

# VILLAGE BREEZE

OCTOBER/NOVEMBER 2022



Recreation + Transportation + News + Services + More



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CANCER  
CARE

# Take Your Time Back

When a cancer diagnosis happens, time becomes more important than ever. That's why we're here — with the most personalized and effective treatment for you. At the MemorialCare Cancer Institute at Saddleback Medical Center, our oncology experts listen to your needs. Your schedule. Connecting you with life-saving screenings, breakthrough research, and advanced technology and imaging capabilities. Putting all of our time, into helping you take control of yours.



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LONG BEACH MEDICAL CENTER | ORANGE COAST MEDICAL CENTER | SADDLEBACK MEDICAL CENTER



## LETTER FROM THE EDITOR

# MUSIC LIFTS, INSPIRES ... AND HEALS

Have you ever felt the power of music that resonated lyrically, instrumentally or both? Music that elicited strong emotional and physical responses, including chills, tears or euphoria? Triggered memories? My own playlist can best be described as “whole-hog”; I play from among a wild spectrum of genres that I know will encourage or discourage my mood du jour. It’s a focus and a priority in my life—even singing in the car, to the dismay of my passengers.

It’s little surprise, then, that music therapy is used to promote wellness, reduce stress, relieve pain, express emotions, boost memory, improve communication and support physical rehabilitation. On page 22 of this issue, “Disrupting Dementia” describes how music can restore the self and promote neuroplasticity—and positively affect long-term memory recall. If ever there was a reason to join a music-related Village club or learn to play an instrument, no matter your age, why not to retain and promote greater brain health?

To promote greater physical healing, MemorialCare Saddleback’s Advanced Wound Healing Center treats chronic wounds and provides a comprehensive outpatient program designed to speed healing, help stimulate healthy tissue and promote optimum healing for certain conditions. In “Repairing the Damage” on page 14, learn more about this hyperlocal health resource and how, in little over one month, treatment helped heal a stubborn wound suffered by one Village resident—and why he wants to ensure other community members know the center is there to help if and when it’s needed.

If it’s been a while since you visited Mission San Juan Capistrano, maybe it’s time you considered taking the 10-mile trek south to rediscover the splendor of what’s considered Orange County’s first “city.” Among artifacts, lush gardens, special exhibits and videos, classes, ruins and much more, it’s a perfect day trip full of history and wonder. Learn more about “The Birthplace of Orange County” on page 18, including special events and visitation details.

This issue features other great content you won’t want to miss, including a one-stop info shop for all things trash, recycling and bulky; a touching memorial for one of the community’s neighbors and friends; an update regarding cattail clearing in Aliso Creek; the history of the Village’s special sycamore tree; and much more.

And don’t forget to check out news, updates and information from the GRF, Third, United and VMS boards of directors, all starting on page 46.

Please, enjoy this issue, continue to enjoy all the Village has to offer and keep music front and center in your life for health, happiness and memories.

**Ellyce Rothrock, Editor**

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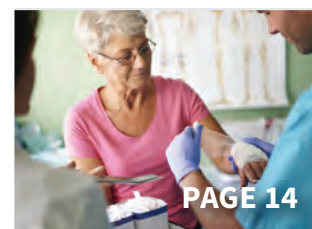
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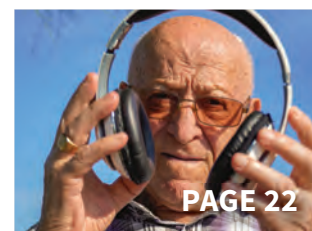
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# VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF  
LAGUNA WOODS VILLAGE

OCTOBER/NOVEMBER 2022

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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).

Submissions will not be returned.

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

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 GOLDEN RAIN FOUNDATION  
of LAGUNA WOODS

 THIRD LAGUNA HILLS  
— MUTUAL —

 UNITED LAGUNA WOODS  
— MUTUAL —

 Village Management Services, Inc.

 THE TOWERS  
Laguna Woods Village

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## WHAT'S UP IN THE VILLAGE



### GRF DECIDES AGAINST AGE WELL PROPOSAL

#### Asks staff to explore other possible opportunities for mutual benefit

Based on further comprehensive evaluation of the proposal to transfer bus ownership and operation from Laguna Woods Village to Age Well, the GRF Board of Directors has decided not to move forward with Age Well's proposal as submitted, and has asked VMS staff to continue to explore other possible future opportunities that are mutually beneficial to both parties.

GRF and VMS wish to thank everyone who attended the transportation informational meetings to share feedback regarding this important decision.



## ORGANICS RECYCLING COLLECTION DAY CHANGES

CR&R now services organic recycling bins on Wednesdays.

To better accommodate and balance their routes and driver scheduling, CR&R has requested and received approval from the City of Laguna Woods to change the organic waste collection day from Fridays to Wednesdays. This change took effect August 17.

#### ORGANICS RECYCLING BEST PRACTICES

- Please do not move organic waste recycling carts from their intended locations. Carts will not be serviced in areas where they are not assigned. If you find a cart that has been moved, please email [LagunaWoods-Recycles@CRRMail.com](mailto:LagunaWoods-Recycles@CRRMail.com).
- Please do not place plastic bags in organics recycling carts. The use of compostable bags is strongly recommended. Find a variety of compostable bags at [Amazon.com](https://www.amazon.com), [HomeDepot.com](https://www.homedepot.com), [Walmart.com](https://www.walmart.com) and more. Compostable bags degrade to humus (the organic component of soil, formed by the decomposition of leaves and other plant material by soil microorganisms), CO<sub>2</sub> and water within 180 days when placed in a standard compost pile.
- Consider storing your organics in the freezer and disposing on Tuesdays, right before Wednesday pickups, to minimize odors.
- Please do not place garden/lawn prunings in organics recycling carts to ensure everyone can participate in the program and use the carts for accepted waste. Instead, please call Resident Services at [949-597-4600](tel:949-597-4600) to schedule a Friday clippings pickup.
- Please close the lid to the organics carts completely after use to prevent rodent access.
- For assistance locating your nearest organics cart, view an interactive map or a printable map at [cityoflagunawoods.org](https://cityoflagunawoods.org) > [Our Services > Waste Collection & Recycling](#).

Please email CR&R at [LagunaWoods-Recycles@CRRmail.com](mailto:LagunaWoods-Recycles@CRRmail.com) or call [949-625-6735](tel:949-625-6735) with trash, recycling and organics recycling questions, concerns or requests.





