, delighting hundreds of Village pickleball and paddle tennis enthusiasts.

Exciting upcoming Village events include the 2022 Health and Wellness Expo (April 23, Clubhouse 5, 10 a.m.), the 8th Annual Art Affair (June 4, Clubhouse 2, 11 a.m. - 4 p.m.), Blinded by the Blues in concert (May 14, Performing Arts Center) and the first-time-ever Renaissance Faire (May 21, Equestrian Center).

In this issue, please be sure to check out our feature that celebrates the Foundation of Laguna Wood's 25 years of supporting "neighbors helping neighbors" in times of need, written by President Marcy Sheinwold. GRF Secretary Joan Milliman, on behalf of Thrive, offers six ways your morning self-care routine can make all the difference. VMS Director Judith Troutman shares why residents should volunteer with the Disaster Preparedness Task Force as good neighbor captains to aid during emergencies. Plus, meet Pastor Rick Bradford, resident and founder of the Village's popular Saddleback Church campus.

As always, I hope you enjoy reading this issue as much as our team enjoyed bringing it together.

Ellyce Rothrock, Editor

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Above photos by Mark Rabinowitch





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Meet Pastor Rick Bradford.

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Good neighbor captains aid residents amid disaster—are you ready to volunteer?

BY JUDITH TROUTMAN, VMS DIRECTOR; CLUBHOUSE COORDINATOR AND OFFICE STAFF VOLUNTEER FOR THE DISASTER PREPAREDNESS TASK FORCE



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VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF
LAGUNA WOODS VILLAGE

APRIL/MAY 2022

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Submissions will not be returned.

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Cover photo by resident Jerry Sears



WHAT'S UP IN THE VILLAGE

Building Number	Collection Day
1-125	Tuesday
126-232	Monday
233-528	Tuesday
529-756	Monday
757-773	Tuesday
774-945	Monday
946-969	Tuesday
2001-2405	Wednesday
3000-3325	Thursday

Building Number	Collection Day
3326-3532	Friday
4001-4026	Thursday
5001-5372	Friday
5373-5465	Thursday
5468-5519	Thursday
5520-5598	Friday
24055	Thursday
24299	Tuesday
24300	Thursday

NEW BULKY-ITEM COLLECTION

In March, a new and enhanced bulky-item collection program began that offers bulk-item disposal on a weekly basis. There is no more bulky-item collection on the third Saturday of each month, and you no longer will have to call Resident Services to request collection.

The new program divides the Village into five collection areas; each area is collected on a different day of the week. Consult the table above or visit bit.ly/34zRAuv to look up your bulky-item area collection day.

Simply place your unwanted bulky items out by your shared trash enclosure or on the curb where your personal trash and recycling carts are collected on your area's collection day before 8 a.m. CR&R will collect the items by the end of the day.

New bulky-item signs have been installed at shared trash enclosures to help you easily identify when bulky items are collected at that particular enclosure.

Please only place bulky items at the enclosures you typically use to discard your trash and recycling. If you have a personal cart, only place bulky items at the curb where you normally place trash and recycling carts for collection.

When placing bulky items out for collection, please do not block access to any enclosure, containers in any enclosure or vehicle travel. Car parts, construction/demolition/hazardous waste and items not safely loaded and unloaded into a vehicle by two people will not be accepted. Visit bit.ly/34zRAuv to learn what are accepted bulky items.

For more information, contact CR&R at [949-625-6735](tel:949-625-6735) or LagunaWoods-Recycles@CRRMail.com.



QUIT SMOKING

MemorialCare offers free virtual classes on cessation.

“Freedom from Smoking” virtual classes hosted by the MemorialCare Cancer Institute and led by certified American Lung Association instructors, aim to give smokers the tools and support they need to quit nicotine. Classes are Tuesdays from 5 to 6:30 p.m. May 3 to June 14. New sessions start every other month. Register by contacting lung nurse navigator Sherri Hoag, M.S.N., R.N., O.C.N., at [949-452-7416](tel:949-452-7416).



SHEPHERD'S CROOK UPDATE

Learn the Village's status on replacing barbed-wire fencing.

As a part of Conditional Use Permit 1135 with the City of Laguna Woods, Third and United mutuels are replacing barbed wire on all perimeter block walls with shepherd's crook fencing in a phased approach.

The approved 2022 budget includes funding to replace 900 linear feet (300 linear feet each for GRF, Third and United) of barbed-wire fence with new shepherd's crook wrought-iron fencing. Target areas for 2022 include a portion of the perimeter walls adjacent to Gates 1, 3 and 11.

At the end of 2022, approximately 44,959 linear feet will remain for shepherd's crook replacement. To date, 6,702 linear feet have been installed in Third; 3,564 linear feet have been installed in United.



CA WILDFIRES IMPACT HOA INSURANCE

Community Associations Institute addresses a most challenging topic.

California's most recent wildfire season is putting pressure on insurance companies to reduce coverage to homeowners, possibly impacting roughly 14 million Californians living in more than 49,000 community associations.

"As the market for fire insurance tightens and policies become more expensive or nonexistent, boards will struggle to meet their obligations under the governing documents to obtain insurance, at least not without significant assessment increases to cover rising premiums," says Matt D. Ober, partner at Richardson Ober DeNichilo in Pasadena, Calif., and a fellow in the Community Associations Institute's (CAI) College of Community Association Lawyers (CCAL).

According to Joel W. Meskin, managing director of community association products at McGowan Program Administrators in Fairview Park, Ohio, and a CCAL fellow, the only solution for insurance companies right now is to significantly increase premiums, meaning that boards will have to either significantly raise assessments, levy a special assessment to fund the fire insurance premiums or go without coverage, which is impossible.

Visit bit.ly/3iEo3DA to read CAI's full story, "California Wildfires Impact HOA Insurance."



WHAT'S UP IN THE VILLAGE



MOISTURE DETECTORS HELP ARREST LEAKS

Water leaks and moisture intrusion can be devastating to you and your neighbors.

Inexpensive moisture detectors, which are available at most large hardware stores and online for between \$10 and \$80, emit an audible alarm as soon as a leak develops. To help catch water leaks and avoid moisture intrusion events, install moisture detectors at the backs of toilets, under kitchen and bathroom sinks, near refrigerator ice makers and under hot water heaters. Also, special plates placed under hot water heaters catch leaks, and special devices shut off the water and electricity to the tank when a leak is detected.

Call Resident Services immediately at **949-597-4600** if you notice a leak. Call Security at **949-580-1400** after hours and on weekends.



EV CHARGING, DECALS

Help everyone share power without interruption and avoid fines.

Laguna Woods Village strives to be a green community and supports anyone's decision to reduce their vehicle's carbon footprint.

A limited number of circuits are available in the Village, so cooperation is key.

When too many vehicles charge at the same time, whether golf carts or electric cars, the circuit breakers can be overloaded, disabling charging capability for all vehicles in a bank of carports.

Below are recommended guidelines for electric vehicle charging, so that everyone can share power without interruption:

1. Golf carts generally charge during daylight hours. Therefore, electric cars should limit their charging time to between dusk and dawn. Refer to your manufacturer's vehicle manual for specifics on how to set the appropriate charging times.
2. It is important for you to limit the amount of electricity you draw during charging. We recommend you reduce the current draw to no more than eight amps. By doing so, this should allow two electric cars to charge simultaneously in the same bank of carports. In the event additional cars plug into a circuit, the amperage should be reduced to five amps or less.

Please communicate with your neighbors to coordinate ways to stagger charging. This is also a great way to meet your neighbors.

Electric vehicle owners must obtain a decal from Resident Services for an annual cost of \$240 before charging. If you operate your golf cart on any golf course in the Village, you are required to obtain and properly display a permit, which costs \$60 per year. A decal on your electric vehicle must be in sight in order to avoid any notice of violation or a fine.

Golf cart owners pay a \$120 annual fee for electricity use. Third Mutual charges \$155 annually for electricity use at a carport space. The fee to charge an EV at the Community Center is \$0.17 per kWh.

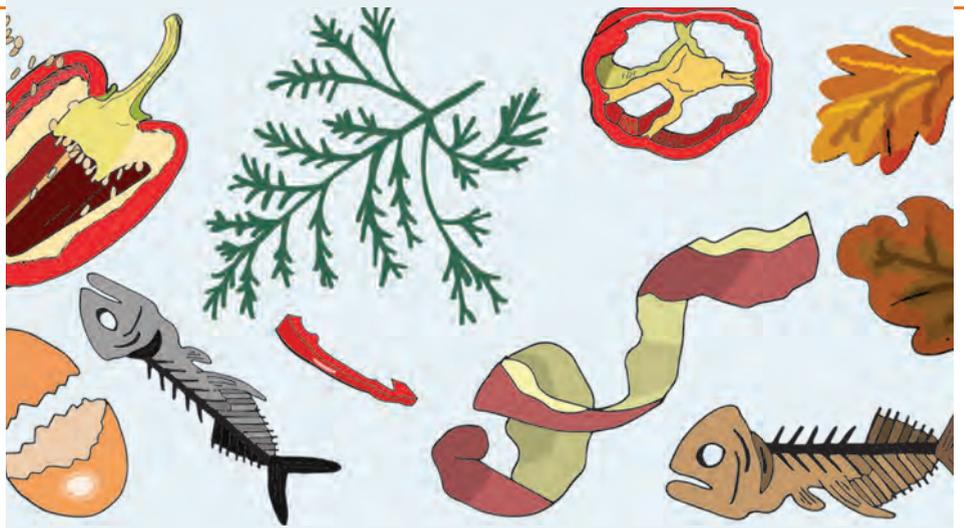
Call Resident Services at **949-597-4600** if you have any questions.

PROTECT YOUR SMART DEVICES

The OC Sheriff's Department offers tips on cybersecurity.

The Orange County Sheriff's Department offers advice to keep your smart devices safe from cyberattacks. Also known as internet of things (IOT) devices, smart devices include automated thermostats, garage door openers, cloud data storage devices, video doorbells, smart appliances like televisions and refrigerators, security systems and security cameras. The increased number of IOT devices can increase the risk of cyberattacks.

Look for slower than usual internet speed, devices listed on your network that you do not recognize and devices sending and receiving data more than usual. Protect your network by creating your own user names and passwords, turning on your computer's and router's firewall, and updating the software and firmware on all your devices and router regularly. Contact law enforcement if someone accessed your devices or network without your permission. Visit bit.ly/3NpJ8Qg for more tips and information.



PROPER USE OF CR&R ORGANICS RECYCLING CARTS

Please—no moving, no clippings, no plastic bags

CR&R receives complaints regarding residents putting green waste carts in their cars to move them to different locations. Please do not move organic waste recycling carts from their intended locations. Carts will not be serviced in areas where they are not assigned. If you find a cart that has been moved, please email LagunaWoods-Recycles@CRRMail.com.

Please do not place plastic bags in organics recycling carts. Compostable bags, paper bags and newspaper are acceptable.

Please do not place prunings in organics recycling carts. Green waste is accepted in the organics carts. However, to ensure everyone can participate in the program and use the carts for accepted waste, please do not fill the organics carts with garden/lawn prunings.

Please call Resident Services at [949-597-4600](tel:949-597-4600) to schedule a Friday clippings pick-up.

Where you can find organics recycling bins. To view organic recycling cart locations, visit cityoflagunawoods.org/LWVorganics to access an interactive map of organic cart locations or access a printable map.

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](tel:949-625-6735).



WHAT'S UP IN THE VILLAGE



DUMP AND DRAIN STANDING WATER

As spring arrives and residents water potted plants, Orange County Mosquito and Vector Control District is urging everyone to empty all flower pots, saucers and other items full of water to prevent mosquito breeding.

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

For more information about how you can help prevent mosquitos from breeding, visit ocvector.org.

VMS OPERATING SOFTWARE UPGRADE APPROVED

Move will consolidate obsolete systems, achieve greater security, efficiency and resident satisfaction, and lead to long-term savings.

At a special open meeting of the corporate members of the Golden Rain Foundation in February, members overwhelmingly approved a resolution to upgrade the Village's current operating software up to a \$4 million capital expenditure over two and a half years (this planned project is funded from reserves; there is no future impact to resident assessments). At its regular meeting on February 1, the GRF board had already unanimously approved a resolution to upgrade.

The Village's various current in-house software programs are obsolete and expensive or impossible to support, present security vulnerabilities and delay services. Upgrading to cloud-based enterprise resource planning (ERP) system software will bring the Village up to 21st century standards, consolidate obsolete systems, streamline paper-based processes; achieve greater security, efficiency and resident satisfaction; and lead to long-term savings.

Over a months-long evaluation process, the GRF Information Technology Advisory Committee (ITAC), comprised of GRF, Third and United directors, housing mutual members and VMS staff, surveyed various ERP software, and selected Microsoft Dynamics 365 as the new cloud-based platform.

Significant time was devoted to the review of three products by ITAC and staff. The chosen product was surveyed to be the highest rated for our operations. ITAC chose Microsoft Dynamics 365 based on its reputation as an excellent ERP system from a stable, well-known company; unlimited customization possibilities; ability to integrate with third-party software; and end-user familiarity and an intuitive, user-friendly interface.

While switching to a cloud-based system will initially cost approximately \$1.6 million more than renewing the current system, GRF Treasurer Jim Hopkins said the move is projected to save \$271,000 annually in information technology and licensing fees after five years and approximately \$700,000 over a five-year period and \$2 million over a 10-year period in operating expenses.

For further details, see page 45.



GOT CHANGE?

VMS offers coin distribution program for laundry services

If you're in need of laundry quarters, \$10 rolls of quarters are available for purchase in the Community Center Recreation Office from 8 a.m. to 5 p.m. Monday through Friday. Residents are limited to one \$10 roll of quarters and must pay with paper currency to purchase the quarters. Payment with exact currency (two \$5 bills or one \$10 bill) is appreciated.

2022 COMMUNITY MULCH DAYS

Free mulch generated in the Village by the Landscaping Services Department will be available for resident pickup and personal use:

- April 22-25
- August 19-22

Visit Clubhouses 3, 4 or 5 from 9 a.m. to 3:30 p.m. on the last day of each four-day period.



STROLL SAFE

Take precautions and be alert when walking in the Village.

Most Village roadways have designated sidewalks, but at cul-de-sac, driveways and intersections, pedestrians must remain alert for approaching motorists and/or bicyclists.

