

# VILLAGE BREEZE

JANUARY/FEBRUARY 2024



Recreation + Transportation + News + Services + More



# Joint care tailored to what moves you.

## Informational Joint Replacement Expo

Hosted by MemorialCare Saddleback Medical Center

**Monday, January 29 | 5 – 7 p.m.**  
**Clubhouse 5 | Laguna Woods Village**



**Do you need relief from joint pain?**  
**Are you curious about how to care for your joints as you age?**

Join MemorialCare Saddleback Medical Center for an informational joint replacement exposition where you can meet our joint replacement specialists and ask them questions about joint conditions and treatments for knees, hips, shoulders, and ankles.

You will also have the opportunity to see a live demonstration of our latest joint replacement technology, the **Mako® Robotic-Arm**, attend keynote lectures from our physicians, and learn exercises you can do at home to reduce your fall risk and maintain strong muscles and joints.



**Mako® Robotic-Arm**



### **MemorialCare is the Official Health Care Partner of Angels Baseball.**

Attendees will receive a co-branded MemorialCare–Angels baseball hat. Refreshments will also be provided.



**RSVP for the expo.**  
[memorialcare.org/jointexpo](http://memorialcare.org/jointexpo)  
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## LETTER FROM THE EDITOR

# BE AWARE, BE ALERT

I hate to be the bearer of bad news, and I generally think the best of humanity. However, during the weekend before I wrote this editorial, something despicable and enraging occurred, and I wanted to share the experience with you so that you may avoid a similar situation and the frenetic band-aiding that followed.

My 86-year-old mom, who lives with our family, was out and about doing errands when her wallet was stolen right out of her minivan. She had left the grocery store, set her items in the hatch, got into the driver's seat and placed her purse on the floor, between the captain's chairs. Suddenly, a young woman knocked on her window and motioned for her to roll down her window. This individual proceeded to tell her that something was wrong at the back of her car and that she should come out to investigate.



Most of you can guess where this is headed, but in the moment, Mom couldn't.

When she came around to the back to look, this woman showed her a wipe that looked like it had blood on it (ketchup or tomato sauce, in hindsight), and the woman asked Mom if she had injured herself. After leaving the scene and parking at another errand destination across the street, Mom discovered her wallet was no longer with her. In that moment, she realized that the woman, the "distraction," allowed an accomplice to open her passenger-side door and quickly lift the wallet.

I arrived at home not five minutes after Mom did, and these people had already tried to charge \$500 to her debit card at a Game Stop retail store. Denied, they tried two other Game Stop locations before succeeding.

We filed a police report, notified her banks, canceled both her debit cards and enrolled her in a tri-merge credit monitoring service for all three major credit bureaus—Equifax, TransUnion and Experian. The thieves got away with \$150 cash, her driver's license, AAA card, insurance cards, a few gift cards and a handful of miscellaneous items. I outfitted her with a crossbody bag, and we talked about her pairing down what she carries with her, as well as never responding to people who approach her and not putting her purse down in the car until she is ready to leave an area.

It pains me that this happens to kind and trusting souls. I could see the hurt in her face as she described the situation, and it broke my heart. She's been doing nothing but beating herself up since for not "knowing better."

This issue includes a feature story on scams (by coincidence), which we seem to publish quite often. But we believe it's necessary, unfortunately. It's big business for thieves and scammers and, as the police officer who took my mom's report said, "These criminals absolutely target your demographic."

I have to say it, but it pays to be wary of people approaching you, especially when you know they have no business with you. So, please, be aware and alert when you're out and about.

**Ellyce Rothrock, Editor**

[ellyce.rothrock@vmsinc.org](mailto:ellyce.rothrock@vmsinc.org)





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





# VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF  
LAGUNA WOODS VILLAGE

JANUARY/FEBRUARY 2024

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

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## WHAT'S UP IN THE VILLAGE



# LAUNDRY ROOM ETIQUETTE

Laguna Woods Village is a diverse community that relies on the good neighbor philosophy, which extends to our laundry rooms. As you go about your laundry task, please remember these dos and don'ts:

1. Keep the laundry room clean. Don't throw any food items into communal trash cans. Trash cans in the laundry rooms may not be emptied as frequently, and you'll increase the chances of attracting pests and bugs.
2. Don't deposit any discarded or for-donation personal items in any laundry space. If your waste isn't appropriate for trash or recycling, set it out for a bulky-item pickup, or donate it to a proper facility.
3. Be mindful of your detergent, softener and bleach use. Using too much detergent or other products can leave unwanted residues in washing machines and push certain parts to degrade faster.
4. Time your laundry effectively, maximizing your and others' time. Monitor your wash and dry cycles, taking care to not leave clothes in the machines so that others may use them. Set a timer on your phone or watch and change out your clothes when they're done.
5. Don't reserve machines by setting your hamper or belongings on a washer or dryer not in use. If you're not actively using a machine, let another resident who's ready to start their laundry

take it. Wait until your clothes are finished washing to claim a dryer as well. Allow every resident an opportunity to get their laundry done.

6. Be prepared before using the laundry room. Be sure all the clothes you wish to wash are ready to go in a hamper, basket or laundry bag. Bring any detergents, softeners, dryer sheets, etc., with you to avoid multiple trips. Don't forget coins. Bring your detergent and other items back to your unit after you've started washing your clothes. If you leave them in the laundry room, another resident may use them. Keep a separate bag with your soaps, coins and any other items you need for laundry so you can simply grab it on the way out.
7. Be kind when it comes to others' laundry. Waiting for another resident to clear their laundry out of a machine will most likely be the most persistent problem you face in a shared laundry room. Never move anyone's stuff if you can help it. If you can tell for certain whose clothes are sitting there, and you know those neighbors well enough, it's OK to knock on their door and let them know you need the machine. In most cases, just wait a few minutes to see if the resident is coming back for their laundry.



## CITY SHREDDING

Let Laguna Woods City Hall take care of your document shredding needs—for free.

Visit [www.cityoflaguna.woods.org](http://www.cityoflaguna.woods.org) and click on the blue “Arrange Document Shredding” button or call city hall at **949-639-0500**.

Prior to scheduling an appointment, please review the following:

- Proof of Laguna Woods residency is required.
- No more than the equivalent of three 13-gallon kitchen trash bags are allowed per appointment.
- For security, you will be required to feed your documents through a small opening in a locked container.
- Remove binders, hanging file folders and large binder clips prior to your appointment. Manila folders with metal prongs, paper clips, rubber bands and staples are OK.
- Please do not bring newspapers or magazines unless they contain personal information.
- X-rays, CDs, cassettes, flash drives, discs and batteries are not accepted.



## RESPOND RESPONSIBLY, DIRECTLY AND COMPASSIONATELY TO PANHANDLING

Some of us might move to the other side of the street, avert our eyes or brush it off. Either way, panhandling, the asking of money in public spaces, makes most of us uncomfortable.

Most panhandlers (although not all) are experiencing homelessness. In many cities, panhandling is considered free speech and is protected by the first amendment. Some may encounter those who are panhandling on a daily basis or during a trip to most larger cities. In the areas adjacent to Laguna Woods Village, such as in retail parking lots or outside of gas stations, we might encounter folks asking for spare change or offering to perform a task in exchange for money.

Under Penal Code 647c, aggressive panhandling in California is illegal. However, passive panhandling, or the act of sitting in a public area holding a sign asking for money, is not.

Here are some tips for responding responsibly, directly and compassionately to passive or aggressive panhandlers.

1. Recognize a panhandler's humanity while remaining alert. Give a quick nod or good-day wishes. Whether or not you give money is your call.
2. If you wish to give money, have it out and ready to give. Never go into wallets, pockets or purses in front of panhandlers.
3. If you do not want to give money, walk purposefully and confidently toward your intended destination. Give the appearance that you are aware of your surroundings. Acknowledge the panhandler and answer their request for money with a firm “No, thank you.” Then continue on your way. Do not feel angry or guilty.
4. If you feel threatened or intimidated by an aggressive panhandler, call the Orange County Sheriff's Department at its nonemergency dispatch number, **714-647-7000** or **949-770-6011**. Be prepared to describe the panhandler as well as share the location of the event, the time it occurred and the panhandler's direction of travel.
5. If you witness a crime in progress, dial **9-1-1**.





## WHAT'S UP IN THE VILLAGE



# BULKY-ITEM PICKUP IN THE VILLAGE

CR&R's bulky-item pickup program picks up unwanted clutter weekly, without your having to call Resident Services to request collection.

Simply place 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 **between 7 p.m. the night before and 8 a.m. the day of your pickup**. CR&R will collect the items by the end of the day.

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 out bulky items 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.

Look up your bulky-item area collection day and learn what bulky items are accepted at [bit.ly/3FmqZzd](https://bit.ly/3FmqZzd).

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



## HOUSEHOLD HAZARDOUS WASTE DISPOSAL SERVICES

Home-generated sharps waste disposal, household hazardous waste collection, and medicine waste disposal services are provided by WM Curbside Inc., under contract with the City of Laguna Woods.

Laguna Woods residents are able to schedule free door-to-door collections of household hazardous waste on an as-needed basis.

To make arrangements for a door-to-door collection of household hazardous waste, call WM Curbside at **800-449-7587**. For more information about City of Laguna Woods waste programs, visit [cityoflagunawoods.org/wasteservices](https://cityoflagunawoods.org/wasteservices).





## GARDEN CLIPPINGS REQUESTS AND REMINDERS

The Landscaping Services Department continues to offer a weekly service to pick up your garden clippings. However, please place clippings or garden waste close to the curb, in a *single pile*; staff cannot go into the back of units or pick up multiple piles. All requests must be made through Resident Services

([residentservices@](mailto:residentservices@vmsinc.org)

[vmsinc.org](mailto:residentservices@vmsinc.org);

[949-597-4600](tel:949-597-4600)) by

Thursday at noon for prompt pickup the following day. If you submit your request after the deadline, your request will be honored as soon as possible the following week.

As a reminder, clippings are not permitted to be disposed of in the regular trash or organics recycling bins throughout the Village.



## VILLAGE TELEVISION OFFERS LIVE STREAMING

Residents can now watch Village Television on smart TV and internet devices via the Village Television mobile app and, with Village Television live stream, watch Village Television on smart TV or internet devices via iOS, Android, Fire Stick or Roku mobile apps.

With the Village Television mobile app, live stream Village Television no matter where you are. Enjoy your favorite programs, catch up on community and local news, listen to classic '70s music, watch popular movies and do so much more right from your smartphone or tablet.

Whether you're a long-time resident, a snowbird or a new resident, watch Village Television at home on your smart TV or on the go!

Follow these steps to install the Village Television app on your smart TV or internet devices:

1. From the smart TV home screen, use your remote to scroll to apps at the top of the screen and select the App Store.
2. Select Search at the top of the screen.
3. Type "Village Television" and select Village Television in the search results.
4. Select Install.
5. Watch the Village Television live stream.

Please note: The process for adding apps to smart TVs varies across manufacturers and models. This information offers some general guidelines that are likely similar for your smart TV brand. Consult your documentation for your device's specific steps.

For more information, call Broadband Services at [949-837-2670](tel:949-837-2670).



WE HEAR YOU!

# QUESTIONS ASKED & ANSWERED



## Is there a way to find out when landscaping and maintenance work will be done around my manor?

The landscaping and maintenance schedules for the community are posted on the Village's website. The maintenance schedules are updated monthly and the landscaping activities are updated weekly to keep you up to date on community projects as well as ones that will occur in or around your building. The schedules and logs can be found at [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > Residents > Services > Maintenance and Landscaping.

## How can I see what historical maintenance work has been done on my manor?

Complete a service records request to obtain the maintenance records of your manor. The service records would be specific to your unit—not the building or your neighbor's unit. To find a service records request form, visit [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > Residents > Resident Services, and then click the orange Documents button and scroll to Records Request Form under the purple Resident Services tab.

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

Call Resident Services Monday through Friday from 8 a.m. to 5 p.m. at **949-597-4600**; for after-hours emergencies, contact Security directly at **949-580-1400**.