# AQMD HELPS YOU MONITOR AIR QUALITY

How you can check current status and subscribe to alerts

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

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



## WHY IS THE GRASS SO TALL?

### How turf length impacts water conservation

You may have noticed that the Landscaping Services Department has been cutting the turf at a taller height. This is an intentional and direct response to the drought as well as water saving measures adopted by the mutual boards. Both United and Third boards have adopted resolutions to reduce irrigation water use by 15% in response to Governor Newsom's and EL Toro Water District's requests for voluntary reduction of water use by the same percentage in response to the ongoing drought. The Landscaping Services Department is accomplishing this by reducing turf watering frequency from three to two times per week.

Longer grass helps reduce irrigation requirements and it shades the soil, reducing moisture evaporation while simultaneously cooling the crowns of the grass, which is vital during sunshine-intensive months. This added shade helps preserve moisture, preventing the soil from drying out quickly and the root system from overheating. Soil that retains moisture more effectively also encourages deeper root systems to develop. Without heat stress or an extreme water shortage, roots can thrive and grow much deeper than they otherwise would. Root growth is more important than top growth—grass with deep roots is normally much healthier and stronger.

Deep roots help produce a more-attractive lawn in drought conditions and ensure turf is far more drought resistant.

This is because deep roots can access moisture that shallower roots wouldn't reach.





## WHAT'S UP IN THE VILLAGE

## KEEP YOUR DEVICES SAFE

### What you can do to thwart cybercriminals

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

## PERSONALIZE YOUR CHANNEL GUIDE

Did you know that you can customize the iGuide channel guide display on your television? Change the display colors and increase the font size to meet your personal preferences.

For step-by-step instructions on updating your guide's colors, visit [bit.ly/2ZR6FW1](https://bit.ly/2ZR6FW1). To learn how to update your fonts, visit [bit.ly/3mESQTh](https://bit.ly/3mESQTh).



# CITY OFFERS SHREDDING DROP-OFF SERVICE

Get unnecessary yet sensitive documents destroyed for free.

Residents can schedule appointments with the City of Laguna Woods to drop off personal documents at city hall for free shredding. Documents will be stored in locked containers until shredded by a National Association for Information Destruction® AAA certified company at a separate facility.

To schedule an appointment, please visit [www.cityoflagunawoods.org](https://www.cityoflagunawoods.org) and click on the blue "Arrange Document Shredding" button. All currently available appointments are displayed on the city's website. Appointments can also be scheduled by calling city hall at **949-639-0500**.

Prior to scheduling an appointment, please review the following:

- Proof of Laguna Woods residency is required for free document shredding.
- Please bring no more than the equivalent of three 13-gallon kitchen trash bags of documents per appointment.
- For security purposes, you will be required to feed your documents through a small opening in a locked container. Please allow an appropriate amount of time to do so.
- Please 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.





## CHARGE AHEAD

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

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

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

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



## ALL THE TRIMMINGS

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

The VMS Landscaping Services Department and Great Scott Tree Care, the contractor who trims large trees throughout Laguna Woods Village, collaborated with Village Television to bring to you an educational video about how the Village's 39,000 trees are professionally and carefully trimmed.

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

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

Watch the VMS tree trimming crew and the spider lift in action at [bit.ly/3dyfmvp](https://bit.ly/3dyfmvp).





## WHAT'S UP IN THE VILLAGE



# LOWER YOUR MONTHLY ENERGY BILL

## SCE offers reduced rates for those in public assistance programs.

Southern California Edison is offering two programs that could help customers lower their monthly bills and conserve energy. The California Alternate Rates for Energy (CARE) program reduces energy bills for eligible customers by about 30%, while the Family Electric Rate Assistance (FERA) program reduces electric bills for qualified households by 18%.

If your household meets the current income requirements, or if someone in your household participates in any of the listed public assistance programs, you may be qualified. To find out if you qualify and to apply online, visit [sce.com/residential/assistance/care-fera](https://sce.com/residential/assistance/care-fera).

## KICK SCAMS TO THE CURB

### Recognize these current fraud attempts.

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

Below are links to some of the most common scams of 2022. Be vigilant, stay safe and don't let the criminals scam you!

- AARP shares eight red-hot scams in 2022 at [bit.ly/3R3xv24](https://bit.ly/3R3xv24)
- USA Today shares four tricks phone scammers are using in 2022—and how to stop them at [bit.ly/3BExQ5C](https://bit.ly/3BExQ5C)
- Experian shares the latest scams you need to be aware of in 2022 at [bit.ly/3SnZ4UD](https://bit.ly/3SnZ4UD)
- The Federal Trade Commission shares scam alerts, common scams and reporting scams at [bit.ly/3dxKUS8](https://bit.ly/3dxKUS8)
- [Usa.gov](https://www.usa.gov) shares common scams and frauds at [bit.ly/3xKOQ8X](https://bit.ly/3xKOQ8X)
- [Nbcnews.com](https://www.nbcnews.com) shares that when you receive an odd text from a wrong number, it's probably a scam at [nbcnews.to/3SqR1GQ](https://www.nbcnews.com/to/3SqR1GQ)

# INCREASE YOUR SMARTPHONE'S IQ

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

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

## BOOST YOUR TRANSPORTATION OPTIONS

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

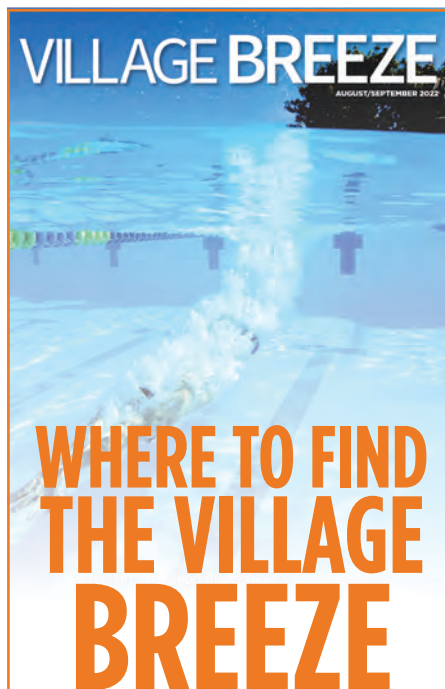
Boost (provided by Lyft rideshare service) on-demand service offers rides to Laguna Woods Village residents within its transportation parameters when the fixed-route system is not in service. Boost covers basic economy rides only. Some wait times may take up to 30 minutes; please schedule accordingly.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

1. Downloading the Lyft app on your smartphone or
2. Calling Transportation at **949-597-4659** and dialing 3 to schedule a ride

### HOURS OF SERVICE

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

For detailed instructions on using Boost, visit [bit.ly/3mXDREh](https://bit.ly/3mXDREh).