Take the following precautions when walking in the community:

- Walk on the sidewalk and not the road. Stepping in front of oncoming cars or bicyclists can cause a serious accident for all involved.
- Dress to be seen. Wear light, bright-colored or reflective clothing, especially if you walk at night. If you do walk when it's dark, carry a flashlight.
- Mind lighting conditions, especially during dawn, dusk and times of high glare or low light. Decreased daylight, shadows and nightfall make it harder for motorists to see pedestrians.
- Take extra care when walking through parking lots, which create unique hazards because drivers may be turning quickly or backing out of a parking space. Watch for backup lights, and listen for engine noise.
- Walk with a friend to add to the pleasure of your outing and increase the safety factor. Enjoy your conversation as you walk, but don't let it distract you from monitoring road and traffic hazards.
- Plan walking routes to avoid dangerous intersections or high-traffic areas. Look for safe, alternative routes with adequate sidewalks or footpaths.
- Stay attentive to your surroundings. Be a defensive walker who is ready for the unexpected.



WHAT'S UP IN THE VILLAGE

COYOTES AND OUR COMMUNITY

Common-sense safety minimizes nuisances and prevents pet loss.

Coyotes are very comfortable living in close proximity to—and without fear of—humans. Sightings in the Village are common, as we are located adjacent to their natural habitat. Knowing how to handle an encounter is important. During the first few months after birth of pups, female coyotes tend to be more protective of their young.

While not normally a danger to us, coyotes will display defensive behaviors if threatened or cornered, which is why it's important to leave a comfortable distance between you and a coyote. If you do encounter one that behaves aggressively, you probably are too close to its prey or family and need to increase the “comfort zone” between you and the animal.

According to OC Community Resources, OC Animal Care and other animal and wildlife government agencies, eradication and/or relocation of urban coyotes is ineffective. However, by practicing defensive measures, you can minimize the nuisance and prevent small pet losses caused by coyotes.

INFORMATION AND RESOURCES

The Laguna Beach Police Department's Animal Services Division will respond to situations in the Village regarding any coyote that is exhibiting aggressive behavior; is sick, injured or dead; or has had physical contact with humans or domestic animals. To report encounters, call [949-497-0701](tel:949-497-0701) or email coyotes@lagunabeachcity.net.

PLEASE DON'T FEED VILLAGE WILDLIFE

Feeding wildlife is illegal in California. Here in the Village, both mutuals also prohibit feeding or attracting animals. In Third, Resolution 03-16-117, Care & Maintenance of Patios, Balconies, Breezeways & Walkways states “... Items that constitute a nuisance to one's neighbors should not be placed in common areas or limited common areas. Examples are ... food or water, which will attract birds, insects, or other animals ...”

In United, Resolution 01-03-134, Care & Maintenance of Patios, Balconies, Breezeways & Walkways states, “Items that constitute



a nuisance to one's neighbors should not be placed in common areas or limited common areas. Examples are, but not limited to, intrusive wind chimes, reflective objects, food or water that could attract birds, insects, rodents or other animals.”

If you see neighbors feeding wildlife, please call Security at [949-580-1400](tel:949-580-1400). Complaints may be anonymous.

Take the following steps to protect yourself, your pets and your property from coyotes and other wildlife:

- Don't ever feed coyotes or any wild animal
- Eliminate potential food and water sources, such as fallen fruit and standing water
- Feed pets indoors
- Keep cats and small dogs indoors or supervise closely when outdoors
- Store trash in covered heavy-duty containers
- Keep yard areas and patios free from potential shelter, such as thick brush and/or weeds



RESCANNING YOUR CHANNELS

Avoid this frustrating experience with a simple solution.

GRF Broadband Services finalized the removal of analog television programming in 2018, but challenges remain for residents without a set-top box. Many with digital televisions plugged directly into the coaxial cable wall outlet may experience channels showing up at the wrong number and the need to rescan for missing channels.

Residents with digital televisions might need to rescan their channels to get them to map to the correct channel number. Not all make and models are the same, so refer to your specific users guide for instructions. You can find instructions about how to do this for three of the leading television manufacturers here:

- Samsung TV: [samsung.com/in/support](https://www.samsung.com/in/support)
- Sony TV: [sony.com/electronics/support](https://www.sony.com/electronics/support)
- Vizio TV: <https://bit.ly/3torfrE>

However, the best solution available is to rent a set-top box for \$13.25 per month, which will immediately provide the following benefits:

- Channels will map to the correct number
- No more rescans when changes are made
- Enjoy an interactive guide to replace Channel 3
- Use whole-number channels, not subchannels

For questions or information about renting a set-top-box, please contact Broadband Services at [949-837-2670](tel:949-837-2670) or visit lagunawoodsvillage.com/amenities/media-services/cable.

DRIVE TIME IS FUN TIME

Springtime is a great time to take a Sunday (or any day) drive. Everything is green, the temperatures are perfect and the air is fresh. Take some time to take in beautiful scenery and enjoy some good eats along the way. Visit bit.ly/3ec5a6g for SoCal drives and dining.



PICKING UP THE CLIP

On Fridays, Landscaping Services staff pick up garden clippings throughout the community.

Please place green waste in a pile near the curb each Friday by 7 a.m. Do not include trash or nongreen waste.

- Call Resident Services at [949-597-4600](tel:949-597-4600) prior to 5 p.m. the prior Thursday to ensure pickup
- Place clippings by curb for quick crew pickup
- Do not block the sidewalk with green waste



Bringing Blessings to the Village

Meet Pastor Rick Bradford.

BY JACKIE BROWN

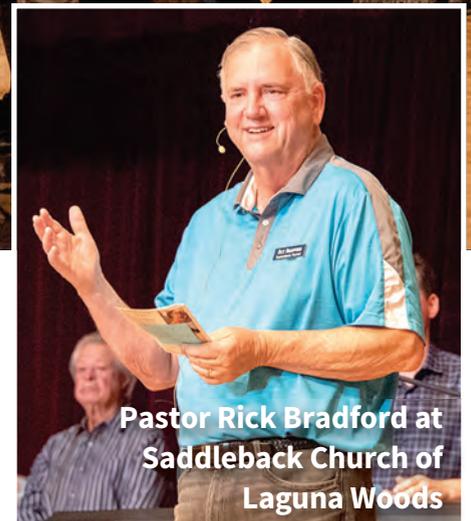
Pastor Rick Bradford and his wife Diane are deeply committed to serving the residents of Laguna Woods Village. About 13 years ago, a few years after moving to the Village, the couple started the Saddleback Church of Laguna Woods with the help of numerous other Saddleback Village residents. The church provides many opportunities for residents to connect with others and find support through worship, classes and volunteer opportunities.

“We were living here and viewed that many people were driving out to Lake Forest to go to church at the main [Saddleback Church] campus,” Pastor Rick said. “Many that were on our rolls, probably 400 people, weren’t going up there, and I wondered if it was because of the traffic, the driving, the huge parking lots and a lot of walking.”

Diane and Rick had the idea to form a Saddleback Church campus in the Village as a club and inquired if they could reserve a place to meet. This meeting place was originally the Performing Arts Center, but today Sunday services are held at Clubhouse 5.

The Bradfords wondered if anybody would come. “Sure enough, many people did find the local venue so much better and easier, and many started coming in that way,” Pastor Rick said.

Today, Sunday services at 9 and 11 a.m. are well attended by Village residents. Pastor Rick estimates that approximately 350 people come together to worship every week (prior to the pandemic it was over 500). “Some of our folks still watch online, and also every Sunday afternoon at 5 p.m. on TV6 we provide an hour worship service,” he said.



Pastor Rick Bradford at Saddleback Church of Laguna Woods

Before Sunday services at Clubhouse 5, coffee and breakfast is served to everyone—Pastor Rick said it’s quite a spread. He shares duties with his “co-lead pastor” Jeff Feld; they alternate leading the worship service. Everything is live except the sermon, which comes from Pastor Rick Warren, the main Saddleback Church’s pastor, and is broadcast on a large screen.

“We are watching a video, but it’s made live that weekend so it is current,” Pastor Rick said. “I never thought seniors would be comfortable with a video rather than live, but they’ve embraced it. For one, Rick Warren is a great speaker, but two, he is shown on a huge, giant screen that they can see without their glasses. We

didn't even think of it like that, but it's so much better."

In addition to weekly church services at Clubhouse 5 on Sunday mornings, about 70 small groups meet throughout the Village, and the club offers a variety of classes and ministries. Grief Share is a class for people who have lost loved ones and Celebrate Recovery is a 12-step program from a Christian perspective. The church's food distribution program serves about 350 people a month.

"Another big ministry we have is called Assisted Living," Pastor Rick said. "We provide worship services at assisted living and memory care facilities for people who can't get out to go to any church." Prior to the start of the COVID-19 pandemic, Assisted Living offered services in about 50 locations throughout Orange County.

Saddleback Church of Laguna Woods regularly teams up with other churches in Laguna Woods to run their classes and ministries. "We're really big on the idea that the churches in Laguna Woods area are all in this together," Pastor Rick said. "We don't have facilities and all the other churches have helped us with either parking lots for [food distribution] or classrooms. Celebrate Recovery and Grief Share are held in other churches. We provide the teachers and curriculum, and they provide the space, but then their people can go to it, too, so it really works out well."

A CIRCUITOUS PATH

Interestingly, Pastor Rick did not originally intend to become involved with church work. He majored in finance in college with plans to work in the business

world. But it seems God had other plans in store.

"When I got out of college, I wanted to be convinced, frankly, that the Bible was true as written," Pastor Rick said. "I found out there were places called seminaries, and I ended up going to Talbot Seminary in La Mirada to study the Bible. I ended up getting a master's degree, but I went back into the business world."

In fact, Pastor Rick has spent more time in the business world than the church world. He worked in sales for many years for Crayola, a position that transferred him to Pennsylvania, where his youngest daughter was born.

Later, after moving the family back to California, Pastor Rick's involvement with Saddleback Church started out very organically. He first volunteered at the church, then later was a small group leader. Eventually, Saddleback Church offered him a position, and he finally put his master's degree in theology to work. He's been with Saddleback Church for 20 years.

"I'm thankful; I've loved my time with the church. By the way, at the seminary I was convinced that the Bible was true, so I knew it was worth the investment of my time. I ended up with a degree I didn't even know existed," he laughed.

LOCAL ROOTS

Though Pastor Rick was born in Los Angeles County in Alhambra and went to Covina High School, he feels greatly



Rick and Diane Bradford

connected to Newport Beach, where his grandparents lived. “My grandparents bought a home on Lido Isle in Newport in the mid-’50s, and so all my summers, all my free time, was spent with them in Newport on the harbor. I started racing a little Sabot [sailboat] when I was 6 years old.”

The Bradfords met at the University of Southern California, where they both went to college. “We met in a singing competition that her sorority and my fraternity partnered in,” Pastor Rick said. “The night that we coupled up for the first time we actually performed on the Greek Theatre stage. Believe me, both our groups carried us. We weren’t great. We laugh about that. All the little things came together that were beyond our control. We see that as we were meant for each other and the Lord brought us together, really.”

The Bradfords, who have been married for 51 years, raised their two daughters in Tustin, and today, Holly, 38, and Stacey, 42, live in Tustin with their husbands, which makes it easy for the Bradfords to visit their children and Holly’s two children, who are 14 and 11.

“My grandson is starting high school and is very involved in sports, and now I get to root for him,” Pastor Rick said. “Stacey has been fostering kids for about a year. If it works out, they would love to adopt one of these foster kids or two.”

After a brief stint in Colorado Springs, the Bradfords moved to Laguna Woods Village about 15 years ago. They were familiar

Pastor Rick hosts a daily television show called “Inspiration for Today” on behalf of the Saddleback Church of Laguna Woods Club every weekday at 7:30 a.m. on TV6.

with the community because one of Pastor Rick’s parents had lived here previously.

“We knew we liked it,” he said. “It’s beautiful, we loved the landscaping, and golf is so appealing to me. And it also was affordable to us. Lord willing, we would like to just continue to stay here. We so appreciate just about everything about it.”

Though he’s not joined yet, Pastor Rick loves that Laguna Woods Village has two sailing clubs available for residents. “I haven’t really been involved with them yet because while I’m still working, I just don’t have the time, but that is on my to-do list,” he said. “I really want to get back into sailing.”

THE SMALL SCREEN

Though he never planned on doing so, Pastor Rick hosts a daily television show called “Inspiration for Today” on behalf of the Saddleback Church of Laguna Woods Club every weekday at 7:30 a.m. on TV6. It all started with a casual conversation with Paul Ortiz, General Manager of Broadband Services.

“I was coming out of an interview with Lisa Hart on the “This Day” show, and I was just in the lobby talking to some folks and Paul came out

and he asked me if I would be interested in doing a monthly show,” Pastor Rick said. “As a club, you’re entitled to once a month. I don’t know why in the world I said, ‘Well, is there any spot for a daily show?’”

Pastor Rick had access to Saddleback Church’s professional studio, so he jumped in two feet first. A kind church volunteer, despite having almost no editing experience, offered to be the editor, learning as she went. Up until the start of the pandemic, they were shooting about 95% of the shows in Saddleback’s studio. Post-COVID, Pastor Rick shoots at home and uses Zoom recordings. He even took the show on road when he traveled to Texas and Yellowstone. He typically shoots five days a week, and each show is 10 minutes long.

“We want to start each day on a positive note,” he said. “I share a verse, so it’s from a Christian perspective. We see it as very positive thing that we can do, that TV6 starts its day off with 10 minutes of spiritual exercise prior to the half hour of physical exercise—which my wife does every day [Susan Tuttle Fitness at 7:55 a.m.]. We think that it’s something that we can do to bless Laguna Woods.”



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25 Years of Neighbors Helping Neighbors



The Foundation of Laguna Woods Village celebrates its silver anniversary this year.

BY MARCY SHEINWOLD, J.D., PRESIDENT, FOUNDATION OF LAGUNA WOODS VILLAGE

Silver anniversaries are special, and the Foundation of Laguna Woods Village's big anniversary is no exception. This year, the foundation will celebrate its 25th anniversary, having begun in May 1997.

This milestone is really a tribute to the Village that has sustained it and made it possible, making the motto, "Neighbors Helping Neighbors," a reality. In fact, Laguna Woods Village is unique in the creation and continuation of its own home-grown charity, which focuses on the needs of Village residents.