## The monthly HOA assessment is a substantial amount of money. Is there a breakdown of what is received for that money?

The Greenbook, otherwise known as the business plan, is mailed to member owners every year around November and contains a personalized letter regarding your assessments. Greenbook information is also posted to [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > Residents > Financial Services, where you can find four years of assessment data. Helpful graphics that clearly illustrate the breakdown are available on the website. For United, visit [bit.ly/3RcrVMQ](https://bit.ly/3RcrVMQ). For Third, visit [bit.ly/47UZuKj](https://bit.ly/47UZuKj). Look for updated infographics for both housing mutuals in the January/February 2024 Village Breeze.

## I hear that Village Television (Channel 6) plays wonderful movies without commercials. Where can I find the schedule for these movies?

Many residents are surprised to know that the community has its own television channel. Village Television, or Channel 6, provides residents with access to local programming seven days a week. The channel features community news, events, showcased stories and entertainment programs. Find the guide at [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > Amenities > Conveniences > Cable & Internet > Village Television.





## FINANCIAL SERVICES



# BASIC ASSESSMENT INFORMATION

VMS Financial Services Department shares 2014-2024 trends.

Each year, the United, Third and GRF boards of directors determine monthly assessments required to fund operations, determine restricted fund contributions and set reserve fund contributions.

Visit [bit.ly/48iYG3F](https://bit.ly/48iYG3F) to view a graph of changes to monthly assessments for GRF, United and Third since 2014.

### GRF

From 2014 to 2024, assessments increased by \$4.34 or 1.9%, which represents an average annual change of 0.5%. Much of the low increase is due to the Trust Facilities Fee that owners pay when purchasing a new home.

Visit [bit.ly/48iYG3F](https://bit.ly/48iYG3F) to view a graph of changes to monthly assessments for GRF, United and Third since 2014.

### UNITED

From 2014 to 2024, assessments increased by \$106.68 or 32.4%, which represents an average annual change of 2.3%. Combined with the GRF portion of the monthly assessment, the total basic assessment increased by \$111.02 or 20.1%, which represents an average annual change of 1.7%.

### THIRD

From 2014 to 2024, assessments increased by \$203.97 or 53.2%, which represents an average annual change of 3.5%. Combined with the GRF portion of the monthly assessment, the total basic assessment increased by \$208.31 or 34.3%, which represents an average annual change of 2.6%. The large year-over-year increase in 2022 was due to a \$7 million increase in property insurance from 2021, which was due to reassessed Third property values and premium increase based on unfavorable market conditions related to natural disasters such as California wildfires.

### FOR REFERENCE

From 2013 to 2023, the Consumer Price Index (CPI) increased by 35.3%, which represents an average annual change of 3.1%. CPI: CPI-U was used for the Los Angeles-Long Beach-Anaheim, California, area. This comparison was made between October 2013 and October 2023, as it is the most recent 10-year period available.



## LANDSCAPING

This highlights just one of many Village turf reduction projects.



Before



After

# HOW TURF REDUCTION CAN BENEFIT THE VILLAGE

*By Mary Sinclair, Concerned Citizens Environment Chair*

Rains and full reservoirs are such a relief after years of drought. Yet, the water wizards tell us to prepare now for a drier future. Our own El Toro Water District (ETWD) tells us that the single most impactful action we can take to prepare for this future is to remove turf.

The VMS Landscaping Services Department is already working on this, with very good results. Beyond conserving water, well-planted turf replacement is attractive.

Reducing high-maintenance turf helps keep our assessments low in many ways: We save on the ever-increasing cost of water because we use less, we save on the time and cost required by crews to work on these areas, and we also benefit from ETWD rebates that are then used to fund additional projects. We also reduce our overall energy footprint because processing and distributing water is extremely energy intensive.

If you have turf adjacent to your building that is bare, struggling, or less than the natural beauty you crave, visit [bit.ly/3Trxn5T](https://bit.ly/3Trxn5T) to fill out a landscape request form for turf reduction and submit it to the department.

With this simple nudge, you can help the Village become more sustainable.



## WELCOME, JOHN COX!

The Landscaping Services Department is pleased to announce the appointment of Landscape Manager John Cox, who comes to the community with 30 years of landscape management experience. Born in Sacramento, California, John graduated from Pennsylvania State University with a Bachelor of Science in secondary education. Post-graduation, he taught high school for the Garden Grove Unified School District. Mid-career, he found his passion in landscape and became the landscape supervisor for the University of California, Irvine. He moved on to Valley Crest Landscape Company, managing accounts for the Shady Canyon and Turtle Rock communities, among many others. Prior to joining the VMS team, he worked as branch manager for Brightview Landscape Service, the largest U.S. commercial landscape company.





## MAINTENANCE & CONSTRUCTION



# THE CLUBHOUSE 1 PROJECT

This 41,000-square-foot community landmark hosts a wide range of recreation and social activities and is a highly desirable space for parties, clubs and special events.

The GRF board has approved materials and finishes, a contractor has been hired, and work is set to begin in March.

To allow for completion of the work in the most timely and efficient manner, all clubhouse facilities will be closed to members during an estimated six-month construction period.

The Clubhouse 1 project includes interior updates to flooring, wall coverings, lighting and fixtures in various locations within most of the clubhouse buildings. The work also includes replacement of windows and doors, as well as painting all of exterior stucco.

Clubhouse staff is coordinating options for relocating or rescheduling club meetings, special events and any other functions that will be interrupted by the construction as best as possible.

We look forward to bringing you updates along the way!



### WELCOME, ALAN GRIMSHAW!

Maintenance and Construction is pleased to announce the appointment of Alan Grimshaw as VMS' new Manor Alterations Division manager. Alan brings more than 27 years of professional construction and architectural design experience, including oversight for various commercial and residential structural, exterior and interior building renovations. His background also includes supervision over all aspects of work with general contractors, subcontractors, engineers and interactions with community, staff and residents for various senior living residential complexes.

Alan will oversee the processing and issuance of mutual consents, variances and inspection services for alterations and resales.

VMS looks forward to Alan using his extensive background and experience in planning, construction and promoting a strong customer service environment to better serve members of the Village.



## SOCIAL SERVICES



# FIND HELP FOR LATE-LIFE DEPRESSION

*By the VMS Social Services Division*

Depression is not a normal part of growing older; however, older adults are at an increased risk for experiencing depression.

According to the Centers for Disease Control and Prevention, someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. They may also experience:

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not improve, even with treatment

### HOW DEPRESSION IS DIFFERENT FOR OLDER ADULTS

- Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and

50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.

- Older adults are often misdiagnosed and undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age and therefore not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

### HOW SOCIAL SERVICES CAN HELP

The Social Services Division offers an eight-week cognitive behavioral therapy (CBT) program to help alleviate late-life depression.

CBT is a short-term, goal-based therapy proven effective in treating depression in older adults. This highly structured therapy offers various skills for clients to learn through education, written exercises and at-home practice. Research shows that older adults respond well to the structure and the opportunity to learn skills that are taught in CBT.

If you are interested in learning more about this program, please contact Social Services at **949-597-4267**.





## GENERAL SERVICES



# GET AROUND

Laguna Woods Village strives to ensure that residents receive unparalleled opportunities to enjoy the utmost in active living, which includes helping them arrive at local shopping destinations, important appointments, exciting Village events and more.

### EASY RIDER FIXED-ROUTE SERVICE

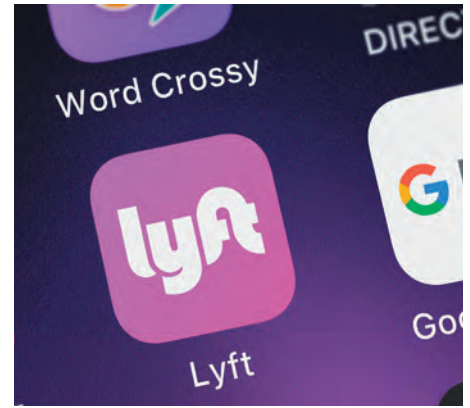
Laguna Woods Village's bus transportation service exclusively for residents features six neighborhood-based fixed routes, two commercial routes to popular shopping destinations and one wellness route to local medical facilities. All buses depart and return to Clubhouse 1 every half hour (Route 1 operates hourly).

Service is available Monday through Friday from 9 a.m. to 5 p.m., with the last run of the day at 4:30 p.m. No service is available Thanksgiving Day, Christmas Day and New Year's Day, and minimum service only is offered on all other observed holidays.

### JOURNEY

This shared-ride paratransit service is available to qualified applicants who are unable to use the Easy Rider fixed-route service.

Service is available seven days a week (except Thanksgiving Day, Christmas Day and New Year's Day) from 8 a.m. to 4 p.m. Medical appointments must be scheduled at least seven days in advance; nonmedical appointments require at least three days' notice.



### BOOST (LYFT)

Boost (provided by Lyft) provides Laguna Woods Village residents with a transportation option (within determined parameters) when the Easy Rider fixed-route system is not in service. Boost covers basic economy rides only. Some wait times may take up to 30 minutes.

Schedule Boost one of two ways: Call Transportation Transportation at **949-597-4659** or download the Lyft app to your smartphone and add the promotional code **LWVBOOST**.

Service is available Monday through Friday from 7 to 9 a.m. and from 5 to 10 p.m., Saturdays from 7 a.m. to 10 p.m. and Sundays from 7 a.m. to 5 p.m.



Scan me for Boost (Lyft)!



# MEET EXECUTIVE MANAGEMENT

Two Office of the CEO leaders  
share how their roles and  
inspirations help shape the face  
of the VMS organization.

BY SUSAN LOGAN-MCCRACKEN

In a new series, the Village Breeze will feature members of the VMS executive team so residents may learn a bit more about the team who leads the organization by example to ever-greater service levels for community residents. We start the inaugural column with Director of Operations Carlos Rojas and Services Manager Catherine Laster from the Office of the CEO.



## CARLOS ROJAS, DIRECTOR OF OPERATIONS

When you interact with Director of Operations Carlos Rojas, it takes less than one minute to see that he is passionate about serving others, making a difference in people's lives and helping them solve problems—all with a smile and cheerful demeanor. He enjoys assisting residents and interacting with staff to improve service delivery as part of his role with VMS.

"My service to the Village comes with some nostalgia, with my dad having served as a painter for over two decades back in the '80s and '90s," he said. In fact, his dad's positive experience serving Village residents for 22 years before retiring inspired Rojas to apply for an open position.

Hired by VMS in 2020 as the director of the Department of Security Services and promoted to director of Operations in 2022 by

**"Every day brings a variety of challenges. With a robust governance structure, significant population, over 800 employees and numerous trades providing service, variety is always the flavor of the day."**

—Carlos Rojas, Director of Operations



CEO Siobhan Foster, Rojas oversees activities, ensures efficiency and effectiveness of field departments—Maintenance and Construction, Landscaping Services, Security Services and General Services. This includes supporting strategic planning efforts, process optimization and team management to achieve the organization’s goals. Each day Rojas collaborates with residents and departments to enhance operational processes and implement the policies of the boards of directors.

“Every day brings a variety of challenges,” he said. “With a robust governance structure, significant population, over 800 employees and numerous trades providing service, variety is always the flavor of the day.” His daily tasks can vary from attending board and staff meetings and interacting with residents and vendors on various issues, to developing process improvements and everything in between—a tall order for which 30 years of public service experience and leading two large police organizations prepared him.

“My hope is that the Village will continue to prosper,” he said, adding that with the assistance of technology and the hiring of qualified staff, VMS will achieve maximum optimization of services.



**CATHERINE LASTER, SERVICES MANAGER**

You may know that Services Manager Catherine Laster is a go-to person when her coworkers or

residents have questions, but you may not realize that her grandfather is the inspiration behind how she does her job.

“Understanding how I would want someone to treat my 105-year-old grandfather if he were having a problem is what drives me,” she said. “I try to approach each resident I encounter with that level of compassion.”

She has worked for the Village for 18 years, most recently as executive assistant to the CEO and management analyst for the Office of the CEO before she was promoted to services manager in 2022 by CEO Siobhan Foster.

In her current role she oversees the Office of the CEO (corporate secretaries, records management and the Community Services and Media and Communications divisions) and the Department of Recreation and Special Events. Her responsibilities include supervising the preparation of agendas and related materials, ensuring the corporations’ governing documents are accurate and available, providing administrative support to the boards, and preventing and resolving issues before they escalate.