**Pick up a copy at several locations throughout the community.**

The Village Breeze is delivered to every manor via the United States Postal Service's Every Door Direct program. However, if delivery misses its mark at your door, you can find copies available throughout the Village:

- Clubhouse 1 fitness center
- Clubhouse 1, 2, 4, 5 offices
- Community Center concierge desk, fitness center, Recreation office
- Equestrian Center office
- Garden Center 2 office
- Golf pro shop, par 3 office
- Tennis clubhouse
- Village Library

You also can call the regional postmaster to inform them of missed delivery at **949 837-1848**.



# TALKING LOTS OF TRASH

Everything you need to know about organics recycling, bulky-item pickup, prunings pickup and box disposal

BY ROBERT CARROLL, DIRECTOR OF GENERAL SERVICES

**T**he topics of trash and organics recycling have been “recycled” many times, but they are messages that bear repeating. Here’s how you can be a good trash neighbor.



## ORGANICS RECYCLING

**Keep it simple, keep it clean.**

**C**onvenient compostable bags can simplify the organics recycling job and help keep the appropriate bins cleaner, resulting in reduced bin odors.

Find various compostable bags at [Amazon.com](https://www.amazon.com), [HomeDepot.com](https://www.homedepot.com), [Walmart.com](https://www.walmart.com) and similar websites. Compostable bags degrade to humus,

CO<sub>2</sub> and water within 180 days when placed in a standard compost pile. Simply dispose of your organic waste in a compostable bag, and place the bag in your organics recycling bin within three days (an especially important step when disposing of high acidic/alkaline organic waste).

### ORGANICS RECYCLING BEST PRACTICES

- Don’t place plastic bags in organics recycling carts. The use of compostable bags is strongly recommended.
- To ensure everyone can participate in the organics recycling program and use the carts for accepted waste, please don’t fill them with garden/lawn prunings. Instead, email Resident Services at [residentservices@vmsinc.org](mailto:residentservices@vmsinc.org) or call at **949-597-4600** any time before noon on Thursday, and your garden waste will be picked up on Friday morning. Just provide your address. Place clippings or garden waste close to the curb, but not until Thursday evening.
- Don’t move organic waste recycling carts from their intended locations. Carts will not be serviced in areas where they are not assigned. If a cart has been moved, email [LagunaWoods-Recycles@CRRMail.com](mailto:LagunaWoods-Recycles@CRRMail.com).

For all trash, traditional recycling and organics recycling questions, please email CR&R at **LagunaWoods-Recycles@CRRmail.com** or call **949-625-6735**, or visit **cityoflagunawoods.org/LWVorganics.com**.

- Consider storing your organics in the freezer and disposing of them on Tuesdays, right before Wednesday pickups, to minimize odors.
- Close the lid to the organics carts completely after use to prevent insect and rodent access.
- Find your nearest organics cart at [bit.ly/3NoVmrB](http://bit.ly/3NoVmrB) and access an interactive or printable map.

| BUILDING NUMBER | BULKY-ITEM COLLECTION DAY |
|-----------------|---------------------------|
| 1-125           | Tuesday                   |
| 126-232         | Monday                    |
| 233-528         | Tuesday                   |
| 529-756         | Monday                    |
| 757-773         | Tuesday                   |
| 774-945         | Monday                    |
| 946-969         | Tuesday                   |
| 2001-2405       | Wednesday                 |
| 3000-3325       | Thursday                  |
| 3326-3532       | Friday                    |
| 4001-4026       | Thursday                  |
| 5001-5372       | Friday                    |
| 5373-5465       | Thursday                  |
| 5468-5519       | Thursday                  |
| 5520-5598       | Friday                    |
| 24055           | Thursday                  |
| 24299           | Tuesday                   |
| 24300           | Thursday                  |

## BULKY-ITEM PICKUP

**No call to Resident Services is necessary.**

**P**lace 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. Do not block access to any enclosure, containers in any enclosure or vehicle travel.

To learn what bulky items are accepted, visit [bit.ly/3FmqZzd](http://bit.ly/3FmqZzd).



## THE BREAKDOWN

**Free space in traditional recycling bins for others.**

**T**o optimize the space in recycling container(s), always break down your cardboard waste.

Follow these steps:

- Turn the box upside down. Cut along the center bottom seam, through the packing tape.
- Repeat this under the two flaps on each end of the box, freeing the tape at the edges.
- Pull all four flaps straight up so that all edges on either end move freely up and down.
- Lightly push and twist until the box collapses on itself—flattened and ready to be stacked in your container.

In addition to breaking down boxes, you must remove miscellaneous plastic, Styrofoam and other packing material, which are not recyclable, and place these materials in the regular trash bin.





**Henry and Shirley Lee at their 1963 wedding and at Shirley's 80th birthday party.**

Meet a neighbor whose example inspired service and outreach.

BY SUSAN LOGAN-MCCRACKEN

**H**enry K. Lee made friends wherever he went. From his birthplace in Hebei, China, to Taiwan, to Europe and to the United States, Dr. Lee embraced people of all backgrounds. His interests were as diverse as the people he befriended around the globe.

Born October 9, 1932, Lee was the third of seven children. His father was a general in World War II. In 1949, his family moved and settled in Taichung, Taiwan. He graduated in 1954 from the Taiwan Naval Academy where he majored in navigation and mechanical engineering. He later attended a Taiwanese military foreign language school where he majored in Spanish.

In the 1960s, Lee met the love of his life, Shirley. They married on May 19, 1963, and raised two daughters, Amy (who passed away in 2004) and Helen.

Lee was hired by the Taiwanese information bureau to host all foreign visitors. He later received a scholarship to advance his studies in the United States and earned his master's degree in oceanography at Oregon State University. While visiting his sister in Tulsa, Oklahoma, he landed a job as a petroleum engineer with

Amoco Oil Company, where he worked while earning his Ph.D. in engineering at Oklahoma State University. After 30 years with Amoco, he retired at age 60.

The climate of Southern California lured the Lees to Laguna Woods Village and, in 2004, they became residents. They traveled extensively with family, old classmates and new friends, according to Irene Cheng, who went to the same high school and college as Shirley and remained friends with the Lees after immigrating to the United States. "Every time they came to LA, they visited me

in San Diego,” she said. “When I visited them in this Village, I decided to move in, too.”

### **A BRIDGE TO THE COMMUNITY**

In 2006, Henry was elected president of the Chinese American Club and served in that role for 10 years. “Because of his contributions, the Chinese American club voted him as a permanent honorary president of the club,” Cheng said. When Cheng moved to the Village, Lee inspired her to join the club and attend all the activities. Lee also led efforts to make friends with other ethnic groups.