The foundation's genesis, a story handed down from board to board, starts with 1996-1997 heavy rain and flooding, which damaged numerous manors. Upon the encouragement of our Social Services Division, some very caring residents got together and arranged to give money to those people in the community who needed help. This group of donors realized that they had fulfilled a very important need in the village and decided to formalize the arrangement. Hence, in 1997, they established an organization and called it "The Foundation of Laguna Woods

Village," a not-for-profit 501(c)(3) charity that is separate from Village governing bodies and only helps Village residents.

RECENT RESIDENT SUPPORT

Through Village support, the foundation spent more than \$1.2 million to ensure the well-being of Village residents over the past five years. Among its traditional services, the foundation provides funding for providing Meals on Wheels by Age Well, Alzheimer's day service scholarships and individual resident financial assistance. In fact, the

foundation's relationship with Age Well goes back to 1998. In 2021, foundation funding helped provide more than 80,000 meals to Village residents.

During the pandemic, the foundation distributed more than \$30,000 in grocery cards to ensure no one went without food, and partnered with MemorialCare to facilitate the Village vaccination clinics.

MEETING INDIVIDUAL, VILLAGE NEEDS

The foundation helps Village residents in some lesser-known ways. Based on resident needs, it provides earthquake kits, pays for CARE ambulance contracts, transports residents to the local food pantry and, in one instance, recently replaced the battery in a golf cart to maintain an elderly resident's mobility. All foundation-provided assistance is done confidentially. The way to access assistance is by calling Social Services at [949-597-4267](tel:949-597-4267) or visiting the division's offices in the Community Center in person.

The foundation endeavors to address needs that impact the entire Village. Before the pandemic, research showed that falls accounted for approximately half of the ambulance calls to local hospitals. Because falls can result in significant physical and financial costs, the foundation helps provide fall prevention workshops once a month. Call Social Services at [949-597-4267](tel:949-597-4267) for more information. The foundation also provides funding for emergency response devices for needy



START YOUR DAY THE THRIVE WAY

6 ways morning self-care can make all the difference.

By Joan Milliman, Secretary, GRF Board of Directors

The Thrive Project has become known throughout Laguna Woods Village for encouraging residents to become kinder and more resilient.

Thrive is a “sharing vehicle” (group) that inspires people to thrive (do what's best for themselves and others) through words, pictures and sounds (videos and stills). The group's purpose is to share positive activities and attitudes to inspire meaningful and joyful living in the Village. While we do not teach classes, we do offer ways to achieve healthful attitudes through inspiration and practical articles.

This article aims to illustrate how you can inspire yourself into a happier attitude even when you are surrounded by negativity. This by no means denies the fact that there are negative things in our lives that must be confronted, but with a healthy attitude about ourselves, doing so can be easier to accomplish.

One of the basic ideas Thrive promotes is that being kind is good for your health. Of course, be kind to others—but also

residents to ensure that if falls occur, help is readily available.

Please reach out to the foundation if you believe there are other ways that the foundation can help the Village. If you have suggestions, please call **949-268-2246** or email foundation@comline.com. For more information about how the foundation achieves its motto, “Neighbors Helping Neighbors,” please visit foundationoflagunawoodsvillage.org.

CAPTURED ON CAMERA RESIDENT PHOTOS



JERRY SEARS

You lookin’ at me?



MARK RABINOWITZ

Perfect timing

to ourselves. If we are harsh and unkind to ourselves, we can be harsh and less kind to others. Below are six simple routines to start your day in a kindly way, to help clear your mind and eliminate stress before it starts.

1. Arise affirmative. So often before we get up, we plan our day and jump up ready to go—or not. If what we plan is too overwhelming, we might just turn over and go back to sleep. Instead of “planning” or “worrying,” try ignoring your phone or television for the first two minutes. Your first thought should be something like, “This will be, and is, the best day ever” or “I am healthy, happy, abundant and joyful” or “Life loves me,” and so on. These thoughts may not be automatic, so try rehearsing them the night before.

2. Clear your headspace. Take five minutes to clear your mind. Engage in some sort of meditation or prayer. Using gratitude affirmations is also a great way to begin the day. This practice allows you to focus on the positive things in your life and can have positive effects on your mood.

3. Just breathe. Add breathing exercises to gain clarity. Take a breath in through your nose, hold it for five seconds and then release the air slowly through your mouth. Notice how your body relaxes with the exhale. Do this three times for best effect.

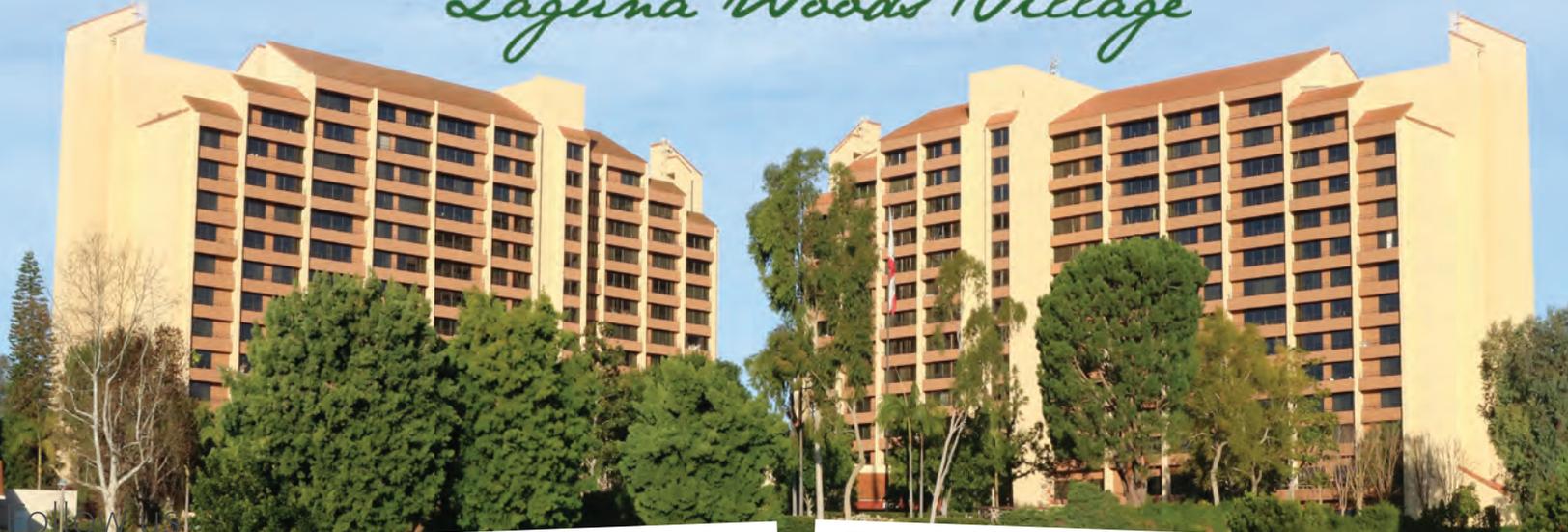
4. Write, read and/or say personal, positive intentions. At this point, you might find it quite rewarding to write a few sentences in a journal to continue to set an intention for the day or you might read/say some positive statements about yourself: “I am loved,” “I am loving” or “I have an infectious smile,” and so on. Positive self-statements counteract that critical part of ourselves that can sabotage our day.

5. Prioritize your day. Now, spend a few minutes writing the day’s essential tasks—itemizing and prioritizing as specifically as you can and rechecking your calendar. As mental health counselor Stephanie Lincoln said, “Make sure your essential tasks are focused on your current priorities” and not on the most “shiny object.” Rather, take what you dread the most and make that No. 1 on your list. Then, as you check off each item, you can feel proud of your accomplishments.

6. Enjoy life. Take time to be with your family, friends and/or pets.

THE TOWERS

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A close-up photograph of two hands, one from a younger person and one from an older person, joining their index fingers to form a heart shape. The background is a blurred red garment.

KEEP YOUR HEART HAPPY

Why it's important to know the signs of heart valve disease

BY JEFFREY ALTSHULER, M.D.

More common to older adults, valvular heart disease affects about 2.5% of the U.S. population, according to the Centers for Disease Control and Prevention. As of 2020, it was estimated that as many as 11 million Americans had heart valve disease and, each year, more than 25,000 people in the United States die from the disease, according to the Alliance for Aging Research. That's why it's important to increase awareness of the risks and symptoms of heart valve disease—to help save lives.

CAUSES AND SYMPTOMS

There are two main causes of heart valve disease:

- **Anging.** The heart valve calcifies as you age, getting stiffer and thicker, making the heart work harder. Or it can start leaking.
- **Genetics.** Some people have a genetic predisposition to heart valve disease. Some people are born with a bicuspid aortic valve. Normally an aortic valve has three cusps, but some people are born with only two.

Some heart valve disease symptoms may be subtle, so it's important to recognize common symptoms before permanent heart damage occurs:

- **Angina.** This presents as chest pain or discomfort when your heart doesn't get enough blood. People with angina may feel like they're having a heart attack. The heart beats more because it must work harder to get enough blood and oxygen.

- **Drop attacks.** A drop attack is a sudden fall without losing consciousness that lasts for seconds. While there are various causes for drop attacks, heart problems can be among them.
- **Heart failure.** With heart failure, you start retaining fluid, get short of breath and can't lay down flat. Both the aortic and mitral valves can cause heart failure.
- **Fatigue.**

DO I HAVE A HEART VALVE ISSUE?

When you walk 50 feet, you're short of breath and you start to slow down, that can be a sign that something may be going on. Chest pressure, tightness, retaining fluid and heart palpitations can also be a sign of a heart valve

issue. Deciding when to see a cardiologist depends on your family history and symptoms.

TREATMENT

People are prescribed medications such as water pills to eliminate excess fluid and medications to lower blood pressure so the heart doesn't have to pump as hard. But the only way to get the valve to function more normally is to do a procedure on the valve.

At the MemorialCare Heart & Vascular Institute, Saddleback Medical Center, most of our valve procedures are performed minimally invasively through mini-incisions, not through the breast bone. For folks diagnosed with severe symptomatic aortic stenosis,

or a narrowing of the aortic heart valve, MemorialCare Saddleback Medical Center performs a minimally invasive procedure called transcatheter aortic valve replacement (TAVR). This procedure allows for a heart valve to be inserted through the groin with a catheter instead of having to open the chest. The TAVR procedure typically takes 45 minutes to an hour and is done with some sedation and local anesthesia, not a general anesthetic.

If you feel like you may be getting older and slower, there might be a reason. If something changes in your lifestyle that you're not sure about, an echocardiogram to check your valves is a non-invasive procedure that only takes about

a half hour. There are no needles or tubes. It's a quick and easy way to get an assessment to determine if something needs further investigation.

Jeffrey Altshuler, M.D., medical director, cardiovascular surgery, MemorialCare Heart & Vascular Institute, Saddleback Medical Center, is a board-certified cardiothoracic surgeon specializing in the surgical treatment of diseases of the heart and aorta. He has authored multiple scientific publications with emphasis on aortic and cardiovascular surgery, as well as minimally invasive surgery. Dr. Altshuler also retains memberships in numerous surgical societies, including the Society of Thoracic Surgeons.



2022 Village Health and Wellness Expo

Join us Saturday, April 23 at 10 a.m. in Clubhouse 5.

- Complimentary cardiovascular screenings
- Booths on cancer prevention, joint pain management, stroke awareness, women's health, mind and body wellness, and more
- Engage with physicians and clinical experts
- Opportunity for a raffle prize drawing
- And more

Admission is free. We hope to see you there!



MemorialCare is proud to be The Premier Health and Wellness Provider to Laguna Woods Village



Join the Senior Sentinels

Good neighbor captains aid residents amid disaster—
are you ready to volunteer?

BY JUDITH TROUTMAN, VMS DIRECTOR; CLUBHOUSE COORDINATOR AND OFFICE STAFF VOLUNTEER
FOR THE DISASTER PREPAREDNESS TASK FORCE

The Laguna Woods Village Disaster Preparedness Task Force (DPTF) shepherds the good neighbor captain (GNC) program, which is fashioned after the Earthquake Country Alliance's Community Engagement Model.

In the event of disaster, whether an earthquake, a fire, a storm or other emergency, you may experience downed phone lines and power outages. You may not be able to call 911. In fact, it's most likely that the residents who will get the help they need will be those residents who have a volunteer GNC assigned to their building (not to be confused with the three-story building captains; one has nothing to do with the other).

The Village has 2,584 residential buildings; approximately 200 active GNCs cover those buildings. Each GNC is assigned as many manors as they can cover in 20 minutes, which averages to one floor of a three-story building or a building with eight to 10 manors.

The GNC volunteer program offers the quickest, surest way to share affected residents' emergency needs with first responders.

Since the pandemic, DPTF lost 60% of its GNCs due to relocation or illness, is desperately understaffed and seeks additional volunteers.

Are you ready to volunteer and join the ranks of senior sentinels who help neighbors amid disaster?

GNC DUTIES

As a GNC, your primary duties are to inform and educate assigned residents how to prepare for a disaster. You need only knock on assigned neighbors' doors, introduce yourself and deliver an information packet that advises how to prepare for disaster, where to buy emergency supplies and how to be best informed. Your neighbors will feel safe knowing someone will check in with them in the event of a disaster. Village residents can also find this packet, as well as more information, at lagunawoodsvillage.com > [Security Services](#) > [Disaster Preparedness](#) (orange button) or at the DPTF office in the Community Center.

In case of emergency, GNCs check on neighbors for physical injury—they do not deliver first aid. They fill out physical injury forms, give the forms to a cul-de-sac coordinator (if one is assigned) or take them directly to the designated clubhouse's radio operator station, which will get vital information to first responders via the command center. Once forms are turned in, GNCs may return to their post and check on other neighbors.

CONTACT DPTF

For GNC volunteer applications, more information and emergency supplies, please visit the DPTF office, located on the first floor of the Community Center and open Monday through Friday from 10 a.m. to noon, or call **949-597-4237**. Resident Tom Soule is the DPTF's office manager.

DON'T MISS UPCOMING PREPAREDNESS TRAINING!