“What’s great about this position is that every day is different,” she said. “When I try to plan out my day in detail is when I can guarantee something will alter that plan. My daily tasks vary, continuously.”

She most enjoys helping residents. “When I can transform them from feeling distressed to feeling calm and pleased with a resolution to their situation, that brings me the most satisfaction at the end of the day.”

She hopes all residents know that she and the VMS team are here to help. “We are not perfect, but we always do our best.”

“When I can transform [residents] from feeling distressed to feeling calm and pleased with a resolution to their situation, that brings me the most satisfaction at the end of the day.”

—Catherine Laster, Services Manager



# LET IT GROW

## Tending the garden of friendship later in life

BY JENNIFER KARMARKAR

*“How many slams in an old screen door? Depends how loud you shut it. How many slices in a bread? Depends how thin you cut it. How much good inside a day? Depends how good you live ‘em. How much love inside a friend? Depends how much you give ‘em.”*  
—Shel Silverstein

**R**emember when making a friend was as simple as sharing a PB&J sandwich or showing our Mickey Mantle baseball card to the new kid at school? As we age, making friends requires more effort. Friends and family may move away, our health may prevent us from going out as often, and opportunities to meet like-minded individuals may not be as frequent as when we were younger.

“In our younger years, we tend to make friends on autopilot because we have all these default opportunities,” said gerontologist Kerry Burnight, Ph.D. “As a parent, there are other parents. As an employee, there are other employees. Making friends is almost a no-brainer.

Whereas later in our lives, it’s not default—it’s intentional.”

The good news, said Dr. Burnight, is because those friendships are intentional—and often rooted in common interests rather than common circumstances—relationships we cultivate in our older years can be deeper and more satisfying than those of our younger selves.

“Our friendships become so important as we mature,” she said. “They become so meaningful and curated. And if you have attended to them correctly, if you have cultivated



your friendship garden, then the quality really is there.”

### **WHY MAKE FRIENDS?**

Scientific research increasingly shows social interactions are a key component to better physical and mental health in older adults. A study by The National Institutes of Health found staying socially connected can help slow cognitive decline and lessen many of the symptoms of dementia.

Socially active adults also have lower levels of an inflammatory factor associated with Alzheimer’s disease, cardiovascular disease, osteoporosis, rheumatoid arthritis and some forms of cancer, The National Institute on Aging reports. Connecting with others has been proven to boost our mood and reduce feelings of depression, according to a report in *Psychology Today*.

And maintaining close social relationships might help us live longer, too.

Burnight pointed to a study authored by researcher Julianne Holt-Lunstad, Ph.D., who heads the Social Connections and Health Research Laboratory at Brigham Young University. Dr. Holt-Lunstad and her colleagues analyzed data from 148 epidemiological studies comprising more than 300,000 patients over several decades and found that those who were more socially connected were 50% more likely to be alive at the follow-up. In other words, having more and better relationships predicted living longer.

Data from another study comprising 3.4 million

participants worldwide found being isolated, lonely or living alone significantly predicted increased risks for earlier death. “The findings were especially robust in predicting whether a person would survive a stroke or a heart attack,” Burnight explained. “So, in terms of physiologically, it is exciting because increasing social connectivity is an area that we can do something about.”

Burnight noted that having close relationships in our senior years also has practical benefits like problem-solving, resource-gathering and assistance. Having friends also lessens our preoccupation with ourselves, she added, and helps us rebound from the setbacks often associated with growing older.

Given the myriad benefits of friendship, making social connections might be the prescription for a healthier and longer life. Read on to discover some ways experts suggest making friendships.

### **VOLUNTEER**

Sharing your skill with a club or organization is a great way to make friends because you will meet others who share your interests. For example, if you like gardening or animals, groups inside and outside Laguna Woods Village can use your help, Burnight said. “And it doesn’t have to require a lot of time,” she said, adding that those who have mobility challenges or functional limitations can volunteer from home.

When Trudi Meyers moved from Chicago to Laguna Woods Village 10 years ago, she wanted to share her skills with others. “I found something that I was good at, and I tried to share my knowledge. For me, it was the PC Club because I work in tech, and the first thing I saw was the need for instructors. From there, not only did I meet wonderful students, but also other instructors and members of the club. And then from there, I met somebody else who knew other people in the social clubs.”

Meyers started designing and





maintaining the websites for several clubs, including the Bocce and Social Club and the Baby Boomers Club. The clubs and organized activities built into the Village make it easier to make friends with common interests, she said. “That encourages you to get out there and meet people.”

### **ENROLL IN A CLASS**

Lifelong learners can attest that taking continuing education classes is one of the best ways to keep your mind sharp and meet people with shared interests. Here in the Village, Saddleback College’s Emeritus program offers residents tuition-free classes in everything from film and the arts to philosophy, aquatics, fitness and foreign language. Classes are also offered through the Recreation and Special Events Department as well as the Florence Sylvester Senior Center, just outside the gates of Laguna Woods Village.

### **VISIT A DOG PARK**

It may sound funny, Burnight

said, but going to a dog park is a great way to meet others. And since most dog parks have benches, it’s easy on the feet. “I find it is the most user-friendly, easy way to make a friend,” she said. “You just say ‘Wow, your dog’s really cute,’ and before you know it, people start talking about their dogs. And I have found it for so many people to be a beautiful way to make connections, whether or not you have a dog.”

The Laguna Woods dog park is located at 23190 Ridge Route Drive.

### **JOIN ACTIVITY GROUPS**

Whether your interest is art or zoology—or anything in between—there’s an activity group for you. Folks can look to online communities like AARP communities, Facebook Groups or Meetup.com to find people who share a common interest. Local universities, community centers, senior centers and churches will often offer groups for older adults.

You can also meet like-minded people by attending religious services, joining an exercise class or simply striking up a conversation with the person next to you. Afraid to put yourself out there? Try bringing a friend for support. And understand that making a new friend often requires you to extend the first invitation or make the first call. “If you want to have friends, you need to be the initiator in almost every case,” Burnight said.

### **A SMILE OPENS DOORS**

One of the best ways to make friends is to make micro-connections throughout the day, meaning that everywhere you go—a coffee shop, the supermarket, etc.—connect with others. That could mean smiling at someone, saying hello or paying them an authentic compliment.

“What we find is that these micro-connections tend to, over time, kind of work a connection muscle in us, and they can grow into bigger connections,” Burnight said.

That somewhat organic style of making friends appeals to 15-year Village resident Cheryl Russell, who likes to say, “A smile opens the door, along with a friendly greeting.”

Russell said she’s made friends with people from her laughter class, favorite team members at Whole Foods, and staff in holistic settings. “I also keep in touch with people I meet professionally, hiking, line dancing and traveling, plus former neighbors and high school classmates.”



## SOCIAL MEDIA—THE GOOD AND THE BAD

Russell also has made friends through a shared-interest Facebook group. “Again, it was organic—a comment by one of us led to more interaction, and eventually we met in person,” she said.

Social media is an excellent way to find others with shared interests and can lead to real-life friendships, Burnight said. On the downside, she cautions it can create FOMO—fear of missing out—because you see friends doing fun things and you wonder why you’re not.

“Or worse, you see a birthday get-together of somebody that you know, and you study it and think, ‘I know those people. Why

am I not invited to that?’” she said. “It can hurt your feelings and hurt your mental health. Many studies show that it hurts our mental health at all ages; we’re not immune just because we’re older.”

## CULTIVATING FRIENDSHIPS

Remember that old adage: “To have a friend, be a friend.” It turns out Mom (and Ralph Waldo Emerson) was right—without cultivating that friendship, it will wither and die on the vine. Here are some basic ways to nurture a friendship:

- o Show interest in others and be a good listener.
- o Connect with friends: call, bring fruit from your tree, or plan ways to share quality time.

- o Be thoughtful, generous and inclusive, and don’t edit people out because of preconceived ideas.

For Meyers, cultivating her friendship garden means being open to diversity.

“At our Rummikub group, we’re a table of six every week, and we’re all different ages, from about 60 to 82,” she said. “But the best part of these friendships is finding out what people previously did in their lives—for example, a former Playboy bunny and someone who helped put the first Space Shuttle into space. They are some of the most fascinating people I’ve met, and I truly value the connections we’ve made.”



## Need Help With Medicare?

Attend a complimentary class.

If you have questions about Medicare and aren’t sure which plan is right for you, learn about your options at a free Medicare class. Our Medicare specialists will discuss Medicare Advantage plans, Original Medicare, prescription drug plans and Medigap plans, along with eligibility guidelines and how to apply.

For class dates and times, please visit [memorialcare.org/MCEvents](https://www.memorialcare.org/MCEvents) or call Jose at (714) 640-7158.

# BAIT AND WAIT



Scammers are always trolling for bites.  
Here's how to take precautions in common situations  
involving real estate, technology, online scams and more.

**S**cams are a dime a dozen. As common as the common cold. No matter the time of year, scammers keep hoping someone will take the bait—hook, line and sinker—for a cool payday. Here are some essential insights to help you steer clear of the most common financial scams that may threaten your financial well-being.

## OVERPAYMENT SCAMS

If someone offers to send you money through a check but requests that you return extra funds or use the money to buy gift cards, cashier's checks, or other items, be aware. Similarly, be wary if a company claims they mistakenly deposited money into your account and asks for it back. Remember, legitimate transactions rarely involve refunding or redirecting funds in these ways.

## REAL ESTATE SCAMS

Scammers can take over a rental or real estate listing by changing the email address or other contact information, then listing on another site. They may send you an email that appears to be from your real estate agent, title company, or settlement agent/attorney with last minute updates to wiring instructions. Before you send any money, always independently confirm wiring instructions in person or via a phone call to a trusted phone number that you called directly.

## INVESTMENT SCAMS

Be wary if you are contacted by "investment managers" or receive an unsolicited request (via social media, pop-up, text, email or phone call) that presents a "great investment opportunity." Offers that promise guaranteed returns, or the chance to get rich quick or double your money, are likely a scam. Always validate requests for money, research investment managers/offers and use caution if asked to provide personal or financial information.

## TECHNOLOGY SCAMS

If you get an unsolicited request to remotely access your computer or mobile device, it's most likely a scam—and you could lose



money. Scammers often pose as employees of familiar companies and ask you to provide remote access or download an app. No matter what reason you're given, never grant device access or download any app at the request of unknown companies or individuals. Always confirm the identity of someone requesting access by calling a trusted or verified phone number (the one they provide could be part of the scam).

### **DELIVERY SCAMS**

"The USPS package has arrived at the warehouse and cannot be delivered due to incomplete address information. Please confirm your address in the link. <https://realmastm.com> (Please reply to 1, then exit the SMS, open the SMS activation link again, or copy the link to Safari browser and open it) The US Postal team wishes you a wonderful day."

If you call the number, the scammer will ask you to confirm your personal details, including your name, address and possibly even your credit card information. If you don't remember ordering anything that needs to be delivered, the caller may try to convince you the package is a gift from a friend or relative. According to BBB Scam Tracker reports, the callers are often friendly and professional, making the scam harder to spot.

Also, look out for text or email messages that ask you to reschedule a delivery or pay a small delivery fee. These messages often look legitimate—

**To learn more about ways to help protect yourself, visit [bit.ly/3RIInsmF](https://bit.ly/3RIInsmF).**

containing official logos and using professional language. But if you click, you may download malware onto your computer that gives con artists access to personal information and passwords.

In either case, the package doesn't exist. Don't give up your personal information.

### **ROMANCE SCAMS/SENDING FUNDS TO A LOVED ONE**

Scammers may contact you via dating apps or social media and try to establish a trusting, caring, and believable relationship—as quickly as possible; or they may tell you that someone you love is in trouble or needs help. Then, scammers make an emotional plea, telling you a story that ends with a request to transfer money through untraceable means like a wire transfer or gift cards. Verify the situation by directly calling the person

needing help or trusted contact. If this is an online relationship or someone you have never met in person, perform research on the person or the situation before sending money.

### **ONLINE SALES SCAMS**

Scammers set up fake stores selling fake goods, and after you've made your purchase, the store will suddenly disappear. They may use social media platforms to contact you and build a relationship, telling you about an offer that's hard to resist, then instructing you to download an app or send money to take advantage of the offer. Research the seller and products independently, check reviews for possible scam notices, and compare prices with other websites.