“I overheard conversations elucidating Henry’s generosity while he was taking my fitness class with his wife Shirley in 2014,” said LeLeng Isaacs, who joined the Chinese American Club in 2009. She recalled a time when she overheard a leader of a Village dance troupe ask Lee to fund costumes. Among the beneficiaries of Lee’s generosity included the Foundation of Laguna Woods Village and the Florence Sylvester Senior Center.

When Isaacs joined the Chinese American Club, she could not speak Mandarin. “[Henry] welcomed people of all ethnicities to the CAC, but cautioned folks that there may not be translators around to translate Chinese to English, and to please not feel offended because there is no intent of rudeness.” Isaacs studied Mandarin after joining the club. “When [the Mandarin-speaking Chinese] saw the effort I made

to learn the language, everyone I encountered was very encouraging. Henry and Shirley were both very gracious and kind.”

During his tenure as president, Lee encouraged club members to serve the community. “Dr. Lee was a very important figure, for it was his influence that created the bridge to the greater community,” said Carol Moore, who came to know Lee after receiving an invitation to the Chinese American Club while she served on the Third Mutual Board of Directors. Lee encouraged club members who participated in governance to invite their fellow directors. Wei-Ming Tao, Ed Tao and James Tung were among the club members who became active in Village governance.

### **THE LAST MILE**

In August 2020, Lee was diagnosed with bile duct cancer and his doctors estimated he had six months to live, according to Grace Ma, who served as a volunteer in the Chinese American Club and wrote a memoir for friends and club members, “The last mile walking with Dr. Lee.”

Although he had a very strong response to the first chemotherapy treatment, the pain was unbearable and he chose to give it up. His nephew, who is a Harvard Medical School professor referred him to the UCI Health Chao Family Comprehensive Cancer Center for gene therapy. After more than a year of treatment, his health stabilized.

“During the treatment, I always encouraged him to walk and exercise,” Ma wrote. “Every day he was able to walk more than a mile. For almost two years, I have been interacting with him along the walking path and have gotten to know him better and understand him better. I was fortunate to be able to walk with him through the last mile of his life.”

In March 2022, tests revealed that the cancer had metastasized. He declined chemotherapy.

Lee died on June 28, 2022, at his Village home at the age of 90. He is survived by Shirley, daughter Helen, son-in-law Derek, granddaughter Kelsey and grandson Joseph.

### **IN HIS FOOTSTEPS**

Through the Henry and Shirley Lee Foundation, the couple’s generosity extends beyond the Village gates to educational and cultural activities, Isaacs said. “In addition to being very generous himself, Dr. Lee got other Chinese Americans to be generous as well, especially to the Florence Sylvester Senior Center,” she said. “Dr. Lee reached out to others, drawing other residents to participate in CAC activities, especially the Chinese New Year festivities. He helped to integrate this community. We can all learn from the example that Dr. Henry Lee and his wife Shirley set.”

Cheng followed in Lee’s footsteps and championed generosity when she became Chinese American Club president. “The best way to memorialize him is to carry on his legacy.”





# REPAIRING THE DAMAGE

MemorialCare Saddleback Medical Center's Advanced Wound Healing & Hyperbaric Medicine Center specializes in hard-to-heal wound treatments.

BY ORITH FARAGO, PUBLIC RELATIONS AND COMMUNICATIONS SPECIALIST, MEMORIALCARE

**F**or anyone with chronic wounds that have a hard time healing, MemorialCare Saddleback Medical Center's Advanced Wound Healing & Hyperbaric Medicine Center in Mission Viejo offers specialized treatments that promote healing and prevent serious health risks.

With over 500 patients annually, the Wound Care Center at Saddleback Medical Center treats chronic wounds caused by diabetes, poor circulation, radiation treatment, pressure injuries and other conditions, and provides a comprehensive outpatient program designed to speed healing, preserve limbs and prevent the recurrence of challenging wounds.

Treatments can range from artificial skin grafts that help stimulate healthy tissue to hyperbaric oxygen therapy to promote optimum healing for certain conditions. Anyone with a wound that has not started to heal in two weeks or is not completely healed in six weeks may be a candidate for advanced care through the Wound Care Center.

"We tend to focus on the reason the wound is not healing and try to correct that or improve that to allow the body to do what it's supposed to do," says Dr. Bill Khoury, medical director, Wound Care, Saddleback Medical Center. "For instance, if there is a patient who has poor circulation, we address their circulation. If they have swelling that's impeding healing, we address that."

A large portion of the patients treated at the Wound Care Center include Laguna Woods residents,

For more information about MemorialCare Saddleback Medical Center's Wound Care Center in Mission Viejo, visit [memorialcare.org/sbwoundcare](https://www.memorialcare.org/sbwoundcare).

many of whom are on blood thinners and tend to develop more significant bruising, which can lead to an open wound that has a hard time healing. In cases that involve hard-to-heal open wounds, the Wound Care Center specializes in debridement, a procedure to clean the surface of a wound to allow healthy tissue to come in.

"There could be necrotic or dead tissue that's preventing healthy tissue from coming in, so we basically clean the surface of the wound," Dr. Khoury explains.

#### **DEBRIDEMENT HELPS ONE VILLAGE RESIDENT**

Debridement was used to help Laguna Woods Village resident and VMS board member Norman Kahn after he had a freak accident in his home one night.

While in his bathroom, his right leg slipped off the top of the toilet seat while he was removing a sock from his right foot and it hit a metal, serrated waste basket nearby with so much pressure

that the serrated portion of the basket acted like a knife, cutting into where his big toe bends. As he tried to lift himself up, his right arm got caught under the marble on his sink and hit the edge, removing a two-inch square area of skin from his arm.

"I had no idea of any problem at the time," Kahn said. "When I walked away from the bathroom into my living room and looked back, I saw a trail of blood."

The wound had been so deep that his primary care office referred him to the Wound Care Center.

During his initial visit to the Wound Care Center on June 14, Kahn was pleasantly surprised upon meeting Dr. Randall Chong and hearing about the Wound Care Center's methodology for treating wounds.

"Dr. Chong said [the center has] a completely different system," he said. "We want the wound to

heal from the inside out, which doesn't leave a scar and would prevent sepsis or other infections. Dr. Chong said, 'Given the depth and size of the wound that we're dealing with, it could be a couple of months or more. I had faith in him, and I felt it was a new, modern way to go, so I said, 'Sign me up.'"

The first few weeks, Kahn's bandages were removed and his wounds were cleaned, numbed and medicated to ensure there was no bacteria.