Laguna Woods Village

Extreme Heat & Wildfire Preparedness

VIRTUAL TRAINING COURTESY OF THE AMERICAN RED CROSS

WEDNESDAY, APRIL 27 • 10 AM

EMAIL
DISASTERPREP@VMSINC.ORG
to receive Zoom meeting link and reserve your spot.



Laguna Woods Village

Home Fire & Preparedness Essentials

VIRTUAL TRAINING COURTESY OF THE AMERICAN RED CROSS

WEDNESDAY, MAY 25 • 10 AM

EMAIL
DISASTERPREP@VMSINC.ORG
to receive Zoom meeting link and reserve your spot.



DPTF HISTORY

In 1989, the Disaster Preparedness Task Force (DPTF) was first organized by Laguna Woods Village resident volunteers who functioned under the Golden Rain Foundation and in cooperation with the Security Department to keep residents aware, informed and prepared for major disasters.

Prior to 2016, DPTF published and maintained a series of disaster preparation articles and offered residents free disaster-related training and emergency supplies, and was operated entirely by resident volunteers with little or no direction from prior security personnel or outside agencies.

In 2016, DPTF hired Lopez and Associates to update its emergency operating plan (EOP). The updated plan was so successful that DPTF is recognized by the Orange County Health Department, the American Red Cross and, most importantly, the Federal Emergency Management Agency (FEMA). DPTF's new EOP allowed the group to be eligible for FEMA assistance through the Disaster Assistance Equity Act of 2019, in which any residential common interest community can qualify for FEMA assistance.

DPTF also partners with the City of Laguna Woods, the OC Fire Authority and local law enforcement.



MAINTENANCE & CONSTRUCTION



WIPES AND PIPES NEVER MIX

Our aging sewer lines have limited capacity, and plumbing blockages and sewer overflows wreak havoc on our community's buildings. One of the biggest sources of blockages are personal hygiene wipes.

Always toss disposable wipes in the garbage—never into Village toilets. Despite the marketing claims that personal hygiene wipes are “flushable,” these products clog plumbing systems because they simply do not break down like toilet paper. Once a sewer line or toilet is clogged, the blockage attracts additional debris and becomes a critical issue. Please place only standard bathroom tissue in toilets throughout the Village.

LAUNDRY LESSONS

Proper use of Village washers and dryers saves maintenance—and money.

WASHERS

- Don't overload the machine, and never wash carpets, mats, shoes, etc., in these washers.
- Try your best to evenly distribute the weight of your clothes. This unit will spin up to 40 times a minute and is designed to automatically shut off to prevent damage when a load is unbalanced.
- Never place grease-laden rags in the units—your neighbors will be using the unit after you.
- Consider using high-efficiency detergent, and make sure to follow manufacturer's recommendations. A sensor will shut off the machine if there are too many bubbles.
- There is a small delay between pressing the start button and when the machine begins spinning. Do not press the button harder or multiple times.
- Leave the door open after use to prevent growth of bacteria, mold, etc.

DRYERS

- Shake and inspect each garment to untangle it before

- transferring it from the washer to the dryer.
- Don't overload the machine.
- Clothes need room to tumble freely for efficient drying and wrinkle prevention. These units are not designed for industrial, heavy-use items.
- Make sure the lint filter is clean.
- A dirty filter will limit air flow and lengthen drying time.
- Set a mental reminder of when your load will finish drying. Removing clothes promptly from the dryer helps eliminate wrinkles and allows your neighbors to use the machine faster.
- Do not slam the door—this will damage the door sensor.



WELCOME JUSTIN “JAY” ALLEN

New management professional oversees and manages the damage restoration work center

The Maintenance and Construction Department is pleased to welcome the damage restoration division’s newest manager, Justin “Jay” Allen. While Jay may be new to this position, he joined VMS in February 2021 as gate ambassador supervisor to provide oversight, management and leadership to the gate ambassador team.

Prior to joining VMS, while serving more than 15 years with the United States Marine Corps, Jay held several management positions, including compliance inspector team lead/project manager, chief instructor/logistics manager, maintenance data analyst and logistical support coordinator. He also served as a combat instructor and a corrosion rehabilitation program lead and earned Iraq and Afghanistan campaign medals, Navy and Marine Corps Commendation and Achievement medals and a meritorious service medal.

As damage restoration manager, Jay oversees and manages the damage restoration work center to resolve issues regarding mutual property damage due to moisture intrusion, mold and lead remediation, asbestos abatement and clearance, fire restoration and vehicle accidents.

Jay is known as an innovative and results-driven professional who will provide solid leadership to the damage restoration division in support of VMS’ commitment to excellence and dedication to service. His extensive knowledge of the principles and proven techniques of implementing maintenance procedures and streamlining administrative protocols make him a perfect fit for this important position.

Your contractor may perform work only during the following designated times:

- **Third:** Monday - Friday, 7 a.m. - 5 p.m. (quiet work only 7 a.m. - 8 a.m.); Saturday, 9 a.m. - 3 p.m.
- **United:** Monday - Friday, 8 a.m. - 5 p.m.

Contractor work is prohibited in the Village on the following holidays observed by VMS:

- Memorial Day - May 30
- Independence Day - July 4
- Labor Day - September 5
- Veterans Day - November 11
- Thanksgiving Day - November 24
- Day after Thanksgiving - November 25
- Christmas Eve - December 23*
- Christmas Day - December 26*

(December 24 falls on a Saturday, and VMS will observe the holiday on the previous Friday; December 25 falls on a Sunday, and VMS will observe the holiday on the following Monday.)

GOT CONSTRUCTION WASTE?

Remember, it is illegal to place construction waste in community dumpsters, including carpet, concrete, insulation, lumber, masonry, metal, porcelain, plastic, rock and tile. Contact CR&R Environmental Services, the Village trash hauler, at LagunaWoods-Recycles@CRRmail.com or 949-625-6735,

or self-haul construction waste to a qualified facility. Consider requesting that your contractor include waste handling costs in the work quote.

Please note, if you or your contractor place construction waste into any Village dumpster, you will be subject to disciplinary action.



WE HEAR YOU!

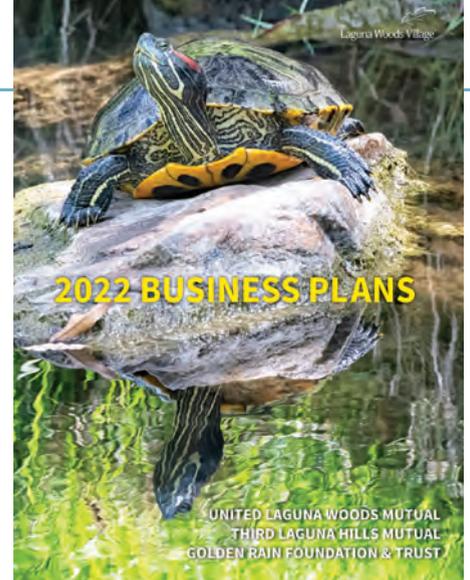
QUESTIONS ASKED & ANSWERED

My monthly HOA assessment is a substantial amount of money. Is there a breakdown of where it goes?

Every November, an abridged, mutual-specific version of the Greenbook (a.k.a. the business plan), along with a personalized letter about assessments, is mailed to each member-owner. View the full Greenbook at lagunawoodsvillage.com > **Financial Services**.

I constantly see neighbors breaking Village rules, but nothing seems to change when I report them. Why?

Violation reports are appreciated; however, legally, the community must follow specific steps when enforcing the rules, which takes time. But rest assured that if a legitimate violation is reported, a case file is opened and managed behind the scenes by the Compliance Division.



8 a.m. to 5 p.m. at **949-597-4600**. For after-hours Saturday and Sunday emergencies, contact Security directly at **949-580-1400**.

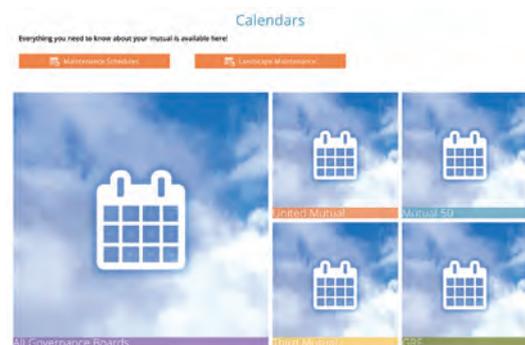
A VMS employee who came to my home to complete a repair did a wonderful job. How can I communicate this to VMS?

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

If you have a question, email info@lagunawoodsvillage.com. Include your name, unit number and email in your message, and label the subject line My Community Question.

I want to attend board and committee meetings. How can I find where they are held?

All meetings that deal with governing Laguna Woods Village can be found on the community website: Select **Calendars** > **All Board Governance** (on the



left-hand side of the page under Calendars). This calendar, called TeamUp, shows the date, time, location and agenda for meetings.

How can I see the maintenance work that has been done on my manor?

Complete a service records request to obtain the maintenance records for your manor. Service records are specific to your unit, not the building or your neighbor's unit. Find the service records request form at lagunawoodsvillage.com > **Resident Services**.

Whom do I contact if I have a leak in my bathroom over the weekend?

Limited Resident Services agents are available on Saturdays from



RESIDENT SERVICES

USE DWELLINGLIVE TODAY

Welcoming guests to the Village has never been easier.

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 **949-597-4600** or residentservices@vmsinc.org.

Visit bit.ly/3tmsk3b to view a DwellingLIVE tutorial or visit bit.ly/35qzGL4 to watch a Village YouTube channel tutorial. Visit bit.ly/3C7mg2Q to watch GRF Director Deborah Dotson demonstrate DwellingLIVE on her show, "Let's Talk Tech."

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

OPP VIA DWELLINGLIVE

Overnight guests, even those who have a multiday pass or are on your annual guest list, still need an overnight parking pass (OPP) for every night they park in the Village. Even if guests have already cleared the gate with an annual pass and later decide to stay the night, you still must call Gate Clearance at **949-597-4301** and request an OPP. Guests who plan on parking their vehicle in the Village overnight must have an OPP.

Contact Resident Services for Annual Passes

Residents who wish to change their annual passes must contact **949-597-4600** or residentservices@vmsinc.org.



DON'T WAIT IN LINE AT RESIDENT SERVICES ...

The resident portal simplifies Village life! You can 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/3bdyrP4 for a tutorial.

View frequently called Village telephone numbers at lagunawoodsvillage.com/contact.

Email questions/schedule an appointment at residentservices@vmsinc.org.

Process credit card payments, submit service requests, check account balances, print account statements, update emergency contacts and review resident and vehicle information by visiting portal.lagunawoodsvillage.com.

FIND ANSWERS AND DEPARTMENT PHONE NUMBERS

- Click "How Do I?" at the top main menu at lagunawoodsvillage.com for a list of answers to frequently asked questions regarding general information, sales and leasing, billing, decals and passes, and more.
- Visit bit.ly/3f3mpJb to find out how to reach the department to best meet your needs.

LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

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A B C D E

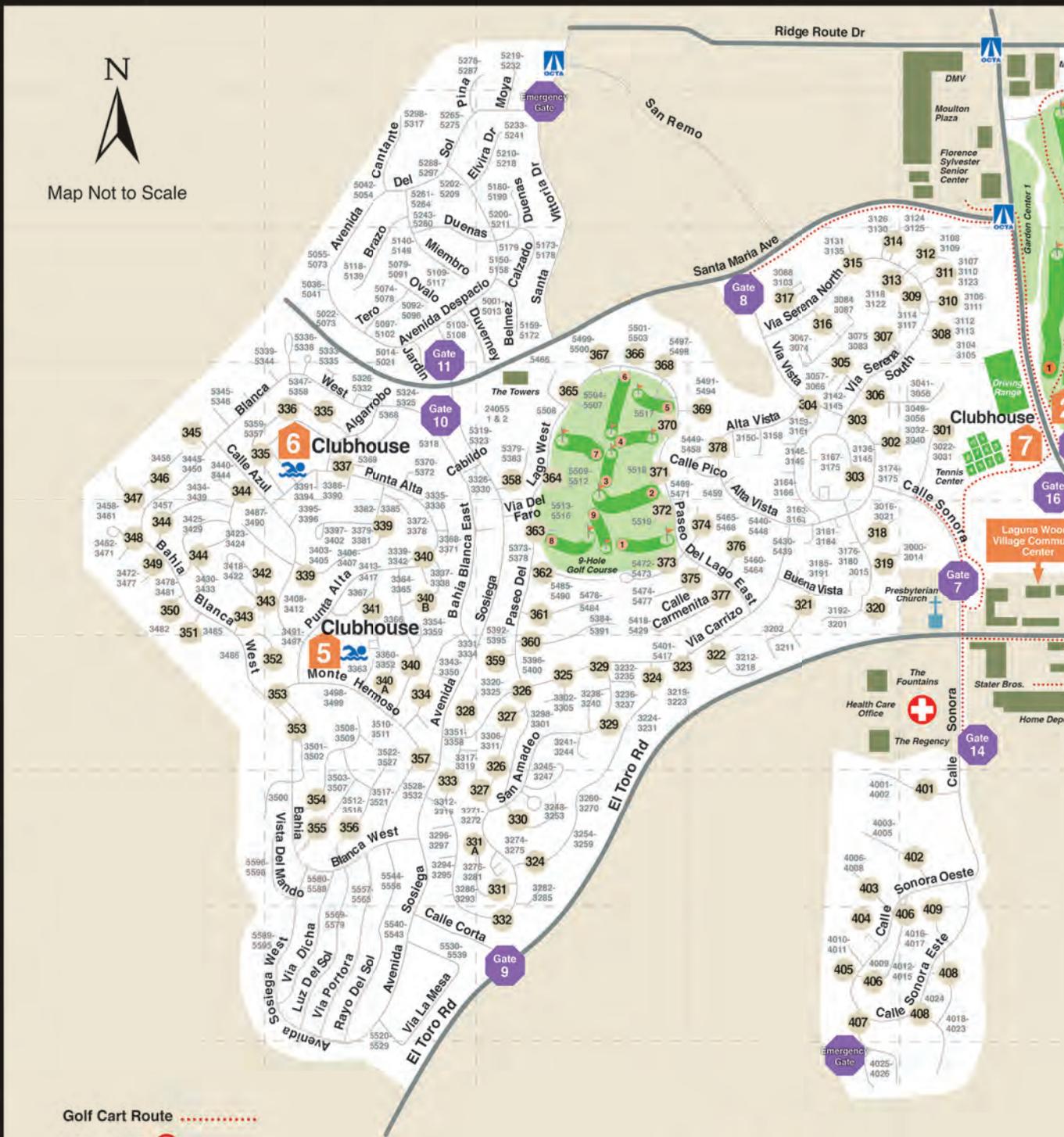


- Golf Cart Route
- Health Care
- Churches, Temples
- Security Gates
- OCTA Bus Stops
- Clubhouses
- Swimming Pool