### **WINNING PRIZES AND LOTTERIES**

If a prize is real, you should not be asked to pay money upfront. Taxes or fees are automatically withheld from rewards or lottery winnings. If you didn't enter a contest, odds are you didn't win it.

*This article is courtesy of Bank of America.*





# PICTURE IT *Perfectly*

Winners and honorable mentions of the  
2023 Village Breeze photo contest

**T**he Village Breeze received a truly awe-inspiring response to our 2023 photo contest. The selection process was quite the challenge for our panel of judges, but it was also a pleasure, and we sincerely thank each and every resident for sharing their creativity and artistic eyes with the Village.

First-, second- and third-place recipients will receive two tickets apiece for an upcoming Village event, courtesy of the Recreation and Special Events Department.

We hope you enjoy your fellow Villagers' beautiful photography featuring sweeping vistas, natural life and nautical pursuits.





While at Dana Point Harbor—Don Basler





Living Amongst Us—Russ Lazar





**Moonlight Beach in Encinitas—Douglas Love**

## *Honorable Mentions*



Douglas Love



Linda Winslow



# Honorable Mentions



Alan Clark



Betty Whelchel



Diane Hall



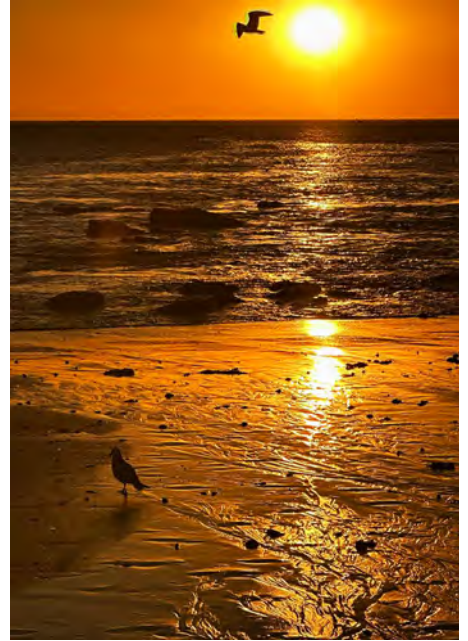
Duff Owens Wilmoth



Duff Owens Wilmoth



Mark Rabinowitch



Dyan Billal



Esther Wright



Gwen Ginocchio



# Honorable Mentions



Jean Andrade



Mark Rabinowitch



Steve Heit



Jerry Sears



Linda Winslow



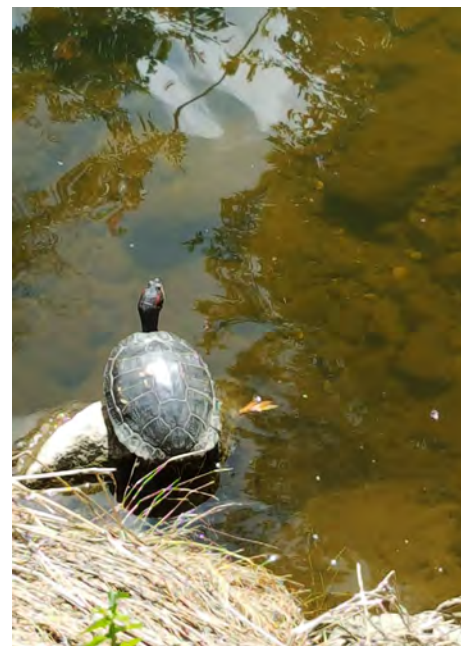
Jeff Brown



Steve Heit



Gwen Ginocchio



Louisa Hsu



# LAGUNA WOODS VILLAGE COMMUNITY STREET MAP





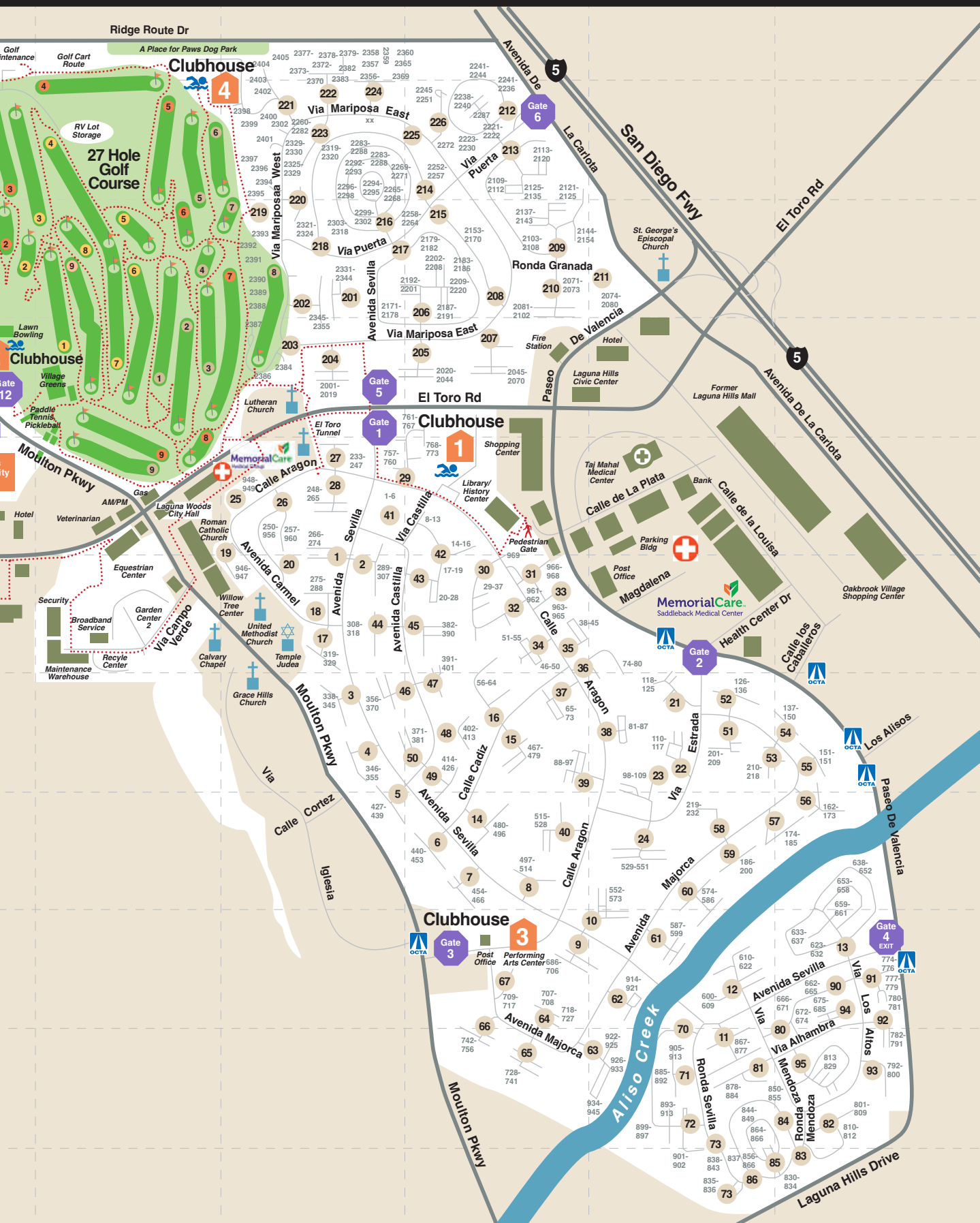
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## COMMUNITY CONNECTED



# NEIGHBORS HELPING NEIGHBORS

## Personal testimonials of appreciation

Donations to the Foundation of Laguna Woods Village make a difference in people's lives. Sometimes it is hard to envision how a donation can do this, but the many "thank you" notes received during the year underscore how donations benefit and change lives. Donations permit the Foundation to help with medical bills, grocery cards, hearing aids, dental care, electric and telephone costs, caregiver services, emergency response devices and other matters when residents face financial emergencies. Hear from some of the recipients themselves:

"Thanks to The Foundation of Laguna Woods Village for providing me with an emergency response device. I now feel safer and more protected in my home and everywhere else. I am happy and grateful I could turn to the foundation for help. Thanks to everyone at the foundation for the exemplary work you do protecting and caring for your neighbors."

"My appreciation and gratitude for the foundation for their

generosity. The Stater Bros. gift card could not have come at a better time. Thank you."

"We are writing to express our sincere gratitude for the gift of paying our very large SCE bill. Thank you is not enough but all we have at this time. You helped us at a very low point and lifted a huge weight off our shoulders. We will pray for all the donors and staff. We also pray to be able to pay it forward or back someday soon."

"Thank you for helping me with my dental problem. This was a big step for me with my dental healthcare."

"Thank you so very much for caring so much and helping me with much-needed respite care! You are awesome!"

"I would like to say thank you very much for the most wonderful gift for our Jewish New Year ... I really appreciate the help you are giving us and thank you so much."

"I can hear! I can hear! Thank you! Getting my hearing aids has changed my life and I am so appreciative. I am in my 90s, live alone and have no income, so you can imagine what this has done for me. Thank you again."

If you have any questions about assistance provided by the foundation, please call **949-268-2246** or email [foundation@comline.com](mailto:foundation@comline.com). For more information, visit [foundationoflagunawoods.org](http://foundationoflagunawoods.org). Please note that donations can always be made using PayPal on the foundation website.



# CAPTURED IN THE VILLAGE

All resident photographers are cordially invited to share their favorite photos taken in the Village. Please email your submissions to [ellyce.rothrock@vmsinc.org](mailto:ellyce.rothrock@vmsinc.org).



## EMERGENCY RESPONSE DEVICE PROGRAM



COMMUNITY CONNECTED

### **MemorialCare Saddleback Medical Center grant enables an expanded program.**

The Foundation of Laguna Woods Village is pleased to announce that it has been awarded a grant by MemorialCare Saddleback Medical Center to expand its emergency response device (ERD) program for residents at risk of falling but with limited financial means. The \$9,800 grant permits the foundation to provide approximately 20 residents with ERDs for a period of one year, which began in early November.

“This grant by MemorialCare expands its partnership with the foundation to provide fall prevention and detection for Village residents, and we are very appreciative of their support and commitment,” said Foundation President Marcy Sheinwold. This past year MemorialCare has also staffed free fall prevention classes in the Village.

While preventing falls is important, what happens after a fall is also critical. Can you get up on your own? Are you seriously injured? Can you call for help? What if you live alone?

ERDs, or medical alert systems as they are sometimes called, can provide an answer. For those of us who live alone, these devices provide an easy way to request help. Knowing that help can be requested also permits greater independence, while also reducing anxiety and stress.

Through the grant, access to such help is available through Social Services, which will determine need and financial eligibility. Social Services is located on the ground floor of the Community Center and can be reached at **949-597-4267**.

If you have any questions about this program, please contact the Foundation of Laguna Woods Village at **949-268-2246** or [foundation@comline.com](mailto:foundation@comline.com). For more information about the foundation, visit [foundationoflagunawoodsvillage.org](http://foundationoflagunawoodsvillage.org).



## COMMUNITY CONNECTED



## VIBRANT ENTERTAINMENT

Discover the California Club's timeless appeal.

*By Carol St. Hilaire, California Club Publicity Chair*

If you seek a nightclub-like experience in the Village, you will love attending the dinner, entertainment and dancing events presented by the California Club.

On the fourth Tuesday of each month (except for December) the California Club meets at Clubhouse 5 at 5:15 p.m. When you arrive, your table awaits, because you made advance reservations. Order a drink at the no-host bar, enjoy music and, when dinner is served at 6 p.m., feast upon a four-course meal with complimentary wine while visiting with friends. After dinner, dance to music provided by popular Southern California bands playing a mix of well-liked songs.

In April 1966, an article in the local newspaper invited native Californians who had lived in the state for at least 35 years to attend an organizational meeting. The purpose of the club was to “unite the members in friendly, social pursuits, and to promote matters of importance to the State of California in fields of culture, history, recreation and conservation of water, soil and forest.”