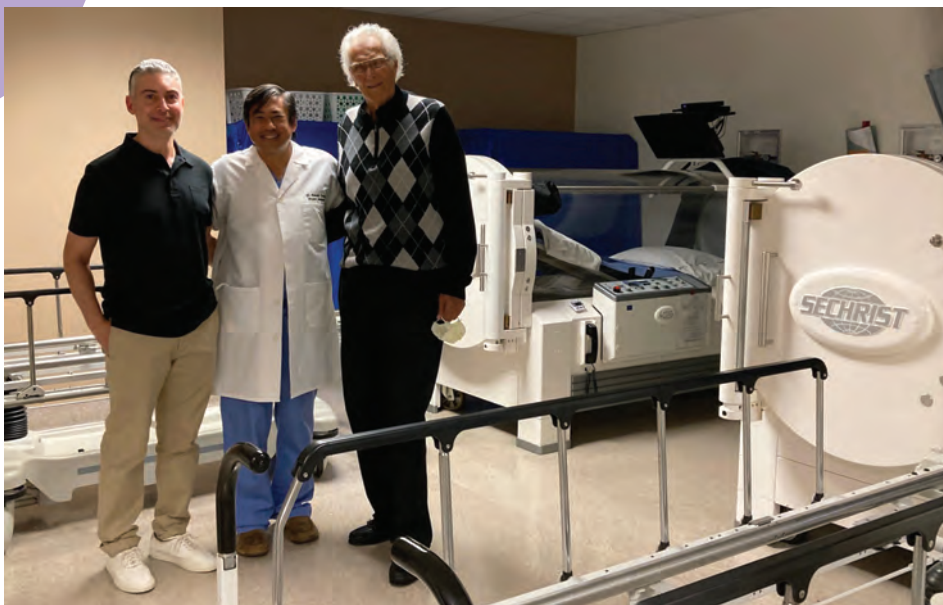
"We don't inject or anything like that, but we do have to clean and debride," said Dr. Chong. "We use a topical anesthetic that allows us to clean the wound, because that is really important and a big part of the wound-healing process. We free it from any kind of bad bacteria. Our goal is to prevent infection."

Later, a bacterial binding dressing—a unique dressing with special properties to attract and bind to bacteria and fungus, removing them from the wound bed and reducing the risk of infection—was used to help Kahn's wound heal.

**The Wound Care Center at Saddleback Medical Center treats chronic wounds caused by diabetes, poor circulation, radiation treatment, pressure injuries and other conditions, and provides a comprehensive outpatient program designed to speed healing, preserve limbs and prevent the recurrence of challenging wounds.**







**Left to right: Drs. Bill Khoury and Randall Chong, with patient Norman Kahn, amid three hyperbaric oxygen chambers at the MemorialCare Saddleback Medical Center Advanced Wound Healing & Hyperbaric Medicine Center that, with hyperbaric oxygen therapy, improve healing capability.**

“We have several dermal products that are applied on wounds and provide growth factors to the wound bed, accelerating healing,” said Khoury.

During Kahn’s visits to the Wound Care Center, Chong provided instructions for what he could do at home and his wounds continued to improve. Kahn said the Saddleback team’s attention to detail, efficiency and compassion impressed him.

“Dr. Chong ran the operation on time,” Kahn said. “The nurses were spectacular. The staff was unbelievable. I understand good service and I appreciate it whether it’s in a restaurant or in a hospital. I must say that the service the center gave me was beyond spectacular. It was very personal, very warm, very friendly, informative and consistent.”

By Kahn’s final visit on July 25, his wound had healed to a point where he no longer needed to visit the Wound Care Center.

“The Wound Care Center is ... something that I believe the 18,600 seniors who live in Laguna

Woods Village should know about because we fall a lot,” he said. “We get cuts and we cut easily because our skin is thinner. This is a unique center and a service so different, so unique and so beneficial that the word needs to get out.”

### **HYPERBARIC OXYGEN THERAPY**

The types of wounds Kahn incurred are among many others treated at the Wound Care Center at Saddleback Medical Center, including a variety of complex conditions that may be treated with hyperbaric oxygen (HBO) therapy. The center offers three hyperbaric oxygen chambers to improve healing capability.

Radiation cystitis—a condition in which men incur damage to their bladder lining after radiation for prostate cancer—is among the conditions treated by HBO therapy.

“These patients have an internal wound in their bladder lining,” said Khoury. “We treat a number of those patients who are referred by urologists. We also receive quite a few referrals from oral surgeons for patients that develop

complications related to radiation for head and neck cancer who will have a problem healing a tooth extraction for instance or an injury in their mouth where there’s a chronic infection related to previous radiation.”

HBO therapy is also used for other treatments from arterial ulcers caused by peripheral arterial disease—where there is oxygen deficiency to the lower extremities—to chronic bone infections, diabetic foot ulcers and acute hearing loss.

“We’ve treated a few patients with a rare condition where there’s acute hearing loss; not the typical one where somebody chronically loses hearing over time,” said Khoury. “There’s a specific condition where some patients lose their hearing rapidly; hyperbaric is a known treatment for that and it’s been successfully used. We’ve treated several patients with that condition. The patients are sent to us from ear, nose and throat specialists.”

### **SCREENING BEFORE HBO TREATMENT**

Prior to HBO treatment, the Wound Care Center provides a screening to assess whether a patient would benefit from the

treatment and whether they are capable of undergoing treatment safely. Typically, the center seeks to determine if a patient has had an issue related to severe heart failure or severe lung disease.

“Routinely, we’ll order a chest X-ray, an echocardiogram and an EKG, and then once we determine they can undergo treatment safely, they’re scheduled,” said Khoury.

### RECEIVING HBO THERAPY

To receive HBO therapy, the patient enters the chamber on a gurney, the door is closed and 100% oxygen begins to flow into the chamber. The chamber is pressurized gradually over 10 to 15 minutes. The patient breathes the pure oxygen for approximately 90 minutes, depending on the

condition being treated. After the prescribed treatment time, the flow of oxygen is stopped and the chamber is decompressed. This type of treatment is often used in conjunction with additional therapies to facilitate healing of various underlying medical conditions.

“The hyperbaric is a clear plexiglass chamber, so they can see all around them in the room,” said Khoury. “The tech is always there. There’s a speaker system, so they can speak to the tech, and there’s a flat-screen TV so they can usually watch television or watch movies or sleep throughout the treatment.”

### HERE TO HELP

Many patients may not realize that the Wound Care Center

at Saddleback Medical Center exists and can help their specific medical condition.