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Laguna Woods Village®

A B C D E



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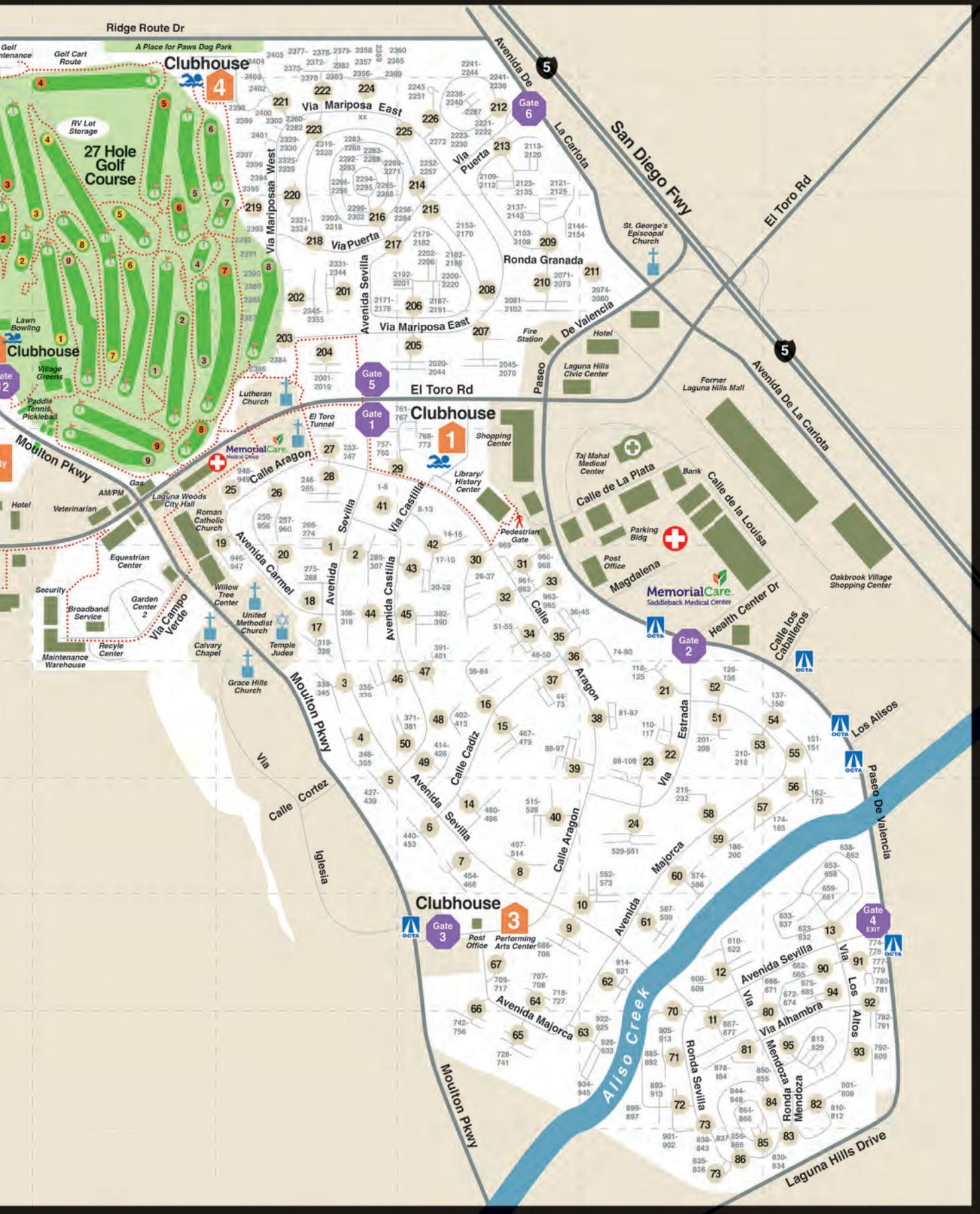
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KEYS TO THE COMMUNITY



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KEYS TO THE COMMUNITY

In Your Neighborhood

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



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

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.
Gates 11, 14 – All streets in this area

WEDNESDAY

7:30 to 11:30 a.m.
Gates 7, 8 – Calle Sonora/Alta Vista (East Area)
11:30 a.m. to 3:30 p.m.
Gates 7, 8, 9 – Calle Sonora/Alta Vista (West Area)

THURSDAY

7:30 to 11:30 a.m.
Gate 10 – East of Ave. Sosiega & North of Monte Hermoso
11:30 a.m. to 3:30 p.m.
Gate 9 – South of Monte Hermoso

FRIDAY

GRF Facilities
Please see GRF Facilities Sweeping Schedule.

Every other week

Gate 9 – Towers Parking Lot
Gate 11 – Check area and re-sweep if needed.

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

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 949-837-5200
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
thetowerslww@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

STAY IN TOUCH!
Telephone and email
The Laguna Woods Village
Community Center
24351 El Toro Road
Laguna Woods, CA 92637
lagunawoodsvillage.com
949-597-4600
Emails provided
where available



SECURITY SERVICES

SECURITY PERFORMS DAILY PERIMETER CHECKS

How staff secures your community



The Security Services Department is responsible for the administration and operation of the Village’s 24-hour/7-day-a-week security. This includes, but is not limited to courteous and diligent gate ambassadors attending to our access gates, 24-hour dispatch attending to community service requests and 24-hour patrols by marked security vehicles.

As part of its routine tasking, Security staff also performs daily perimeter checks—specifically focusing on potential breaches. Staff checks the perimeter on foot in areas that are not as accessible. Once staff members identify a breach, they place yellow tape around the area and complete a service request to rectify the issue. The yellow tape helps staff repairing the breach easily locate the trouble point.

Report fencing breaches during business hours to Resident Services at **949-597-4600** or Security Dispatch at **949-580-1400**; call Security Dispatch after regular business hours.

FOLLOW ROAD RULES, SAVE LIVES

In 2021, Security Department traffic specialists cited more than 500 drivers (of all vehicles, including golf carts) running stop signs in the Village. Rolling stops, also known infamously as “California stops,” are not permitted—and are downright dangerous to pedestrians and other drivers.

Please, help us keep your neighbors and your community safe by making full and complete stops at all Village stop signs.



GET PREPARED

Disaster Preparedness Task Force and American Red Cross offer virtual training.

As part of ongoing preparedness awareness and training, the Disaster Preparedness Task Force and the American Red Cross present two upcoming virtual preparedness seminars, “Extreme Heat & Wildfire Preparedness” on Wednesday, April 27, at 10 a.m., and “Home Fire & Preparedness Essentials” on Wednesday, May 25, at 10 a.m.

To receive the virtual Zoom meeting links and reserve your spots for these events, email disasterprep@vmsinc.org.

The Department of Security Services is always on alert, but you can assist Security staff by reporting anything that looks suspicious. Call Security at **949-580-1400**.



SOCIAL SERVICES

HELP IS HERE

Counseling services and bereavement, dementia caregiver groups offer solace, support.



Laguna Woods Village Social Services connects residents to caregiver services, meal delivery programs, mental health programs and more—to help those residents maintain independence and enhance their quality of life.

The team offers comprehensive in-home assessments administered by a licensed clinical social worker (LCSW), a master of social work (MSW) or a master of social work intern (MSWI).

Short-term counseling services focus on immediate needs; referrals to long-term counseling services are provided if necessary.

Here's how Social Services can help you, a spouse or significant other, or a neighbor.

COUNSELING SERVICES

Mental health concerns, including depression, diminish overall quality of life and have been associated with significant distress and disability in physical, interpersonal and social functioning. Over the past few decades, a consensus has evolved that cognitive behavioral therapy (CBT) can be an effective treatment for mental health concerns in older adults.

CBT, an evidence-based treatment designed to alter the damaging negative thought patterns you may have developed about yourself,

Call Social Services at **949-597-4267** or visit **lagunawoodsvillage.com** > **Social Services (under Residents)** for more information.

looks at how your thoughts, emotions and actions relate to each other—and how you behave as a result.

BEREAVEMENT SUPPORT GROUP

Are you coping with the loss of a loved one? Join Social Services' interactive support group to explore feelings and concerns, and receive support from other Village residents in a safe and caring space. This group, facilitated by Village social workers, offers eight weekly sessions, Mondays May 2 through June 27 from 2 to 3:30 p.m. in the Community Center Elm Room. Registration is required. Contact Social Services or email facilitator Susan McInerney at **Susan.McInerney@vmsinc.org**.

DEMENTIA CAREGIVER VIRTUAL SUPPORT GROUP

If you are caring for a loved one with dementia and looking for connection and support, join our interactive virtual support group via Zoom to share ideas and receive support from other residents. This group meets on the second and fourth Wednesdays of each month from 10:30 a.m. to noon. To register for the virtual Zoom link, call Social Services or email facilitator Jessica Valenzuela at **Jessica.Valenzuela@vmsinc.org**.



GENERAL SERVICES

VILLAGE VEHICLES 101

Fleet Maintenance eyes savings while maintaining more than 500 buses, trucks and utility vehicles.

By Robert Carroll, Director of General Services



The Laguna Woods Village Fleet Maintenance operation provides many cost-effective services that residents might not know about. Many routine services are performed in-house; the dealership performs warranty work that is covered by the vehicle warranty.

Fleet Maintenance operates from 6 a.m. to 10 p.m. Monday through Friday. By servicing vehicles quickly and efficiently in-house, Fleet Maintenance is able to return vehicles (and personnel) back to the field quickly, avoiding delays.

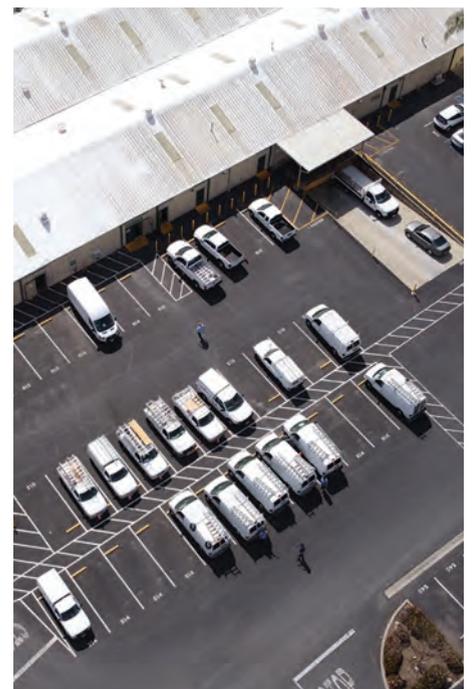
Fleet Maintenance maintains more than 500 vehicles, including buses for Transportation, truck and utility vehicles for the Landscaping, Security, and Maintenance and Construction departments, and a variety of other pieces of equipment for various departments. Fleet Maintenance services two electric vehicles and six hybrid vehicles.

Fleet Maintenance staff researches the lowest cost for quality parts as well as parts with lifetime warranties (e.g., brake pads, suspension air compressors and control arms). In addition, Fleet Maintenance will purchase vehicle extended warranties for specific vehicles to protect the Village from large repair costs down the road.

Fleet Maintenance staff fabricate ladder and equipment racks, repair damaged racks and ramps, and even fabricate tools—skilled work results in additional cost savings. About 10% of the required

body work is performed in-house by Fleet Maintenance staff.

Fleet Maintenance partners with a vendor to maintain the Village's generators. There are seven emergency generators throughout the Village that undergo comprehensive routine maintenance. Routine maintenance includes quarterly inspection or replacement of oil filters, spark plugs, coolant and other mechanical features to ensure the generator starts promptly and runs well. Regular load tests are conducted on each generator. In addition, the fuel goes through a decontamination and filtration process (micron filters and water-absorbing filters) and a biocide fuel treatment is added to prevent future microbial growth. These important steps ensure that these generators can service Village facilities when needed.





LANDSCAPING



ALISO CREEK UPDATE

By Kurt Wiemann, Director of Landscaping Services

VMS staff works with regulatory agencies and wildlife biologists to balance residents' desires to have the creek be more visible, maintain more open water and avoid disrupting the natural habitat of many birds and wildlife.

The current agreement that permits creek maintenance work prohibits removing native plants—cattails are considered native plants. Last year, we received authorization to perform selective cattail removal an additional two times a year beyond regular annual winter removals. The additional work must be preceded by a survey for nesting wildlife by a biologist.

This year we petitioned California Department of Fish and Wildlife to allow us to permanently remove cattails from the creek's center. The goal is to create a 7-to-15-foot channel down the center of the creek to increase water flow, reduce stagnation and silt accumulation, allow wildlife greater access to open water and foraging opportunities, and reduce scouring from storms.

Currently, cattails can only be trimmed to 1 foot above the water line using hand tools. We are not allowed to disturb the creek bed in any way. Cattails have dense subterranean rhizome systems (roots) that enable them to survive in low water periods. These rhizomes are what enable the cattails to regrow so quickly after being trimmed.

Bird nesting season regulations generally restrict activity in the creek to avoid disrupting natural habitat. Under the recent authorization,

prior to starting work, a wildlife biologist must survey the entire creek area and locate active nests or breeding ponds. Once located, safety buffers are developed and crews can remove cattails from the remaining areas of the creek. A biologist also must monitor the work in progress to further ensure no habitat is disturbed.

Crews and biologists have discovered several nonnative species living in the creek, including goldfish, American bullfrogs and red-eared sliders—all former house pets that have no business being in the wild. Some are even detrimental to the sensitive creek habitat.

The creek is home to the western pond turtle, which is a protected species. Bullfrogs are an invasive species that are a known predator of western pond turtles. Adult bullfrogs prey on juvenile pond turtles and breed to the extent that adults can eventually eat so many hatchling turtles that few survive to adulthood.