The club quickly grew from 12 members to 250 members that same year. Qualifications required members to be an owner-resident in the community, sponsored by a current member and a state resident for a minimum of five years. Dues were \$1 per year; dinners were \$5.

In 1979, the club changed its purpose to that of a social club patterned after a nightclub, offering food, fun and entertainment to all residents—including those not born in California. The club became so popular that membership was limited to 500 residents, and there was a waiting list to join.

In recent years, the mission of the California Club changed “to further the enjoyment of life in Laguna Woods Village by uniting members in friendly social and recreational activities.” Qualifications for membership have changed, too. Members are Village residents but also a small percentage of nonresidents, as established by GRF guidelines. Members are no longer required to be longtime California residents.

The California Club is changing to appeal to residents' evolving interests. It continues to present elegant yet comfortable and welcoming evenings that include delicious dinner menu options and entertainment. The dress code is dressy casual. Entertainment includes pop, soft rock, classic rock, Motown, disco, country, swing and much more. Couples and singles are welcome.

This year, the club has planned monthly entertainment at monthly events and the Performing Arts Center (PAC), featuring diverse musical groups reflecting the rich tapestry of California's cultural legacy. Here are the highlights:

- On April 23, the club is excited to host the ultimate Jimmy Buffett experience, featuring “Buffett

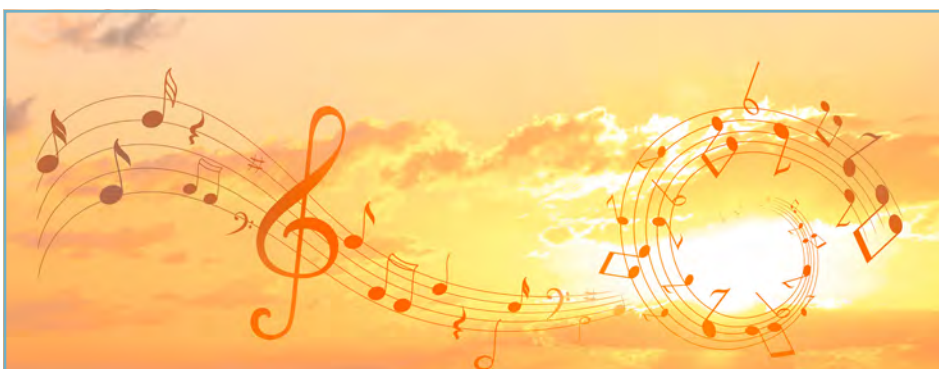


Beach.” This tropical party event will also feature specialty drinks, dinner and dancing.

- On May 7, the club is holding a special event featuring the band “Turn the Page,” a Bob Seger tribute. This band’s performance is a living tribute, resonating with the soul and energy of Seger’s music, which spans six decades, making him one of the best-selling artists of all time.
- On August 3 at the PAC, enjoy an electrifying tribute to the band Chicago with “Chicago Experience.” Singer Kenny Cetera is the brother of legendary Chicago frontman Peter Cetera.
- On September 7 at the PAC, we feature “Latin Divas,” a joyful and dynamic tribute to Gloria Estefan, Jennifer Lopez and Shakira.
- On November 9 at the PAC, don’t miss “KALIMBA The Spirit of Earth, Wind and Fire,” an experience that promises to transport the audience to the excitement of the first time they heard Earth, Wind & Fire.

Just like the great state we love, the California Club combines casual elegance with fun, popular entertainment in a welcoming environment where friendships are forged and nurtured, reflecting the timeless appeal of California’s vibrant cultural landscape.

For more information about The California Club, visit [CaliforniaClubLWV.com](http://CaliforniaClubLWV.com), email [CalClubReservations@gmail.com](mailto:CalClubReservations@gmail.com) or call **949-342-4092**.



# LIFT UP YOUR VOICE

**Join a choir representing the diverse backgrounds of Village residents.**

Become part of “One Song—Three Hundred Voices,” a unifying musical event for world peace.

Join Laguna Woods Community Bridge Builders as they bring together Village singers and musicians to sing a single song of peace, hope and friendship that will become a music video to be shared.

To join “One Song,” simply commit to two initial rehearsals and a third last rehearsal followed by the videotaping. Singers, nonsingers, choral groups and musicians alike are welcome. Email Rebeca Gilad at [lwcommunitybridgebuilders@gmail.com](mailto:lwcommunitybridgebuilders@gmail.com) to register (required).

Rehearsals will occur March 4, 5 and 6 from 1:30 to 3:30 p.m. in the Performing Arts Center. Participants will receive the music and lyrics to prepare for the rehearsals.

Choir director Leeav Sofer, faculty at the Colburn School in Los Angeles, is a singer-songwriter, multi-instrumentalist, composer/arranger and music director, with a performance degree in clarinet and voice from the Bob Cole Conservatory of California State University, Long Beach. He serves as creator and director of the “Urban Voices” project in Los Angeles.

Song composer Mitchell Jay has had an extensive career in choral music. The orchestra will feature Village musicians led by resident Carmen Pacella. “One Song” will be videotaped and produced by Village Television and financed by Community Bridge Builders.

The essential component of the the choir will be Village residents representing different parts of the country and world. Participants are encouraged to wear ethnic attire for the final videotaping.

Laguna Woods Community Bridge Builders is an independent club, not part of a religious, political or ethnic group.



## RECREATION

# YOUR GUIDE TO EVENTS, FITNESS AND FUN



## RECREATION OFFICE VILLAGE COMMUNITY CENTER

24351 El Toro Road

**949-597-4273**

**[recreation@vmsinc.org](mailto:recreation@vmsinc.org)**

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



# MONDAY MOVIES AT THE PAC

Showings at 2 and 7 p.m.

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

Free • Ticketless entry

**Jan 15** • Barbie

**Feb 12** • Sliding Doors

**Mar 18** • Oppenheimer

**Apr 18** • The Miracle Club

For more information, email [recreation@vmsinc.org](mailto:recreation@vmsinc.org) or call **949-597-4288**.



# CHECK OUT THE PAC'S 2024 SEASON

## **ABBAFAB**

**February 7**

Having played to sold-out crowds across the U.S. and abroad, ABBAFAB is a stunning tribute to the music of ABBA. Tickets are on sale now.

## **NEIL DIAMOND TRIBUTE**

**March 23**

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

## **HEART OF ROCK & ROLL**

**April 20**

Hits like “Hip to Be Square,” “I Want a New Drug,” “The Power of Love” and “The Heart of Rock & Roll,” will transport you “Back in Time” for this Huey Lewis and the News tribute. Tickets are on sale January 22.

## **SPACE ODDITY: THE ULTIMATE DAVID BOWIE EXPERIENCE**

**August 10**

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

## **PAT BOONE**

**October 19**

Hollywood icon Pat Boone boasts 38 top-40 hits, 45 million records sold and six Grammy nominations, is a No. 1 best-selling author and so much more. Tickets are on sale July 22.



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

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



## RECREATION



# LIBRARY & HISTORY CENTER

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

### Library Hours

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

949-597-4274; [lwvillagelibrary@yahoo.com](mailto:lwvillagelibrary@yahoo.com)

### History Center Hours

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

949-206-0150; [info@lagunawoodshistory.org](mailto:info@lagunawoodshistory.org); [lagunawoodshistory.org](http://lagunawoodshistory.org)



# RECREATION AND SPECIAL EVENTS FREQUENTLY CALLED NUMBERS

RECREATION OFFICE 949-597-4273

BRIDGE ROOM 949-268-2420

### CLUBHOUSES

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

EQUESTRIAN CENTER 949-597-4275

### FITNESS CENTERS

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

GARDEN CENTERS 949-268-2387

### GOLF

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

HISTORY CENTER 949-206-0150

LAWN BOWLING 949-951-3027

LIBRARY 949-597-4274

PC WORKSHOP 949-268-2262

MAC LEARNING CENTER 949-268-2263

SADDLEBACK EMERITUS OFFICE 949-582-4835

TENNIS CENTER 949-268-2481

VIDEO LEARNING CENTER 949-470-0965





## GET MOVING!

Visit [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > **Amenities** > **Recreation** to learn more about the Village's resort-style amenities.

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



## JOIN A CLUB

In addition to the many amenities and activities offered through the Recreation and Special Events Department, more than 250 clubs, special interest groups and organizations offer residents a wealth of fun and entertainment. With so many clubs to choose from, there's sure to be like-minded new friends to make. Visit [lagunawoodsvillage.com/amenities/clubs](https://lagunawoodsvillage.com/amenities/clubs) to browse clubs, including arts and crafts, cultural, dance, games, health and wellness, performing arts, political, religious and spiritual, science and tech, sports and fitness, support groups and more.

## PERSONAL TRAINERS ARE HERE FOR YOU

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



## RECREATION



# EQUESTRIAN CENTER

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

### LOCATION

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

### HOURS

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

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

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

Tours and riding program are closed Monday and Tuesday.



### HORSEMANSHIP CLASSES

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

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

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

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

### HELP THE HERD FUNDRAISING

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

Visit [villagecommunityfund.org/help-the-herd](https://villagecommunityfund.org/help-the-herd) to donate to the Village Community Fund's Help the Herd or visit [villagecommunityfund.org](https://villagecommunityfund.org) for more information.





# ONGOING CLASSES

**Schedules subject to change without notice.**

## MONDAY

### Chi Kung

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

### Mindfulness Meditation with Dr. Lois Rubin

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

### Zumba Gold with Tracy Murray

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

### Movement and Stretch with Sybil Moore

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

### Ballroom Dance with Candi Davis

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

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

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

### Mat Yoga with Kristine DeYoung

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

### Chair Yoga with Kristine DeYoung

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

### Cycling with Alisha Sullivan

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

### Lengthen and Strengthen with Sheryl Leicher

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

## TUESDAY

### Yoga with Kim Min

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

### Tai Chi

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

### Clogging with Edith Jones

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

### Cycling with Alisha Sullivan

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





## RECREATION

### **Chair Fitness with Janet Gilliam**

Clubhouse 1 gym, 10 to 11 a.m.

*\$15 for five classes*

### **Swim Clinic with Jan Levinrad**

Pool 2, noon to 1 p.m. and 1 to 2 p.m.

Free drop-in class

### **IKTA Self-Defense with Ron Murray**

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.

*\$25 for five classes*

### **Drum Circle**

Performing Arts Center, 5:15 to 6:45 p.m.

Free drop-in class

## **WEDNESDAY**

### **Chi Kung**

Clubhouse 1 patio, 8 to 9 a.m.

Free drop-in class

### **Zumba Gold with Tracy Murray**

Clubhouse 5 ballroom, 9 to 10 a.m.

*\$25 for five classes*

### **Cycling with Alisha Sullivan**

Clubhouse 5 fitness room, 10 to 11 a.m.

*\$40 per eight-class session*



### **Mindful Movement Yoga with Jerry Bloch**

Performing Arts Center dining room, noon to 1 p.m.

Free drop-in class

### **Russian Language Class with Janet Preissler**

Clubhouse 2 Grevillea Room, 3 to 5 p.m.

Free drop-in class

### **IKTA Self-Defense with Ron Murray**

Clubhouse 5 fitness room, 3 to 4 p.m.

*\$25 for five classes*

## **THURSDAY**

### **Cycling with Alisha Sullivan**

Clubhouse 5 fitness room, 7 to 8 a.m.

and 8:30 to 9:30 a.m.

*\$40 per eight-class session*

### **Tai Chi Dance**

Clubhouse 1, multipurpose room, 8 to 10:30 a.m.

Free drop-in class

### **Chi Kung**

Clubhouse 2 ballroom, 8 to 9 a.m.

Free drop-in class

### **Tai Chi**

Clubhouse 7 ballroom, 8:30 to 10 a.m.

Free drop-in class



**Chair Fitness Janet Gilliam**

Clubhouse 1 gym, 10 to 11 a.m.

*\$15 for five classes***Tap Dance and Rhythms with Laura Fremont**

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

**Mat Yoga with Kristine DeYoung**

Clubhouse 2 ballroom, 11:30 a.m. to 12:30 p.m.

Free drop-in class

**Chair Yoga with Kristine DeYoung**

Clubhouse 2 ballroom, 1 to 2 p.m.

Free drop-in class

**Spanish Class with Walter Valencia**

Performing Arts Center dining room, 1 to 3 p.m.