“Many patients didn’t know this center exists,” said Khoury. “Many times, patients come to us because they’re in need and they don’t have any place else to go per se and then a physician will say, ‘Go to the wound center, they specialize in that.’”

For former patient Norman Kahn, visiting the Wound Care Center provided him the peace of mind that comes with knowing that he was in expert hands.

“This is the best, well-kept secret in Orange County,” Kahn said. “I think people should really know about it, because it’s just unbelievable and the results are spectacular.”



  
**MemorialCare**  
Saddleback Medical Center

## Treatment Options for Mitral Valve Disease

**Monday, November 14, 2022**

Laguna Woods Village, Clubhouse 2

5 p.m. Reception (*complimentary wine and cheese*)

5:30 p.m. Panel Discussion

6:15 p.m. Q&A

Join an expert panel of cardiologists, interventional cardiologists and cardiac surgeons to learn about the latest treatment options for mitral valve disease.

**Please RSVP.**

Visit [memorialcare.org/LWVHeartHealth](https://memorialcare.org/LWVHeartHealth) or scan the QR code with your mobile device.







## Exploring the treasures of Mission San Juan Capistrano, the county's first 'city'

BY JENNIFER KARMARKAR

**M**ission San Juan Capistrano is considered the crown jewel of the California mission system. Founded by Spanish padres and built by the native Acjachemen people as a self-sufficient city in 1776, the mission is the seventh of 21 missions built statewide, constructed as Spain sought to increase its territorial hold throughout what is now California.

Now a historic landmark and museum, Mission San Juan Capistrano welcomes about 300,000 visitors each year. Famous for its annual return of the swallows and the stone chapel where the mission's founder, Father Junipero Serra, once celebrated mass, the mission is said to be the birthplace of Orange County.

For locals, the mission is as much a part of the fabric of Orange County as its sun-kissed beaches and Disneyland. After its renovation in the early 20th century, the mission—with its iconic arches and bell wall—served as a backdrop for several Hollywood films in the 1920s. Poets and songwriters have long sought to capture the mission's romance and mystique. The Ink Spots came close—the group's timeless recording of “When the Swallows Return to Capistrano” reached No. 4 in the U.S. charts in 1940.

Over the years, Mission San Juan Capistrano has served as a destination for new generations of students, art lovers, historians and those seeking inspiration or renewal. If it's been a while since you've visited, fall's cooler temperatures beckon a trip a mere 10 miles to the south.

### **MORE INCLUSIVE**

While the mission's liturgical collections, religious paintings and Serra Chapel have long been a mecca for local Catholics, today the mission stands as a monument to its multicultural history, embracing its Native American, Spanish, Mexican

and European heritages. That broadening of focus began nearly 20 years ago, when the mission's executive director, Mechelle Lawrence-Adams, took the helm.

Lawrence-Adams said her objective has been to "enliven" the mission and make it more inclusive.

"I thought the mission was a bit tired and worn out, and a little exclusive in its presentation to the community in that it was really a place just for Catholics," she said. "It's so much more enriching when you see that the place is now relevant to all faith traditions. It was built by indigenous Americans, and the mission reflects that history. It's a more interesting and rich tapestry to share, and people respond to it differently and in a more positive way."

Not only have the mission's exhibits evolved over time, but audiences and the way they receive information also have changed, Lawrence-Adams noted.

"Twenty years ago, only mothers did field trips. Now we have grandparents, fathers, same-gender marriages, homeschoolers, all types of caregivers," she said, adding that kids today are accustomed to video learning and Zoom. "I've been privileged to see that change and to figure out how to adapt to those changing audiences and expectations and to make sure we're leading the way in being sensitive and inclusive."

#### **PLENTY TO DO AND SEE**

The mission is open Tuesdays through Sundays from 9 a.m. to 5 p.m. On any given day, visitors can:

- Take in the Mission Treasures—an archival collection that includes historical documents, rare paintings and religious artifacts dating back to the 1700s
- Stroll the mission's lush and ever-changing gardens, feed the koi or pack a picnic and eat on the grounds
- Drop in at a Q&A lecture given by mission experts
- View the Journey to Renewal exhibit, showcasing the mission's 19th century Spanish Colonial liturgical artworks, restored through the support of Jan and Warren Siegel
- Watch Native American basket weavers demonstrate their craft (every third Wednesday)
- Visit the Native American Museum and Interpretive Room, housing authentic artifacts and an interactive station
- Take a sketching class (available periodically)
- Tour the ruins of the Great Stone Church, destroyed in an 1812 earthquake
- Enjoy plein air art reproductions in the soldiers' barracks. The paintings are from the collections of Irvine Museum and UCI Institute and Museum of California Art
- Explore the Padres' Quarters in the South Wing of the mission, which showcases such items as abalone fish hooks, padres' ledgers, music sheets, musical instruments, coins and books

If your time is limited, an eight-minute welcome video will steer you to the top eight sites at the mission. There is also a video highlighting the history of the swallows.

# VISITING THE MISSION

26801 Ortega Highway,  
San Juan Capistrano  
[missionsjc.com](http://missionsjc.com)

9 a.m. - 5 p.m. Tuesday  
through Sunday  
(closed Thanksgiving  
Day and  
Christmas Day)

\$14 adults (18-59), \$12  
seniors (60+), \$9 youth  
and students with valid  
ID. Mission members  
and children 4 and  
younger are free.  
Military discount  
\$1 with ID.

Purchase tickets  
online at [missionsjc.com/hours-and-admission](http://missionsjc.com/hours-and-admission) or at the  
main entrance to the  
mission. Admission  
to Capistrano Lights  
requires a special  
"super ticket." Visit the  
website for pricing.





The mission recently debuted two self-guided audio tours—one on the mission’s history and another on the gardens. Each stop on the audio tours is one to two minutes. Guests can tour in any order or, if they prefer, sit on a quiet bench and just listen.

Audio tours are available in English, Spanish, French, German and Italian, and are free with admission. Guided tours are also available for an additional cost. All of the mission’s sites are accessible to those who are mobility challenged, and an access map is available upon request.

“Our goal is to make the path of travel easy on people,” Lawrence-Adams said.

### LEGACY OF SAINT SERRA

Saint Junipero Serra (1713-1784) was the founder of nine of the 21 California missions, including Mission San Juan Capistrano—Serra’s seventh. The mission celebrates his early life as a scholar, his journey to the Americas, his missionary training and his significant role in establishing Mission San Juan Capistrano.

In addition to expanding the territorial holdings of Spain, the missions were established to convert the local indigenous people to Catholicism and teach them the fundamentals of Spanish agriculture and village life. The objective was to transform them into self-sustaining Spanish subjects and members of

the colonial order, according to the mission’s website.