As the western pond turtle is the only native freshwater turtle in its historic range, it did not develop the ability to successfully compete for resources with other turtle species. The red-eared slider produces nearly twice as many offspring as the pond turtle, allowing them to out-compete and overwhelm the pond turtle population for resources.

Help maintain Aliso Creek as a native wildlife habitat—never release pets into the wild, especially into our beloved creek.



RECREATION



For more information about Recreation and Special Events Department classes, amenities, events and more, call **949-597-4273**.



CHALLENGE YOURSELF IN 2022

Can you swim the distance from Italy to Greece?

The Recreation and Special Events Department invites swimmers to test their mettle by joining the 2022 Lap Challenge to discover whether they can swim the distance from Italy to Greece.

The total distance, 240 miles, is cumulative over the course of the year. Chart your distance in lengths or laps, using the same measurement each swim session (8,400 laps/16,800 lengths; 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, 2022, and can be done at lap pools 2 and 5 only.

Call **949-597-4273** or email recreation@vmsinc.org for more information.

2022 VILLAGE HEALTH AND WELLNESS EXPO

The 2022 Village Health and Wellness Expo will take place at Clubhouse 5 on Saturday, April 23, starting at 10 a.m. Staff from the Department of Recreation and Special Events will be on hand to promote upcoming classes and events, sponsors will host booths and offer lectures, and much more!

Expo admission is free. Complimentary food and fresh juice shots, as well as sponsor giveaways will be available while supplies last. Attendees who secure sponsor initials on their "sponsor passport" can turn in their document for raffle prizes.

Call **949-597-4273** or email recreation@vmsinc.org for more information.

PAC 2022 CONCERT LOVERS, REJOICE!

The PAC's 2022 season is a wonderfully eclectic lineup that offers something for everyone.

The Recreation and Special Events Department is pleased to announce its 2022 season at the Performing Arts Center.



- **Ronstadt Revival, September 17.** The premiere tribute to Linda Ronstadt, with a full seven-piece band, to bring you the authentic sound of the Ronstadt catalog
- **Who's Zeppelin, October 1.** One band, two iconic tributes to The Who and Led Zeppelin
- **New Year's Eve, December 31.** Ring in the New Year at the PAC with a special show.

Tickets vary by show and go on sale 90 days prior to the performance. Visit tickets.lagunawoodsvillage.com to create an account and conveniently purchase and print PAC tickets at home. No printer? No problem! Show a smartphone screenshot of your purchase at the box office or, at checkout, select the option to pick up your tickets at the PAC box office. Tickets also can be purchased at the PAC box office, which is open Monday, Wednesday and Friday from 9 a.m. to noon.

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

Tickets vary by show and go on sale 90 days prior to the performance. Visit tickets.lagunawoodsvillage.com to create an account and conveniently purchase and print PAC tickets at home. No printer? No problem! Show a smartphone screenshot of your purchase at the box office or, at checkout, select the option to pick up your tickets at the PAC box office. Tickets also can be purchased at the PAC box office, which is open Monday, Wednesday and Friday from 9 a.m. to noon.

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

NEW GRF-APPROVED POOL OPERATING HOURS

The GRF Board of Directors has approved new pool operating hours. Visit <https://bit.ly/3JYNtXR> to view the current pool schedule.

- Pool 1: Winter hours are 8 a.m. to 5 p.m.; summer hours are 7 a.m. to 7 p.m.
- Pool 2: Winter hours are 7 a.m. to 6 p.m.; summer hours are 7 a.m. to 6 p.m.
- Pool 4: Winter hours are 8 a.m. to 9 p.m.; summer hours are 7 a.m. to 10 p.m.
- Pool 5: Winter hours are 6 a.m. to 6 p.m.; summer hours are 6 a.m. to 9 p.m.
- Pool 6: Closed for winter; summer hours are noon to 6 p.m.



RECREATION



GOING THE DISTANCE

The 1,000-Mile Club exercise incentive program challenges you to get in your miles.

Have you heard about the 1,000-Mile Club? For 22 years, this club has been tracking, supporting and cheering residents' efforts as they walk, jog, swim, bike or row their way to 1,000 miles logged in one year. About 30 residents participate each year—one resident has been in the club for 20 years, meaning that she has logged 20,000 miles! Check out these residents who accomplished the 1,000-mile goal in 2021: Ken Benson • Dianna Bolen • Nancy Brown • Deborah Carr • Harrison Cheng • Robert Cunningham • Douglas Daniels • Carol Dolan • Bert Dubois • Shirley Frankel • Janna Gaston • Sharon Gillen • Jonathan Hefferlin • Kathy Higa • Irene Jemetz • Sadra Jones • Michael Kaizoji • Myung Soon Kim • Michael Kishiyama • Dian Kopensky • Mary Lay • Janette Levinrad • Meilan Liew • Jeri Magnetta • Dave Meriwether • Raymond Miller • Krishna Murty • Carole Northrop

COME JOIN US!

The 1,000-Mile Club is open to all residents. Those who finish 1,000 miles by the end of the calendar year will receive a T-shirt.

Here's a breakdown of participation and completion guidelines:

- Registration is online only via ActiveNet. Registration began January 4.
- The \$17 or \$20 annual fee includes the T-shirt upon completion of 1,000 miles.
- It takes an average of 20 miles per week to reach 1,000 miles in a year.
- Please record only the miles you actually complete.
- Mileage can come by way of walking, cycling, swimming, hiking or any activity that involves distance.
- Log your progress by sending an email once or twice a month with your miles to the program coordinator.
- At the end of each month, everyone's totals are emailed to all participants.
- The last day to report miles is December 4, 2022.

Contact Danny Mejia at daniel.mejia@vmsinc.org or call 949-268-2275 and leave a message for more information.

SAVE THIS DATE!

June patio concert features
Forever Rod - Tribute to
Classic Rod Stewart.

Don't miss Forever Rod - Tribute to Classic Rod Stewart on Thursday, June 9, on the Clubhouse 1 back patio from 6:30 to 8:30 p.m. Forever Rod features the rasp the real-life Stewart is known for and delivers authentic versions of his biggest hits.

Call 949-597-4282 or 949-268-2418 for information.



GARDEN CENTER ACCESS UPDATE

In case you missed the news, effective March 8, the Garden Center 1 gate access code changed. All gardeners should have received a new code via email. Please do not share this code with anyone other than registered partners.

Also effective March 8, gardeners and registered partners at Garden Center 2 now may gain access using their resident ID card with an RFID sensor.

If you need the RFID sensor added to your ID, please contact Resident Services at **949-597-4600**, email residentservices@vmsinc.org or visit the Community center at 24351 El Toro Road.

If you have any questions, please contact Garden Center Specialist Kristy Sakal at kristy.sakal@vmsinc.org or **949-268-2387**.



ENJOY TAI CHI DANCE

With Jane Kerr, Choong Choi and Rose Simat

Tai chi dance, with its simple and graceful movements that bring harmony and tranquility to body and mind, offers greater balance and improved joint and muscle mobility for both men and women.

Classes are held in the Clubhouse 1 multipurpose room on Thursdays and Saturdays from 8 to 9:30 a.m. This is a free, drop-in class.

LIGHTS, CAMERA, ACTION!

The Recreation and Special Events Department is pleased to announce that the pickleball/paddle tennis lighting project, Lite the Nite, is finished.

Also, please remember that a court reservation through the online reservation system Courts is no longer required to enjoy a great game of pickleball.



RECREATION



VOLUNTEERS WANTED FOR CLUBHOUSE 6

Join our fun and fabulous team!

The Recreation and Special Events Department currently seeks resident volunteers with a passion for customer service to share their time and expertise at Clubhouse 6.

Volunteer duties include managing U.S. flag protocol, answering phones and general questions, greeting visitors, collecting sign-in/facility checkout forms, enforcing GRF policies and ensuring various activities and events are assigned to the appropriate rooms.

Monday, Wednesday and Friday shifts are available from 9 a.m. to 12:30 p.m. and 12:30 to 4 p.m. Volunteer from four to eight hours per week; all training is provided.

Find applications at lagunawoodsvillage.com > Amenities > Recreation > Volunteer Application. Email your completed application to recreation@vmsinc.org or deliver it to the Recreation office in the Community Center or the Clubhouse 5 office.



MEET OUR NEW VILLAGE RESIDENT

Someone special has arrived at Equestrian Center, and he is adorable.

Ready for the feel-good story of the week? The Equestrian Center just welcomed a rescued 12-year-old registered American miniature horse named Sebastian, or Sebby for short—and short, special and oh so sweet he is!

Right now, shy little Sebby is becoming used to his surroundings and bonding with Equestrian Center Supervisor Laura Cobarruviaz and Stable Assistant Hailey Yocham. Once he is more confident and comfortable in his cozy digs, Laura and Hailey will work with him to become an equine outreach and education ambassador. According to Equestrian Center staff, he is becoming more relaxed and social by the day.

TOUR THE EQUESTRIAN CENTER

Residents can visit Sebby and many other wonderful horses, and check out the stables, during an Equestrian Center tour.

To join a tour at the Equestrian Center, arrive at one of three scheduled tour times and sign in, and Equestrian Center staff will greet and prepare you for a fun and informative tour. No reservations are necessary, but close-toed shoes are required to interact with any horse. Every tour features a photo opportunity with a GRF-owned horse at the conclusion of the event.

TOUR SCHEDULE

- Wednesday and Thursday: 2 p.m.
 - Friday, Saturday and Sunday: 12:30 and 2 p.m.
- The Equestrian Center is located at 24312 El Toro Road.



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.

AQUATIC FACILITY TLC

Renovations for 2022, which typically include mechanical rebuilds, seal replacements, general mechanical cleaning, loose tile replacement and locker room/shower rehabilitation, are scheduled through May 6, 2022, with opening day for all pools scheduled for May 27.

For a calendar that details the renovations, visit <https://bit.ly/3bATwD1>. For the most up-to-date pool schedule, visit <https://bit.ly/3jZcw2F>.



PERSONAL TRAINERS ARE HERE FOR YOU

Do your body, mind and soul good with a workout led by a personal trainer right here in the Village at the Community Fitness Center or Clubhouse 1. Five 30-minute sessions cost \$200; 10 30-minute sessions cost \$400.

Call the Community Fitness Center at **949-268-2275** or Clubhouse 1 at **949-597-4284** for more information and to check trainer availability.



RECREATION

AMENITY INFO



Bocce

- Open 8 a.m. - 10 p.m. daily

Clubhouse 1

- Open 8 a.m. - 10 p.m. daily
- Indoor gym 8 a.m. - 5 p.m. Monday - Friday, 8 a.m. - 2 p.m. Saturday/Sunday
- Indoor mini-gym (badminton, pickleball, volleyball, basketball)
- Archery
- Shuffleboard
- Game rooms
- Billiards
- Drop-in lounge

Clubhouse 2

- Open 8 a.m. - 5 p.m. Monday - Thursday, 8 a.m. - 6:30 p.m. Friday
- Indoor recreation classes

Clubhouse 4

- Open 9 a.m. - 4 p.m. Monday - Wednesday, Friday; 9 a.m. - 8 p.m. Thursday; 10 a.m. - 2 p.m. Saturday/Sunday
- Contact the clubhouse for specific studio days/times

Clubhouse 5

- Open 8 a.m. - 5 p.m. Monday - Saturday, 8 a.m. - 2 p.m. Sunday
- Game room
- Indoor recreation classes
- Gym 5:30 a.m. - 9 p.m. daily
- Monday movies

Clubhouse 7

- Open for bridge 11 a.m. - 4:30 p.m. Monday - Friday

Community Center

- Open 8 a.m. - 4:30 p.m. Monday - Friday
- Table tennis: 8 a.m. - 4:30 p.m.
- Mac Learning Center: 9 a.m. - 3 p.m.
- PC Workshop: 11 a.m. to 3 p.m.
- Community Fitness Center 7 a.m. - 7 p.m. Monday - Friday

Equestrian Center

- Call [949-597-4275](tel:949-597-4275) to inquire about riding program or schedule a tour

Guests

- Pools: 15 and older
- Fitness centers: 16 and older
- Golf: Allowed during non-primetime hours

History Center

- Call [949-206-0150](tel:949-206-0150) to schedule an appointment

Lawn Bowling

- Open daily; call [949-951-3027](tel:949-951-3027) for more information

Library

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

Paddle Tennis

- Monday, Wednesday, Friday noon - dusk
- Tuesday, Thursday 7 a.m. - noon
- First, third Saturdays 7 a.m. - noon

Pickleball

- No reservations required 7 a.m. - 3 p.m.
Monday - Friday (paddle tennis has priority
Tuesday and Thursday mornings)
- Courts reservations required 3 - 10 p.m.
Monday - Friday (last reservation 9 -10 p.m.)
- Courts reservations required all day
Saturday, Sunday
- Second, fourth Saturday 7 a.m. - 9 p.m.
(last reservation 9 -10 p.m.)

Pools

- Visit <https://bit.ly/3jZcw2F> for the most up-to-date pool schedule.

Tennis

Five courts will be available for reservations during prime time (7:30 a.m. to noon) and five courts will be available for drop-in.

Morning Play

- Courts 1, 7, 8, 9 and 10 will be reserved via the Kourts reservation system for 1½ hours at 7:30, 9 and 10:30 a.m.
- Courts 2, 3, 4 will remain one-hour drop-in and sign-up courts
- Courts 5 and 6 will remain 1½-hour drop-in and sign-up courts

Afternoon/Evening Play

- All tennis courts will be reserved via Kourts from noon until 10 p.m. for 1½ hours of play time.

Visit bit.ly/35qWuYn for instructions on how to make reservations using the Kourts online reservation system.



GET MOVING!

Take full advantage of Village amenities.

Laguna Woods Village residents enjoy resort-style amenities that are the envy of the nation at just a fraction of the cost. The Village is one of the most recreationally focused communities in the country, and the Recreation and Special Events Department strives to provide you with the best services, programs and amenities possible.

Visit lagunawoodsvillage.com/amenities/recreation or any of the bit.ly links below to get involved.