Email [kevinvalencia@verizon.net](mailto:kevinvalencia@verizon.net) to register**IKTA Self-Defense with Ron Murray**

Clubhouse 5 fitness room, 3:30 to 4:30 p.m.

*\$25 for five classes***Meridian Yoga**

Performing Arts Center dining room 2, 5:30 to 6:45 p.m.

Free drop-in class

**FRIDAY****Cycling with Alisha Sullivan**Clubhouse 5 fitness room, 7 to 8 a.m. and  
8:30 to 9:30 a.m.*\$40 per eight-class session***Chi Kung**

Clubhouse 1 patio, 8 to 9 a.m.

Free drop-in class

**Yoga With Kim Min**

Clubhouse 7 ballroom, 9:30 to 10:45 a.m.

Free drop-in class

**Ballroom Dance with Ed VanOrnum**

Clubhouse 1 ballroom, 9:30 to 11:30 a.m.

*\$30 for five classes***Zumba Gold with Tracy Murray**

Clubhouse 2 ballroom, 9 to 10 a.m.

*\$25 for five classes***Mindful Flow Yoga with Jill Camera**

Clubhouse 1 ballroom, 1 to 2 p.m.

Free drop-in class

**Circle of Love Meditation with Zahir Movius**

Clubhouse 5 fitness room, 2:30 to 4 p.m.

Free drop-in class

**SATURDAY****Tai Chi Dance**

Clubhouse 1 multipurpose room, 8 to 10:30 a.m.

Free drop-in class

**Mind and Body Fitness**

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

Free drop-in class

**Line Dance**

Clubhouse 5 fitness room, 2 to 3 p.m.

Free drop-in class

**Disco Dance**

Clubhouse 5 fitness room, 3 to 4 p.m.

Free drop-in class





## RECREATION

# AMENITY INFO

### Clubhouse Reservations | 949-597-4227

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

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

### Clubhouse 1 | 949-597-4281

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

### Clubhouse 2 | 949-597-4286

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



### Clubhouse 4 | 949-597-4344

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

### Clubhouse 5 | 949-597-4382

- Open 8 a.m. to 6 p.m. daily, and extended hours to accommodate reservations
- Game room
- Gym open 5:30 a.m. to 9 p.m. daily

### Clubhouse 7 | 949-268-2417

- Open 8 a.m. to 5 p.m. daily, and extended hours to accommodate reservations
- Bridge games Monday through Friday from 12:30 to 4 p.m.
- Bridge class schedule varies

### Community Center | 949-597-4273

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



### **Equestrian Center | 949-597-4275**

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

### **Garden Centers | 949-268-2387**

- Daily sunrise to sunset

### **Golf | 949-597-4336**

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



### **History Center | 949-206-0150**

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

### **Library | 949-597-4274**

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

### **Paddle Tennis | 949-597-4273**

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

### **Performing Arts Center | 949-597-4289**

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



### **Pickleball | 949-597-4273**

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

### **Pools | 949-597-4273**

Check the most current pool schedule at [bit.ly/3u4adRE](https://bit.ly/3u4adRE)

### **Recreation Coordinated Classes | 949-597-4273**

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

### **Tennis | 949-268-2481**

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

### **Saddleback Emeritus | 949-582-4835**

Visit [saddleback.edu/emertus](https://saddleback.edu/emertus) for the most current class schedule.



# For Mutual Benefit

*News and updates from the Laguna Woods Village Boards of Directors*

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## GRF Board of Directors

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

James Hopkins  
President  
2022-2025

Juanita Skillman  
First Vice President  
2021-2024

Martin Roza  
Second Vice President  
2023-2024

Joan Milliman  
Secretary  
2023-2026

William Cowen  
Treasurer  
2023-2026

Cush Bhada  
2023-2026

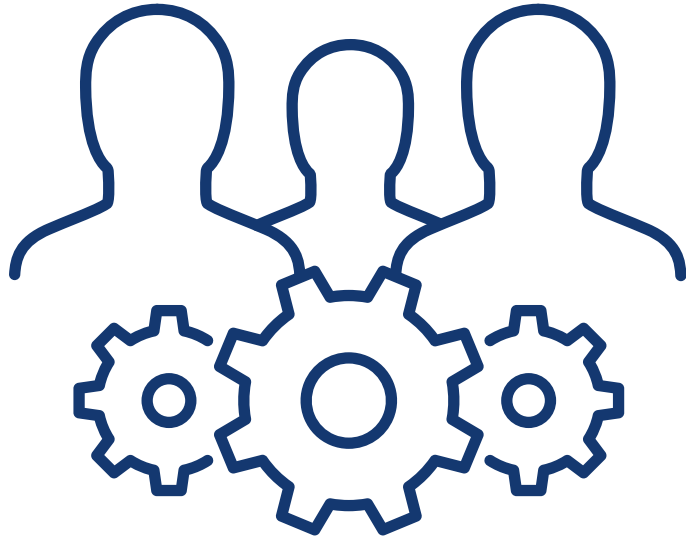
Bunny Carpenter  
2022-2025

Egon Garthoffner  
2022-2025

Yvonne Horton  
2022-2025

Gan Mukhopadhyay  
2021-2024

Ryna Rothberg  
2023-2026



## WHAT ALL RESIDENTS SHOULD KNOW ABOUT GRF

The Golden Rain Foundation (GRF) is a nonprofit mutual benefit corporation organized under the nonprofit mutual benefit corporation law. GRF is responsible for seven clubhouses, five pools, two fitness centers, the equestrian center and trails, two garden centers, two golf courses, the tennis complex, pickleball, lawn bowling and bocce courts, plus the fine arts and crafts facilities.

GRF oversees important resident services, including the private bus system, security patrols, gates, cable system, roads, parking lots and all common building and property maintenance. GRF also oversees the Village's extensive social and recreational programs.

GRF is governed by a board of directors of resident members elected by the members of three mutual housing boards; directors serve three-year overlapping terms. It exists to manage all common property and services for the benefit of members of either Third, United or Mutual No. Fifty.

GRF is governed by a board of directors of resident members elected by the members of three mutual housing boards; directors serve three-year overlapping terms. Approximately one-third of the board seats are filled by annual election. Each member of a mutual corporation is a resident member of Golden Rain Foundation of Laguna Woods. Members of the boards of the mutual housing corporations exercise the voting power for electing members of the GRF board.

GRF does not control or have authority over the housing mutuels. It exists to manage all common property and services for the benefit of members of either Third, United or Mutual No. Fifty.

### How to Contact GRF

The GRF Board of Directors can be reached various ways:

- Mail a letter addressed to GRF Board of Directors, 24351 El Toro Road, Laguna Woods, CA 92637.
- Attend board and committee meetings in person or virtually, and address the board during the open forum portion of the agenda. You will have three minutes to speak to the board.
- Pick up the list of GRF directors from the concierge/reception desk in the Laguna Woods Village Community

Center. This list provides the phone numbers and/or email addresses of the directors who have approved of providing their contact information to the public.

- Email the General Manager's office at [generalmanager@vmsinc.org](mailto:generalmanager@vmsinc.org); enter "GRF Board of Directors" in the subject line.

### Board Training

To learn about the training GRF board members receive, visit [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > Residents > Golden Rain Foundation > Documents; scroll to Board Training. This training can be helpful to clubs during their board meetings, as well.

### GRF Committees

Most of GRF's work takes place within standing committees, which bring issues and recommendations to the board for action. Members are encouraged to become acquainted with the committees and to bring comments, questions and concerns to the appropriate group. Find GRF committee meeting schedules at [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > Calendars > Golden Rain Foundation.

- **Community Activities Committee.** Meets monthly on second Thursday, 1:30 p.m., Community Center Board Room. Ensures residents safely remain fit, engaged and entertained. Pertains to recreation events and facilities.

- **Finance Committee.** Meets third Wednesday, even months, 1:30 p.m., Community Center Board Room. Reviews capital requirements, service levels and projected revenues related to the Financial Services Department and recommends appropriate action to the GRF board.
- **Mobility and Vehicles Committee.** Meets first Wednesday, even months, 1:30 p.m., Community Center Board Room. Liaises between the GRF Board of Directors and VMS for all transportation issues and ensures transportation services meet the needs of the community.
- **Landscape Committee.** Meets second Wednesday, even months, 1:30 p.m., Community Center Board Room. Keeps our 21 acres of property beautiful, healthy and ecologically responsible.
- **Maintenance and Construction Committee.** Meets second Wednesday, even months, 9:30 a.m., Community Center Board Room. Oversees responsibilities for buildings and facilities belonging to GRF that need constant upkeep to remain pleasing and safe.
- **Media and Communications Committee.** Meets quarterly, 1:30 p.m., Community Center Board





Room. Ensures residents and employees remain aware and informed of all-important issues and concerns while partnering with internal media services and external media sources to ensure that all communications are conveyed accurately and properly.

- **Security and Community Access Committee.**

Meets fourth Wednesday, even months, 1:30 p.m., Community Center Board Room. Ensures all residents remain safe and sound.

- **Laguna Woods Traffic Hearings.** Meets third Wednesday monthly, as needed, at 9 a.m., Community Center Board Room and Sycamore Room. Ensures the community remains safe and that traffic violations are considered and judged fairly.

- **Laguna Woods Disaster Preparedness.** Meets fourth Tuesday, odd months, 9:30 a.m., Community Center Board Room. Keeps residents aware, informed and prepared for major disasters. Consists of volunteers who

function under GRF and in cooperation with the Security Services Department.

- **Ad Hoc and Special Committees.** Other committees under GRF include ad hoc and special study committees. The board of directors may appoint such a group as needed to delve more deeply into an issue before the standing committee makes a recommendation. When the job or study is complete and a recommendation made, these committees are dissolved.

## Third Board of Directors

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

Mark Laws  
President  
2021-2024

Jim Cook  
First Vice President  
2021-2024

Ralph Engdahl  
Second Vice President  
2022-2025

Cris Prince  
Secretary  
2022-2025

Andy Ginocchio  
Treasurer  
2023-2026

Reza Karimi  
2023-2025

Nathaniel Ira Lewis  
2021-2024

S.K. Park  
2023-2025

Brad Rinehart  
2023-2026

Moon Yun  
2023-2026

Jules Zalon  
2023-2026



## BOARD ACTIONS

### September 2023

- Approved 10 variance requests
- Approved board resolution to censure board member
- Approved board resolution to create executive committee
- Approved to rescind the barbeque grill rules and regulations
- Approved revised electricity usage reimbursement policy
- Approved alteration fee schedule
- Approved 2024 business plan resolution
- Approved 2024 reserve funding plan
- Approved Third Mutual committee appointments
- Denied request to remove rust leaf fig tree

### October 2023

- Approved appointment of officers
- Approved recording of lien against three members
- Approved revised administrative fee for damage reimbursements
- Approved stepping stone policy and guidelines
- Approved herbicide spray cessation guidelines
- Approved unbudgeted expense for landscape improvement projects
- Approved Third Mutual committee appointments
- Approved GRF committee appointments
- Approved GRF committee appointments
- Approved Standard 4: Air Conditioning Units/Heat Pumps
- Approved recordable exclusive use of common area revocable license legal fee
- Approved appeals policy, amended June 20, 2023
- Approved supplemental appropriation for damage restoration reimbursement backlog case load
- Denied request for removal of one fern pine tree, one eucalyptus spotted gum tree and one Canary Island pine tree





## KEEP THE LINES OPEN

Avoid waste-line backups by properly disposing organic recycling and wipes.

*By Mark Laws, President*

As a result of the relatively new state organic recycling regulations, more organic waste is finding its way into drains and garbage disposals, leading to increased waste-line backups. Here are some foods that should not go into garbage disposals/drains:

- **Fat and oil:** Fat, oil and grease are the most common causes of kitchen drain clogs. While pouring these items down the drain in liquid form may seem safe, they solidify as they cool, creating a stubborn greasy clog.
- **Oatmeal:** While oatmeal may not directly cause a clog, it clumps and sticks to anything else in the pipes, acting like cement and binding sludge to form a clog. Oatmeal also tends to be impervious to household drain cleaners, making it difficult to remove without an expensive call to a plumber.
- **Potato peels:** Peels either slip past the disposal, causing them to potentially catch in the drain, or they are ground up and turn into a starchy paste. If this paste makes its way into the pipes, you could experience major blockages down the road. The same goes for other starchy vegetables as well as beans.