The Legacy of Saint Serra exhibit includes a statue of Father Serra that once stood in the mission’s front courtyard. It was created by artist John Van Rensselaer and commissioned in 1914 by Father St. John O’Sullivan, the mission’s then pastor.

The exhibit also includes the mission’s baptismal shell used by Father Serra and a reproduction of the cross he wore and was buried with.

One of the most popular sites is the spiritual center of the mission—Serra Chapel. Lawrence-Adams noted that all are welcome to light a candle and enjoy the beauty and serenity of the chapel, regardless of their faith traditions.

A side chapel, St. Peregrine’s Chapel, is also open to visitors. St. Peregrine is the patron saint of persons suffering from cancer and other life-threatening illnesses. Lawrence-Adams said many visitors find solace in the chapel.

### SPECIAL EVENTS

**Capistrano Lights:** The mission holds a number of special events throughout the year, with its annual holiday celebration, Capistrano Lights, arguably the most spectacular. From 4 to 6 p.m. on set days in December, guests can create lasting memories by taking family photos beneath a giant, lighted Christmas wreath; viewing more than a dozen artfully decorated Christmas trees, sponsored by local nonprofit groups; snuggling close to loved ones for a musical

lighting of the mission's 35-foot Christmas tree at sunset; and placing a candle in the ruins of the Great Stone Church.

Dickens carolers, a nearly full-scale nativity scene, sweet treats and Mexican hot chocolate are included in the fun (word has it that Santa will make a guest appearance). Children can make holiday ornaments for a small fee.

"I think the mission is a perfect place to be during Christmastime," Lawrence-Adams said. "Serra Chapel is most likely the first place Christmas was celebrated in Orange County. To be in a historic religious place is amazing to see, even if you're not Catholic or Christian."

Capistrano Lights is intentionally understated and is designed to appeal to a broad audience, she said. "I believe people want a calm experience, something that's old-fashioned and not overly contrived. We're looking for connections across faith traditions."

Capistrano Lights opens December 3. Visit [missionsjc.com](http://missionsjc.com) for additional dates and ticket prices.

**Field of Honor:** In partnership with Homefront America, the mission honors active-duty military, veterans and first responders, including K-9 and equestrian heroes, during its Field of Honor celebration each Memorial Day weekend. The mission's courtyard is transformed with more than 400 7-foot-tall American flags, and local veterans volunteer to share their stories. Active duty, veterans,

first responders and Mission Preservation Society members receive free admission to the Mission throughout the exhibit.

**Outside SCR:** Nothing says summer like outdoor theater on the green. Thanks to a partnership with the mission, South Coast Repertory has been bringing award-winning musical comedies to Mission patrons each August for the last three seasons. Past musicals have included "You're a Good Man, Charlie Brown" and "Million Dollar Quartet," a tribute to a one-night jam session in 1956 with Elvis Presley, Johnny Cash, Carl Perkins and Jerry Lee Lewis.

"They're definitely intergenerational," Lawrence-

Adams said of the productions, adding that guests enjoy the casual atmosphere that lends itself to picnics and wine. And at \$15 to \$40 a ticket, Outside SCR is more affordable than traditional theater, she noted.

**Bell Ringings:** Ringing of the historic mission bells takes place throughout the year to commemorate special events in the mission's history. Upcoming bell ringings include the Feast of St. John of Capistrano on October 23 and Founder's Day on Nov. 1.

The bells also ring seven times at 9 a.m. each day, commemorating Mission San Juan Capistrano's status as the seventh of nine missions founded by Father Serra.



## LEND A HELPING HAND

There are several ways you can give back and help preserve the mission for future generations. Opportunities include:

- Docents
- Gardening angels
- Special events

Learn more at [missionsjc.com/volunteer](http://missionsjc.com/volunteer).



# Disrupting DEMENTIA



Music therapy helps individuals regain memories  
and a sense of oneself.

BY SUANNIE EUSTAQUIO

**D**aniel Ignacio nearly died after he had been pushed off a three-story balcony. The 18-year-old was in a coma for three weeks and sustained severe brain and bodily injuries. When he woke from the coma, doctors speculated that he would be permanently disabled—unable to walk or do normal body or life functions again. Yet he proved doctors wrong.

Over the next few months, with a lot of hard work, Daniel relearned how to walk, talk, read, write, eat and use the bathroom (among many other things). He developed a deep appreciation for these abilities he once took for granted. Yet he could no longer maintain the focus he once had and only remembered events for minutes at a time. He felt depressed, frustrated and angry, and lost his sense of identity, self-esteem, future plans and hopes.

“I did not know what had happened, where I was or why my body would not work,” Daniel said. “I was trapped in a broken shell with

many exploding emotions and no way to express them.”

Fortunately, he came to a mental turning point. He started a regular diet and exercise regimen while studying psychology at California State University, Fullerton. He credits music and music therapy for his recovery from brain injury.

Some brain injury symptoms are similar to those of dementia, especially when it comes to long-term and short-term

**Music is inseparable from emotion. It is not just a physiological stimulus. If it works at all, it will call the whole person—the many different parts of their brain, and the memories and emotions which go with it.**

memory and having to relearn certain things.

### **WHAT IS DEMENTIA?**

Dementia afflicts 55 million people globally and is estimated to reach 160 million people by 2050, according to Alzheimer's Disease International.

The Centers for Disease Control and Prevention (CDC) defines dementia as “a general term for the impaired ability to remember, think, or make decisions that interfere with doing everyday activities. Alzheimer's disease is the most common type of dementia. Dementia mostly affects older adults, but it is not a part of normal aging.”

The CDC states these signs may indicate dementia:

- Getting lost in a familiar neighborhood
- Using unusual words to refer to familiar objects
- Forgetting the name of a close family member or friend
- Forgetting old memories
- Not being able to complete tasks independently

Although no known cure for dementia exists, music can disrupt the symptoms. Music therapy also is a proven approach to helping individuals regain memories and a sense of oneself.

### **MUSIC RESTORES THE SELF**

Henry, an older individual with dementia, sits still in his chair

slumped over. He does not look up when asked a question about his youth. He is despondent. Yet when Henry listens to an iPod filled with music from his past, he listens. He bursts with life and laughter. He tells story after story of the exciting things he used to do in his youth.

The opening scene from the documentary “Alive Inside” documents several people with progressed dementia who suddenly recall memories after listening to music. Music restores their very selves, which get lost in dementia. The movie also documents evidence of how music affects long-term memory recall with several individuals, some of whom were not able to speak before listening to their music playlist.