- View a list of amenities, location, contact information, registration process and more at <https://bit.ly/3tXFP9w>.
- Purchase event tickets, register for outdoor classes, sign up for Clubhouse 4 activities via ActiveNet at <https://bit.ly/39sfreE> or by telephone between 10 a.m. and noon, Monday through Friday, at 949-597-4382. Visit <https://bit.ly/3CDWAd9> to view an ActiveNet tutorial video.
- Consider taking one or more of the 15 classes currently offered by Recreation and Special Events, including mat/chair yoga, ballroom dance, English or Korean language classes, cycling, aquatic classes and more. Check out our schedule of current recreation classes at <https://bit.ly/3u086MB>.
- Visit <https://bit.ly/3u2eovu> for a comprehensive list of virtual activities, classes and more.
- Email the recreation office at recreation@vmsinc.org or call 949-597-4273 for more information.



For Mutual Benefit

News and updates from the Laguna Woods Village Boards of Directors

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United Laguna Woods Mutual


UNITED LAGUNA WOODS
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Village Management Services


 Village Management Services, Inc.

FOR MUTUAL BENEFIT

GRF Board of Directors

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

Bunny Carpenter
President
2019-2022

Egon Garthoffner
First Vice President
2019-2022

Debbie Dotson
Second Vice President
2021-2023

Joan Milliman
Secretary
2020-2023

James Hopkins
Treasurer
2019-2022

Elsie Addington
Director
2020-2023

Yvonne Horton
Director
2019-2022

Reza Karimi
Director
2021-2023

Gan Mukhopadhyay
Director
2021-2024

Juanita Skillman
Director
2021-2024

Don Tibbets
Director
2021-2024



VILLAGE TECH MODERNIZATION PLAN

By the GRF Information Technology Advisory Committee

As times change, technology changes even faster. Remember “The Jetson’s” cartoon series? That futuristic world seemed impossible to achieve in our lifetime, but it’s already here. Unbelievably, the first computer was built more than 90 years ago! In the 1960s, when this community was created, technology existed, but it was not mainstream. In fact, the first personal computer wasn’t made until the late 1970s. In the 1980s there actually was a huge IBM mainframe computer in the original administration building off Paseo de Valencia that supported our management functions.

System modernization has occurred over the years, but our pace of change has been cautious, and it has left our community with hardware and systems that are difficult to support, present security vulnerabilities, delay our services and face obsolescence. In review, we currently have systems that no longer serve residents’ or other stakeholders’ needs, and the Village would not be able to move into the future where 21st century business practices are necessary.

Consider the following analogy. Our systems are like an old television with a fuzzy picture, poor sound and no parts available should a repair be necessary. The only choice is to buy

a new TV. That's where we are today. Our outdated software tools can no longer be repaired and must be replaced with much more efficient tools.

ITAC TAKES SUSTAINABLE FUTURE STEPS

With end-of-life for a major piece of our financial system looming, the need for change became inevitable. Thus, a little over two years ago a small informal group of residents and directors began a quest to find a system that could handle our needs not only for financial services, but also for maintenance, human resources and more. These systems are commonly known as enterprise resource planning (ERP) systems. An ERP is the bones of an organization and, like the bones in your body, you never really think about it until one breaks! After some initial research by that first ad hoc group, the Information Technology Advisory Committee

(ITAC) was officially formed and got to work but experienced a break during last year's malware attack.

The ITAC, a GRF committee, is composed of Chair Jim Hopkins, Bunny Carpenter, Diane Casey, Debbie Dotson, Lynn Jarrett, Mark Laws, Advisor Sue Margolis and VMS representative Chuck Holland, Director of Information Services. Together, the ITAC eight members possess more than 360 years of combined experience in technology, executive leadership, business management and accounting, with two members actively working in technology today. The ITAC members are eminently qualified as the best choice for the task of working toward technology modernization.

ITAC SELECTS THE BEST ERP OPTION

The approach ITAC took was multifaceted and included weekly meetings for more than

seven months. The committee engaged an independent firm to support the business valuation analysis and it alone involved more than 700 hours of work. After determining the parameters of all necessary functions, narrowing the possibilities from 20 products to three, interviewing prospective companies, attending product demonstrations along with department stakeholders, analyzing all the information and data, and surveying the stakeholders, ITAC worked meticulously to find the best solution. The desire to find the most suitable cloud-based ERP system software to bring the Village up to 21st century standards, consolidate obsolete systems, streamline paper-based processes, achieve greater security/efficiency/resident satisfaction and lead to long-term savings was the driving force in selecting Microsoft Dynamics 365 as the ideal cloud-based platform to meet the exclusive needs of the Village.

ITAC's decision to choose Microsoft Dynamics 365 was also based on its reputation as an exceptional ERP system from a stable corporation, locally supported by a well-known company and Microsoft Gold partner. Further, it provides for unlimited customization possibilities, can integrate with third-party software and allows end-user familiarity and an intuitive, user-friendly

Village technology modernization will occur in phases over the next two years. This process will be focused on continuous improvement from every aspect of service. One of the Village's roles is customer service—providing services to our residents. Improving what we provide is not only necessary, but also is of the utmost importance as we move toward a sustainable future.

interface. ITAC is committed to working through the entire implementation process side by side with VMS and Microsoft partner Avantiico to support this significant technology renovation.

HOW THIS AFFECTS THE VILLAGE

At this point, you might wonder why this change should matter to you and how much it is going to cost. Everyone in our community will benefit from greater customer service. Strengthened financial processes and data reporting will allow management to respond in more timely ways. The enhanced budget process will support quicker and more efficient planning for every decisionmaker. Eliminating paper procedures throughout most processes will speed service delivery in many ways, such as streamlining resale processes for faster completion, improving maintenance procedures, scheduling field operations, retaining support staff by improving work processes and, notably, upgrading security via built-in redundancy in the event of another malware attack. Cloud-based systems provide significant security improvements. While no system is infallible, it is very difficult for intrusions to occur. If a breach occurs, recovery takes minutes, not days or weeks, to minimize business disruption and eliminate data loss.



GREATER SAVINGS AND SERVICE

At its regular meeting in February, the GRF board unanimously approved a resolution to upgrade, which then moved the plan to a special open meeting of GRF corporate members, who overwhelmingly approved the resolution to upgrade, providing up to a \$4 million capital expenditure spread over two and a half years (this planned project is funded from reserves; there is no future impact to resident assessments). Much of the initial cost is for the implementation work that will be needed, and the goal and focus will be to come in under budget.

Overall, this move is projected to save \$271,000 annually in information technology and licensing fees after five years and approximately \$700,000 over a five-year period, and \$2 million over a 10-year period in

operating expenses. Although initial costs may seem high, funds were already budgeted for a major portion of this expenditure, and when you divide what was planned over the longer period, the new system will provide significant savings.

Village technology modernization will occur in phases over the next two years. We know it might be the tip of the iceberg for overall performance and productivity enhancements we may experience in every area of Village business. This process will be focused on continuous improvement from every aspect of service. One of the Village's roles is customer service—providing services to our residents. Improving what we provide is not only necessary, but also is of the utmost importance as we move toward a sustainable future.

Third Board of Directors

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

Robert Mutchnick
President
2020-2023

Annie McCary
First Vice President
2020-2023

Ralph Engdahl
Second Vice President
2019-2022

Lynn Jarrett
Secretary
2019-2022

Donna Rane-Szostak
Treasurer
2020-2023

Cusrow “Cush” Bhada
Director
2019-2022

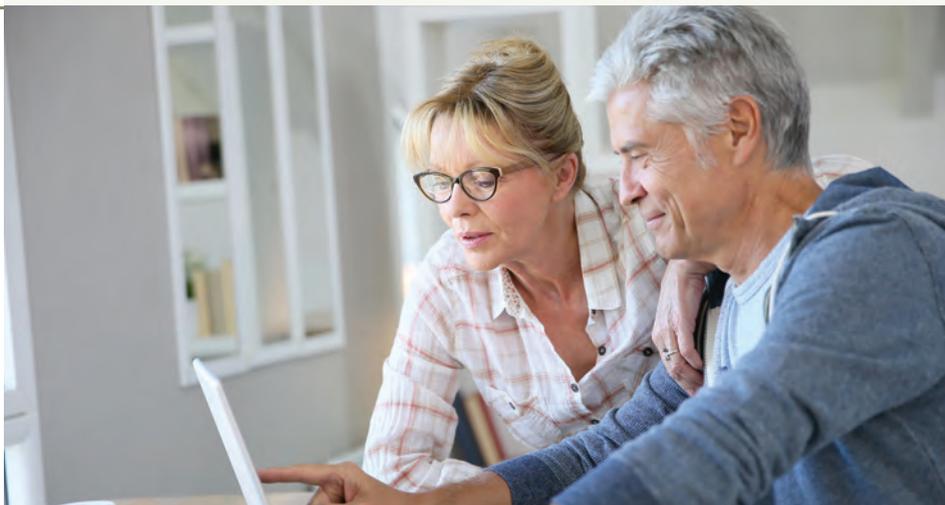
Jim Cook
Director
2021-2024

John Frankel
Director
2020-2023

Mark Laws
Director
2021-2024

Nathaniel Lewis
Director
2021-2024

Craig Wayne
Director
2019-2022



PUBLICLY AVAILABLE PROPERTY INSURANCE PREMIUMS

By Robert Mutchnick, President

Some erroneous information was emailed (not by the Third board or VMS) to members of Third claiming that information relating to the cost of insurance for the past few years was not being shared with members.

The information has always been available to all members and is currently available publicly. At each of our monthly Finance Committee meetings, financial statements are reviewed. Meetings are open to the public, broadcast on the community website and allow for input from members. After the meetings, the financial statements are posted to the website for three years.

As you will see, the information is readily available on the Laguna Woods Village website (click the links below):

- Third Financial Statements - December 31, 2019 (page 4); visit bit.ly/3HUSXSa
- Third Financial Statements - December 31, 2020 (page 4); visit bit.ly/3vLAZ25
- Third Financial Statements - December 31, 2021 (page 5); visit bit.ly/3vKnpft

For those who only want to know the cost of the property insurance, which is the bulk of our expense, below are the actual figures from the financial statements linked above:

- 2019, \$1,016,612: Purchased \$700M in coverage based on \$1.4B



valuation of Village and cost of coverage of \$700M shared between United and GRF.

- 2020, \$2,163,139:
Purchased \$700M in coverage based on \$3.6B valuation of whole Village. United only shared cost for first \$425M.
- 2021, \$5,590,289:
Purchased \$675M based on \$1.636B valuation of Third. United purchased its insurance separately.
- 2022 (Plan), \$8,099,520:
Will purchase capacity available based on a \$1.636B valuation. United will purchase its insurance separately (subject to change). Full budget details are available in the materials you received this past November. Visit the 2022 Greenbook (page 35; lagunawoodsvillage.com/documents/view/2022-Greenbook-Full.pdf) to obtain a copy of the information.

We believe we have budgeted properly in anticipating increases in premiums. Therefore, we do not anticipate the cost of insurance contributing to any HOA increase for 2023 that may otherwise be necessary.

APPROVALS AND BOARD ACTIONS

JANUARY AND FEBRUARY MEETINGS

By Lynn Jarrett, Secretary

JANUARY

- Approved tree removal request of a red iron bark at 5473-C Paseo Del Lago East
- Approved tree removal request of a Brazilian pepper at 3154-B Alta Vista
- Approved landscape revision request at 5423 Calle Carmenita
- Approved variance request for master bedroom extension and new laundry room at 5063 Avenida del Sol
- Approved variance request for master bedroom extension and foyer addition at 5071 Avenida del Sol
- Approved variance request for master bedroom extension and office addition at 5206 Avenida Despacio
- Approved variance request for bedroom addition on existing rear private garden at 5555-A Rayo del Sol
- Denied tree removal request at 3047-P Via Serena S
- Denied tree removal request of three king palms at 3160-D Alta Vista
- Denied tree removal request of rusty leaf fig at 4007-1C
- Denial landscape revision at 5209 Avenida Despacio
- Updated appointment of officers' resolution

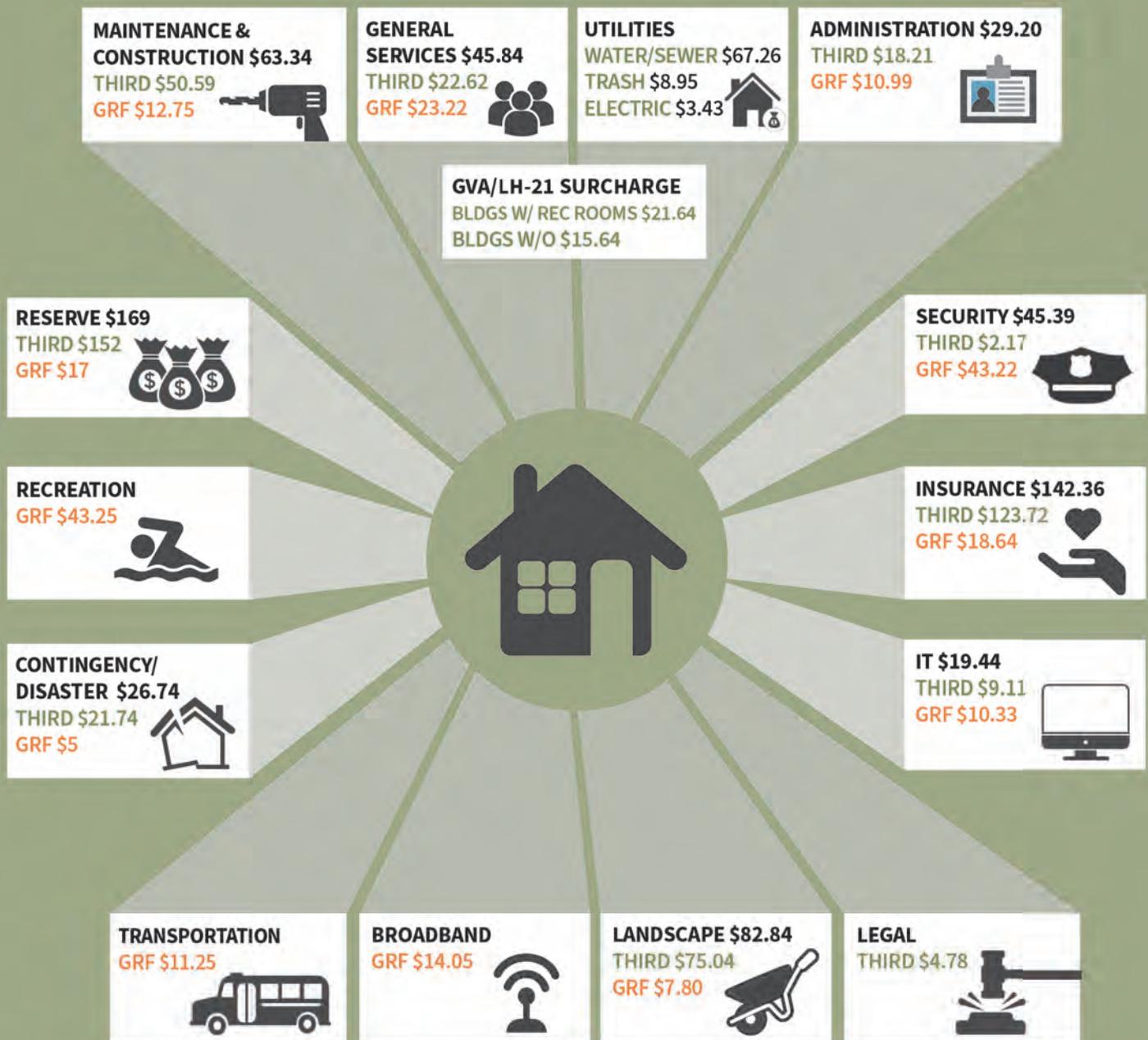
FEBRUARY

- Approved resolution for recording of lien against Member 937-990-21
- Approved resolution for recording of lien against Member 933-800-28
- Approved resolution for a notice of sale against Member 932-791-75
- Approved lease authorization renewal
- Approved a revised resolution for stepping stone policy and guidelines
- Approved transferring of discretionary funds to a portfolio of treasury bills with laddered maturities
- Denied request for removal of sugar gum eucalyptus tree at 5473-A Paseo del Lago East

2022 MONTHLY ASSESSMENT

HOW \$777.12 IS SPENT

FOR THIRD • FOR GRF



THIRD



THE PLEASURES OF LIVING IN A THREE-STORY BUILDING

By Stuart Hack, First Vice President, GVA

The living is great in three-story buildings (the ones that have three floors of manors). These buildings come in two configurations: LH21 and Garden Villa, as described below.