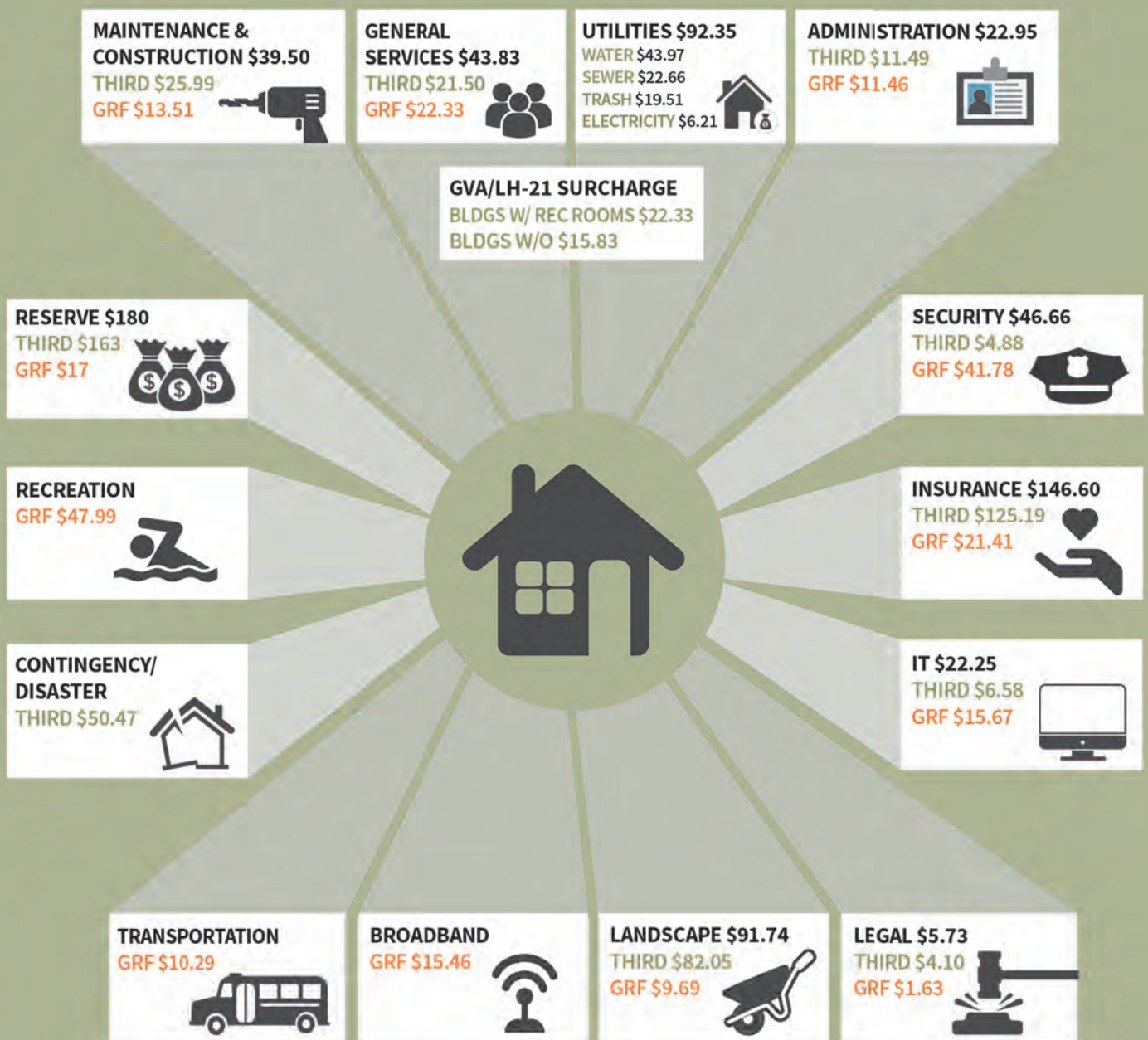
- **Pasta and rice:** Starchy foods such as pasta and rice expand in moist conditions even after cooking and tend to clump. While a few strands of spaghetti won't hurt anything, larger amounts of pasta can quickly catch in your disposal trap, causing a disposal clog.
- **Eggshells:** The inside sticky membrane can get wrapped up in disposal blades.
- **Stringy, fibrous fruits and vegetables:** Banana peels, rhubarb, asparagus, celery, artichokes and corn husks are difficult for your garbage disposal to grind and the strings can wrap around the blades.
- **Coffee grounds:** Grounds can get stuck in the disposal trap and build up in pipes over time. Eventually, this can lead to a serious clog.
- **Bones:** Thick chicken, lamb or beef bones are usually too hard and dense for sharp disposal blades to grind properly and, thus, they can get stuck in the flywheel and can even cause the blades to break. Please dispose of these in the trash.

Last, when putting other food waste into your garbage disposal, turn off the disposal once the scraps are pulverized and run cold water for another several seconds. This additional water flow helps flush any remaining particles from the drain, helping ensure a clear and clean disposal system.

## 2024 MONTHLY ASSESSMENT

HOW \$815.82 IS SPENT MONTHLY

**\$587.60 FOR THIRD • \$228.22 FOR GRF**





# GVA STRUCTURE AND HOW TO PARTICIPATE

*By Stuart Hack, President, Garden Villa Association*

The Garden Villa Association (GVA) is a registered club in Laguna Woods Village formed for and by the residents of all the community's 81 three-story buildings. Its purpose is promoting livable, well-maintained buildings and common areas through effective communication among building residents, VMS staff and Third Laguna Hills Mutual. GVA is built on building captains (BC). Residents of each of the 81 three-story buildings in Laguna Woods Village can elect a BC, each of whom has the opportunity to be of service to building residents. GVA has eight regions that include about 10 buildings each, with a regional representative to support BCs. Regional representatives are elected by region BCs and constitute the voting GVA board of directors. They elect GVA officers from among all regional representatives.

To aid BCs, training is conducted annually, and a building captain manual provides important information on GVA bylaws, officers' duties, regional representative duties, BC duties, balconies and breezeways, elevators, Garden Villa underground garages and recreation rooms, janitorial staff duties, laundry rooms, nonsmoking rules, trash and more. Each section of the manual includes relevant HOA rules and procedures as well as supplemental GVA-suggested rules and procedures.

## HOW TO BECOME ACTIVE IN THE GVA

When I moved into my condo about 13 years ago, I was invited to succeed my building's BC two years before he moved away. I started attending GVA general membership meetings and was impressed with the officers who volunteered so much of their time to help so many people.

Two years later when my BC did move, I found out he was also the regional rep for nine other buildings, and I was expected to succeed him in that role, too. The first thing I did was call for a meeting of my

building's residents to vote on who should be their BC. I didn't have to promise much to be elected. Then I called a meeting of the nine other BCs in my region to find out whether they wanted me to be their regional rep. They were more dubious of the newcomer but elected me anyway. That put me on the GVA board, where I learned how things got done. Knowledge and relationships are everything. Knowing what is going on at the Third Mutual level that affects three-story residents and offering to help in the decision-making process is the most positive way to participate.

This immensely fulfilling opportunity is available to any resident of a three-story building. You can help improve the life experience of people in your building. You can share your concerns, ask questions and make suggestions at the bimonthly GVA board meetings. You can attend the bimonthly general membership meetings to learn about current issues; hear from VMS staff, Third Mutual board members and committee chairpersons; and get answers to questions.

Right now, BC opportunities are available in buildings 3241, 3364, 3486, 3499, 3500, 3510, 4001, 4006, 4012, 4013 and 4015.

Contact me at [gvalwv@gmail.com](mailto:gvalwv@gmail.com) if you are interested or have questions.

## United Board of Directors

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

Alison Bok  
President  
2023-2024

Sue Quam  
First Vice President  
2023-2026

Pearl Lee  
Second Vice President  
2021-2024

Maggie Blackwell  
Secretary  
2021-2024

Mickie Choi Hoe  
Treasurer  
2023-2026

Nancy Carlson  
2023-2026

Vidya Kale  
2023-2025

Ellen Leonard  
2023-2025

Anthony Liberatore  
2021-2024

Tom Tuning  
2022-2025

Georgiana Willis  
2023-2026

# AN EASY 2024 RESOLUTION: UPDATE YOUR CO-OP INSURANCE

*By Maggie Blackwell, Secretary*

United maintains the master insurance policy on our buildings and communal property. However, each United member has the responsibility to purchase an HO-6 policy to insure *personal* property—furnishings, clothing, electronics, tools, collectibles, whatever is within your manor that you own—and the improvements, alterations and additions that you, or a previous owner, have made. HO-6 policies will pay to replace these items (minus the deductible) in the event of damage or loss and will pay for the loss of use of your manor. Many HO-6 policies add coverage for personal liability, earthquake damage or loss assessments that might occur. Fire and water are the two biggest threats in our area.

If you're not sure what is yours, ask Manor Alterations to provide you a list of what is yours to replace in your specific manor. Some of the most common alterations include flooring, kitchen and bathroom elements, windows, appliances and lighting. These must be covered and *at today's price levels*. Think "all-in": Insure what is within your walls.

There are various ways to obtain or change an HO-6 policy, either via a traditional insurance agent or an online competitive insurance shopping grid, or by calling your existing auto or life insurance company to find out about its "bundle" policies. You will have to address standard topics like the amount of coverage required, preferred deductible, etc., and there will be paperwork. These policies are state-specific. United cannot recommend particular companies, agents or websites, but do ask other folks and family for a referral. To ensure your policy remains in effect, almost all companies offer direct-pay options, paperless claims and billing service.

Claims adjusters recommend taking photos of your possessions and interior elements, and keeping receipts for appliances, contractor work and improvements you do or purchase. Set up the online option with your insurance company to speed up communications. If damage does occur, take photos and file a claim with documentation as soon as possible.

Contact Manor Alterations at [alterations@vmsinc.org](mailto:alterations@vmsinc.org) or Resident Services at [residentservices@vmsinc.org](mailto:residentservices@vmsinc.org).