Each building has its own personality, fostered by its residents and aided by its building captain. This has been especially evident during COVID. Neighbors check on each other, shop for each other and find ways to socialize safely. Some buildings have weekly outside get-togethers. Some Garden Villa buildings safely use their rec rooms for fun activities. Groups of residents take long walks together through the community.

Some buildings regularly celebrate birthdays; others have scheduled social hours.

BUILDING CAPTAINS ARE THE GLUE

Building captains keep directories up to date, maintain a list of emergency contacts for building residents, look after general building upkeep, help solve service problems and provide many other services to residents.

I encourage any resident in a three-story that doesn't have a building captain to contact GVA President Marti Mangan.

Both LH21 and Garden Villa buildings feature such amenities as elevators, laundry rooms on

every floor, storage spaces and covered parking. Each Garden Villa building also has an internal mail room, a fully furnished rec room and a vestibule; covered parking is under the building.

GARDEN VILLA ASSOCIATION

The Garden Villa Association (GVA) represents the interests of all three-story building residents. Its regional representatives facilitate building captains within their regions and provide knowledge and support for resident benefit. GVA officers and board members attend Third Mutual committee meetings and board meetings as well as serve on Third Mutual committees. These meetings provide opportunities to suggest ways to maintain the needs and interests of three-story residents as well as the community in general.

GVA communicates to building residents through regional reps to building captains. In addition, it conducts highly informative general membership meetings to which all three-story building residents are cordially invited. These bimonthly meetings take place on the second Thursday at 10 a.m. in Clubhouse 5.

All of us living in three-story buildings have a great life in Laguna Woods Village, and we feel blessed to be living here.

Please contact GVA President Marti Mangan at martinamangan@att.net or **714-501-4773** with questions, comments and feedback.

United Board of Directors

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

Anthony Liberatore
President
2021-2024

Maggie Blackwell
First Vice President
2021-2024

Reza Bastani
Second Vice President
2020-2023

Neda Ardani
Secretary
2019-2022

Azar Asgari
Treasurer
2020-2023

Prakash "Cash" Achrekar
Director
2020-2023

Diane Casey
Director
2021-2022

Patricia English
Director
2021-2024

Pearl Lee
Director
2021-2024

Lenny Ross
Director
2022-2023

Andre Torng
Director
2019-2022



WHOSE RESPONSIBILITY? CHECK YOUR DOCUMENTS

Locate the Alterations Report in your escrow package.

By Maggie Blackwell, First Vice President

The Alterations Report in your escrow package offers important information about where responsibility lies regarding additions, alterations and upgrades, including landscaping and appliances: "The items listed below are installations for which the member is solely responsible for all costs for repair and maintenance. Alteration appliances may not be maintained or replaced by the Mutual ... Note: Additions/alterations not listed on this report do not relieve the member of responsibility to maintain the additions/alterations as noted in item No. 12 of the Occupancy Agreement. Check with Permits department before performing alterations to your manor."

The United Occupancy Agreement, Item 12, Paragraph 1, states: "Any alterations, additions, fixtures or improvements installed by the Member or any predecessor of the Member, whether within or without the dwelling unit, shall be repaired or maintained by the Member at its own expense and in a manner satisfactory to the Corporation. If the Member should fail to do so, such repairs or maintenance may be performed by the Corporation and upon demand by the Corporation, the Member shall reimburse the Corporation therefor forthwith."

To sum, all structural alterations to the interior or exterior of the unit require prior written consent. Failure to acquire such consent will lead to fines.

The United Mutual Member Guidelines for Alterations is a helpful guide for shareholders. Replacing interior carpet or flooring, painting interior walls and installing bookshelves do



not need mutual consent. Window treatments, such as curtains or blinds, need no consent. For ceiling fans and ceiling lights, call Manor Alterations at **949-597-4616**. Visit bit.ly/35JrEN6 to view/download the United Mutual Member Guidelines for Alterations or visit the Manor Alterations landing page at lagunawoodsvillage.com.

United ovens, cooktops, refrigerators, dishwashers are replaced at intervals. Air conditioners are alterations. Enclosed patios with roofs and gutters are alterations. Patio fences or gates require approval.

United will not clean, maintain or repair an alteration. United repairs what United provides.

CLARIFICATION

Director Diane Casey, United Landscape Committee chair, did not write “Solving the Canary Island Pine Challenge,” published on page 51 of the February/March 2022 edition of the Village Breeze. First Vice President Maggie Blackwell compiled the article using excerpts from Landscaping Services Department reports.

FIND OUT WHAT’S IN UNITED PROJECT LOGS

By Maggie Blackwell, First Vice President

There are United project logs from the Maintenance and Construction (M&C) Department (18 projects) and Landscaping Services Department (five projects), which are reviewed at their respective committee meetings. Find project logs by clicking on the agenda packet for each committee meeting, found by visiting lagunawoodsvillage.com > **Calendars > United Laguna Woods Mutual** and clicking the meeting of interest or by visiting lagunawoodsvillage.com > **Residents > Maintenance and Landscaping > United Maintenance & Construction Project Log**.

Included in the log is a description of each project, its status, its completion or ongoing estimation, its budgeted amount and expenditures to date.

The 2021 M&C project log, reviewed at the December 2021 meeting, lists buildings or culs-de-sac (CDS) serviced and reports expenditures for each project through December 15, 2021.

At the February 23 United M&C committee meeting, the 2022 M&C project log was agenda item No. 9, which featured lists of CDS and units scheduled for 2022 planned projects. You could be affected.

Three of the 2022 descriptions—“Project 7: Gutters – Replacement and Repair,” “Project 10: Balcony and Breezeway Resurfacing” and “Project 17: Shepherd’s Crook Installation”—are examples of the information available for every resident.

Attend a Meeting

Maintenance & Construction Committee. Meets fourth Wednesday, even months, 9:30 a.m., Community Center Board Room. Oversees the upkeep of all buildings located in the United Laguna Woods Mutual community.

Landscape Committee. Meets second Thursday, even months, 9 a.m., Community Center Board Room. Oversees all landscaping matters related to the United Laguna Woods Mutual community.



VMS Board of Directors

Rosemarie diLorenzo
Chair
Third, 2019-2022

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

Diane Phelps
Second Vice Chair
GRF, 2019-2022

LeLeng Isaacs
GRF, 2021-2024

Norman Kahn
United, 2020-2023

Manny Robledo
United, 2021-2024

Cynthia Rupert
United, 2019-2022

Judith Troutman
GRF, 2020-2023

Raquel Unger
Third, 2020-2023

CUSTOMER
FRIENDLY
SUPPORT
INNOVATIVE
POSITIVE
PRECISE
TIMELY

STRUCTURED FOR SUCCESS

VMS has restructured big time, but what does this mean for Village residents?

By Norman Kahn, Director

With a change in leadership—the retirement of former Chief Executive Officer Jeff Parker—VMS embarked on its plan to restructure the management of its extensive operations to improve the quality of all resident and Village services. VMS is pleased to announce that all personnel restructuring was complete and in place on February 4. Working together with VMS board members, some of the major changes achieved to date include:

- The offices of CEO and general manager have been combined as one under CEO Siobhan Foster. The COO position, CEO Foster's previous role, was eliminated.
- To support the CEO's dual role, new positions were created and filled by promoting in-house staff. Department of Security Services Director Carlos Rojas was promoted to director of operations, and Management Analyst Catherine Laster was promoted to services manager. In addition, Steve Hormuth was promoted to director of the Department of Financial Services, supported by Jose Campos, promoted to assistant director. The Financial Services Department also welcomed Pam Jensen, CPA, as accounting manager; she will oversee accounting, accounts payable and accounts receivable teams. All other experienced



department managers remain in place as before. Eliminating the COO role and modifying/enhancing other existing roles actually provides for a significant budget savings.

- Since early January, the corporate secretary and assistant corporate secretary positions have been filled with highly qualified personnel who have extensive community association experience.
- As a critical move to improve workflow, services have been reallocated to more efficiently balance workloads and management oversight.

WHAT THIS MEANS FOR RESIDENTS

We begin with the guiding principles of VMS, which are our deep commitment to excellence and dedication to service. But not just “service”—constructive service with results-oriented outcomes. Last but not least, we strive to enhance resident service and quality of life for all who live in the Village while maintaining keen awareness of rising costs.

To achieve our goal of premiere service at all levels, VMS has carefully and strategically restructured its operating management chain to be more responsive, efficient and effective. The new team will be in a position

to promptly investigate, verify and resolve problems. VMS staff and management will confer on corrective action, which will produce a tangible outcome. It’s about providing consistently good service, something VMS is striving to attain and maintain.

While all aspects of quality service to the Village are important, our current focus is on the critical and heavily backlogged Manor Alterations and Damage Restoration/ Moisture Intrusion divisions. An exceptional employee has recently been promoted to reorganize and manage the Damage Restoration Division. VMS expects higher levels of service from all departments and will continue to monitor results at all times. Please keep in mind that a major organizational restructuring like ours requires time and patience to achieve success. The VMS Board of Directors and staff can and will succeed—failure is not an option.

WELCOME NEW BOARD MEMBERS

The annual elections are complete, meaning new directors were installed and have already attended several meetings. The newly distributed 2022 Board of Directors Handbook covers all aspects of responsibilities and behaviors expected of directors. This includes representing all of the Village fairly and with mutual respect for all residents, VMS employees and board members.

Disruptive behavior at any meeting is unacceptable and accomplishes nothing. In these very difficult times, directors on all boards shall work for the benefit and betterment of the residents they represent.

STRATEGIC PLANNING AND SWOT ANALYSIS

VMS hosted a comprehensive strategic planning meeting on March 22. Participants included select representatives from the GRF, Third, United and VMS boards of directors, as well as VMS department heads and senior staff. The meeting was conducted by Marilyn Snider & Associates using a SWOT (strengths, weaknesses, opportunities and threats) template to analyze the following:

- Village and VMS SWOT
- External factors that could impact the Village and VMS
- Three-year goals and six-month strategic objectives
- The focus of this session was service delivery enhancement

A CALL FOR PARTICIPATION

Those of us on the VMS board, as well as all other board members, are volunteers—and owners. Your interests are linked arm in arm with ours, so please ... attend meetings, get involved and support our efforts to help improve everyone’s quality of life in the Village. We are, in the aggregate, “The Village,” where working together helps everyone.

THEN AND NOW

THE GENESIS OF THE HISTORY CENTER

The day Huell Howser struck some California gold in the Village

The Historical Society was formed in 1977 and GRF recognized it as the official historian of the community. A single room was designated in the old administration building, but materials and artifacts began to accumulate. Discussion began in the 1980s to construct a purpose-built center paid for by resident donations.

On November 20, 1996, official ground-breaking took place with American television personality best known for hosting, producing and writing “California’s Gold” Huell Howser, who became the “first shoveler.” He returned one year later to participate in the opening ceremonies.

The History Center is a free-standing structure, even though it looks like it is part of the library, and was donated to GRF. The History Center retains a long-term lease.

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



Join MemorialCare 55+ Today!

Through our MemorialCare 55+ program, adults 55 and better gain easy access to unique health and wellness information, resources and exclusive perks, including:

- No cost membership
- Personal liaisons to help you navigate your healthcare experience
- 20% discount at our medical center gift shops, cafés and on over-the-counter pharmacy products
- Medicare counseling and classes
- Free transportation to and from your MemorialCare appointments*

*Limitations may apply.



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MemorialCare 55+ is an added benefit for patients of MemorialCare and does not affect your current insurance benefits.

For more information or to sign up, call one of our 55+ liaisons below or visit us at [memorialcare.org/55plus](https://www.memorialcare.org/55plus).

Saddleback Medical Center
(949) 452-3791

MemorialCare Medical Group
(866) 407-0695

Greater Newport Physicians
(866) 407-2021



WOMEN'S HEALTH PAVILION

Building the Future of Women's Health Together

At MemorialCare Saddleback Medical Center, we're pushing healthcare forward. Our new Women's Health Pavilion will be completed in 2023 — offering a full array of women's health services, including a comprehensive MemorialCare Breast Center, Community Education Center, mental wellness support and more, all in one state-of-the-art facility.

One campus. One community. One commitment to women's best health, now and far into the future.

Learn more at
[memorialcare.org/women](https://www.memorialcare.org/women)


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Saddleback Medical Center