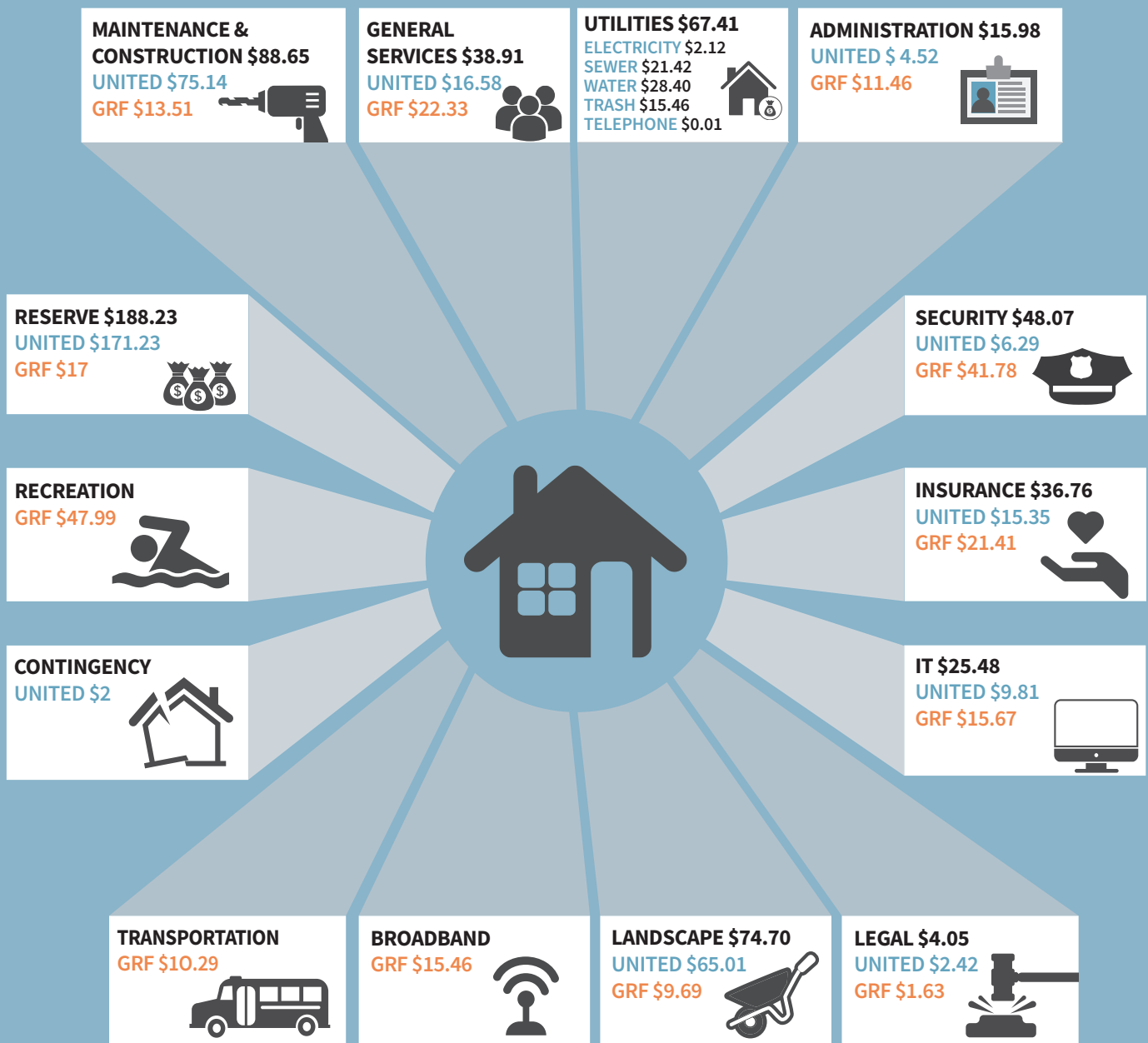


# UNITED LAGUNA WOODS MUTUAL

## 2024 ASSESSMENT WITHOUT TAXES

HOW \$663.98 IS SPENT MONTHLY

**\$435.76 FOR UNITED • \$228.22 FOR GRF**





## VMS Board of Directors

Diane Phelps  
Chair  
GRF, 2022-2025

Mary Seto  
First Vice Chair  
Third, 2023-2026

Cynthia Rupert  
Second Vice Chair  
United, 2023-2026

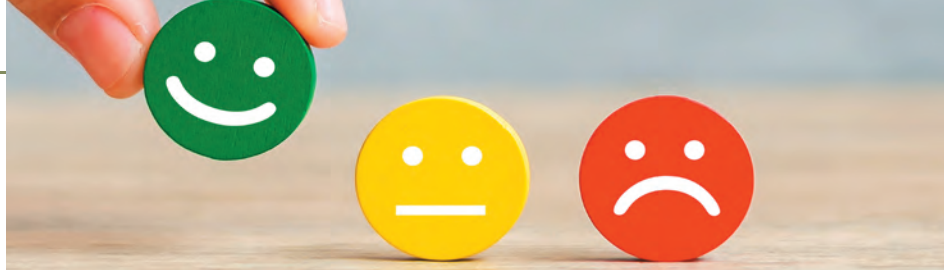
Rosemarie diLorenzo  
Third, 2022-2025

Daniel Kenney  
United, 2023-2025

Dr. Robert Reyes  
GRF, 2023-2026

Manny Robledo  
United, 2021-2024

Wei-Ming Tao  
Third, 2021-2024



## RESIDENT COMMUNICATION IMPROVEMENTS

*By Manny Robledo, Director*

One of the strategic priorities established by the United, Third and GRF boards is for VMS to improve communication with Village residents regarding service requests. This includes acknowledging requests as they come in and providing updates along the way with regard to the scheduling and completion of the work requested.

In reviewing its communication protocols, VMS staff found that resident communication practices were very effective in regard to manor-related issues, but there was a lack of acknowledgment and follow-up in regard to general issues such as laundry facilities, landscaping, etc., because email addresses were not collected at the time the request was made. Previously, such common-area issues not related to manors had been organized by and associated with the nearest building, and of course there are no building-specific email addresses to which updates and completion notices can be sent. The good news is that Resident Services representatives will now request email addresses from the residents who report these general issues, and those residents will receive notices when work order tickets are generated and completed.

In addition to this positive change, VMS staff reviewed its procedure for requests submitted via email and the “Contact Us” form at [lagunawoodsvillage.com](https://lagunawoodsvillage.com). There is a renewed commitment to respond to these requests as soon as possible. This commitment will hopefully encourage residents to save time and confidently submit nonemergency requests to [residentservices@vmsinc.org](mailto:residentservices@vmsinc.org), [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com) or [compliance@vmsinc.org](mailto:compliance@vmsinc.org), or via the “Contact Us” form on the website. Email has the added benefit of being able to attach images to better describe the issue being reported.

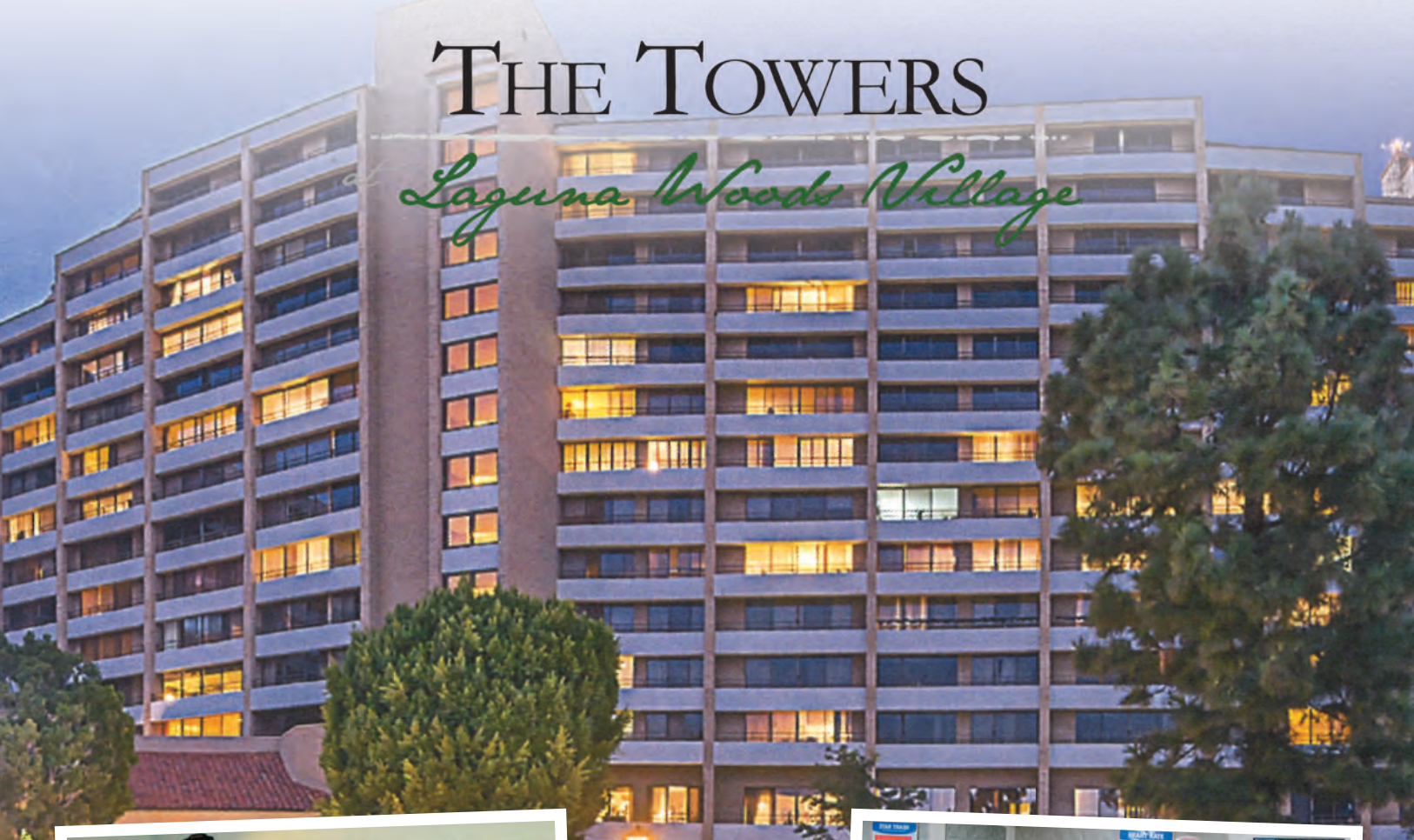
Another time-saving tip is to use the dwellingLIVE website or smartphone app to create temporary guest passes for your guests. (Requests for permanent guest passes must be done in person at Resident Services to avoid duplication on multiple online accounts.) Visit [community.dwellinglive.com](https://community.dwellinglive.com) and/or download the app at the App Store or Google Play.

Finally, “What’s Up in the Village,” a newsletter full of valuable information, is emailed every Friday afternoon. If you don’t receive “What’s Up,” ask to be subscribed by emailing [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com).



# THE TOWERS

## *Laguna Woods Village*



The Towers offers an ideal environment for active adults with abundant programs and functions for an enriching and vibrant lifestyle.

Expect opportunities to stay fit and healthy.

**COMING SOON: OUR NEWLY RENOVATED OUTDOOR LIVING EXPERIENCE!**

---

Schedule a tour today to view our condominiums • Realtors welcome



Visit [TheTowersatLagunaWoodsVillage.com](http://TheTowersatLagunaWoodsVillage.com)

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## THEN AND NOW

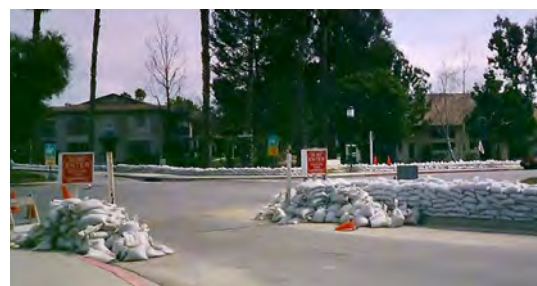
# VILLAGE FLOODING

Our Village has experienced numerous floods since 1964, some causing widespread damage throughout the Village. Others moved collected water, leading to the swelling of Aliso Creek and the subsequent overflow of its banks.

One significant event occurred in 1968 and another in 1998, when a seven-minute deluge flooded cul-de-sac 67 at the intersection of Majorca and Calle Aragon, just inside Gate 3. This cul-de-sac also experienced flooding in 1983 and 1987.

Water rapidly entered the area, where drain backups forced water into manors and carports. The water had rushed in so fast that residents were trapped in their manors, some with two to three feet of water buildup. Management responded quickly by clearing drains and pushing residents' cars to higher ground. Gates were installed in the surrounding wall at sidewalk entrances, and landscaping was modified near the drains. United Mutual implemented a new entry into the cul-de-sac that was designed to divert potential floodwaters.

The flooding incidents became a rallying cry for the Foundation of Laguna Woods Village, which provides residents with temporary financial aid.



**1968 flooding**



**1997 bridge washout**

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



WOMEN'S HEALTH PAVILION  
PREMIERE OPENING



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MemorialCare's Sarah & Taylor Nederlander Breast Center is **NOW OPEN.**

It's arrived in Orange County. Our new breast center offering the highest level of coordinated, multi-specialty care, all here at MemorialCare Saddleback Medical Center in Laguna Hills. Occupying more than 20,000 square feet of our new Women's Health Pavilion, it is the largest breast care center in Southern California. It offers the latest technology utilized by our team of dedicated breast care specialists who are solely focused on providing streamlined, elevated breast care. This is the premiere opening of our larger comprehensive Women's Health Pavilion — scheduled for completion in 2024 — dedicated entirely to state-of-the-art support for women's health and wellness. One campus. One community. One commitment to women's best health.



Schedule your mammogram  
[memorialcare.org/WomensHealth](https://memorialcare.org/WomensHealth)

  
**MemorialCare**<sup>™</sup>  
Saddleback Medical Center



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**Kristine Arthur, M.D.**  
Internal Medicine



**Pedram Ansari Pirsaraei, M.D.**  
Internal Medicine

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