Dr. Oliver Sacks notes in this movie how “music can activate

more parts of the brain than any other stimulus.” He further states: “Music is inseparable from emotion. It is not just a physiological stimulus. If it works at all, it will call the whole person—the many different parts of their brain, and the memories and emotions which go with it.”

### **MUSIC PROMOTES NEUROPLASTICITY**

Recent studies at the University of Toronto and Unity Health Toronto confirm that repeated listening to personally meaningful music assists neural plasticity in people with mild cognitive impairment, dementia or Alzheimer's.

Nina Kraus, Ph.D., a scientist and musician who has studied the biology of auditory learning at Northwestern University for over 20 years, defines neural plasticity as “the ability of neurons in the brain to change their responsivity due to learning.” She further states how “the brain needs sound to







function optimally” and that music “facilitates sound-to-meaning connections.”

In a 2011 study at the Neurosciences Institute in San Diego, Aniruddh D. Patel demonstrated that there are similar brain networks involved in speech and music, and that music-related activities spark activity in emotion networks known to promote neuroplasticity.

Music is one of the biggest stimuli of neuroplasticity. Neuroplasticity, or the ability for the brain to heal itself, is instrumental in the brain’s functioning by forming new healthy neural connections that compensate for the damaged areas of the brain. Music creates the bridge between damaged and healthy parts of the brain to facilitate neuroplasticity.

## **A TUNE-UP WITH MUSIC THERAPY**

Music therapy is the “clinical use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional

who has completed an approved music therapy program,” according to the American Music Therapy Association.

Among the benefits, music therapy interventions can:

- Promote wellness
- Reduce stress
- Relieve pain
- Express emotions
- Boost memory
- Improve communication
- Support physical rehabilitation

Several researchers, including Dr. Kraus and the “Alive Inside”

crew, emphasize that you can take simple steps to get more music in your life, help memory recall disrupt dementia and become more in tune with yourself, your loved ones and friends:

- Create a playlist for yourself on your favorite music streaming platform
- Create a playlist for a friend, family member or someone you love who has dementia or cognitive impairment like brain injury and give it to them to listen to
- Choose music you like that is associated with feel-good memories
- Choose songs that help you feel happy and productive
- Join a local choir or start a singing group
- Play or learn a musical instrument

*Suannie Eustaquio teaches digital marketing strategies for musicians at California State University, Northridge. She holds a master’s in music business from Berklee College of Music.*





## SOCIAL SERVICES



# LATE-LIFE DEPRESSION

Feel better with appropriate treatment.

*By Susan McInerney, Social Services Division Manager*

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. He or she 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

With financial support from the Foundation of Laguna Woods Village, the Social Services Division has begun working with the Optimal Aging Center to create 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**.

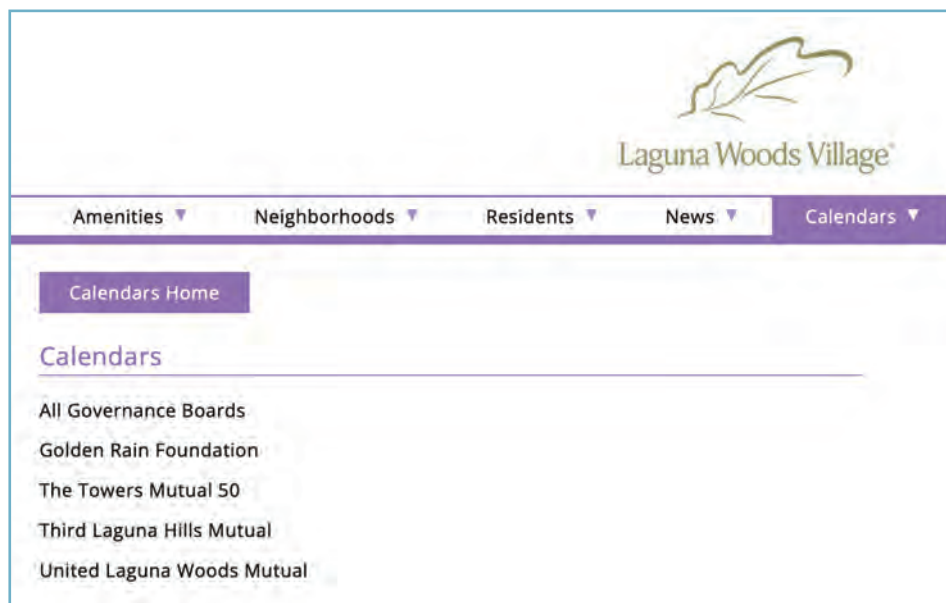




WE HEAR YOU!

# QUESTIONS ASKED & ANSWERED

WE HEAR YOU!



**I am interested in attending board and committee meetings, but I am not sure when they are held. How can I find this information?**

All meetings regarding Laguna Woods Village governance can be found on the community website at [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > **Calendars** > **All Board Governance** on the left-hand side of the page under **Calendars**. This calendar, sometimes referred to as TeamUp, shows meeting dates, times, locations and agendas.

**I like using the website governance calendar for information about meetings I want to attend. Can I get the governance calendar on my smartphone?**

Install the governance calendar, sometimes referred to as TeamUp, on your smartphone by doing the following:

## For Android

1. Go to Google Play.
2. Search for TeamUp Solutions AG and download the app.
3. Open the TeamUp app, which offers three options the first time you open the application: Login, Sign Up or Continue Without Account.
4. To access a synced calendar across all your devices, log in to your TeamUp user account.

5. For more information on using the TeamUp app for Android, visit [calendar.teamup.com/kb/using-mobile-app-android](https://calendar.teamup.com/kb/using-mobile-app-android).

## For iPhone

1. Go to the App Store.
2. Search for TeamUp Solutions AG and download the app.
4. Open the TeamUp app, which offers three options the first time you open the application: Login, Sign Up or Continue Without Account.
5. To access a synced calendar across all your devices, log in to your TeamUp user account.
6. For more information on using the TeamUp app for iPhone, visit [calendar.teamup.com/kb/how-to-use-teamup-app-4-iphone-ipad](https://calendar.teamup.com/kb/how-to-use-teamup-app-4-iphone-ipad).

## **How do I join a meeting via Zoom?**

To attend virtual board or committee meetings, just look for the Zoom meeting link in the Open Forum section of the respective board or committee agenda posted on [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > **Calendars** (sometimes referred to as TeamUp). Click on the link a few minutes prior to the meeting to launch Zoom. Then select **Open Zoom Meetings** and **Launch Meeting** when prompted. No registration or password is required.

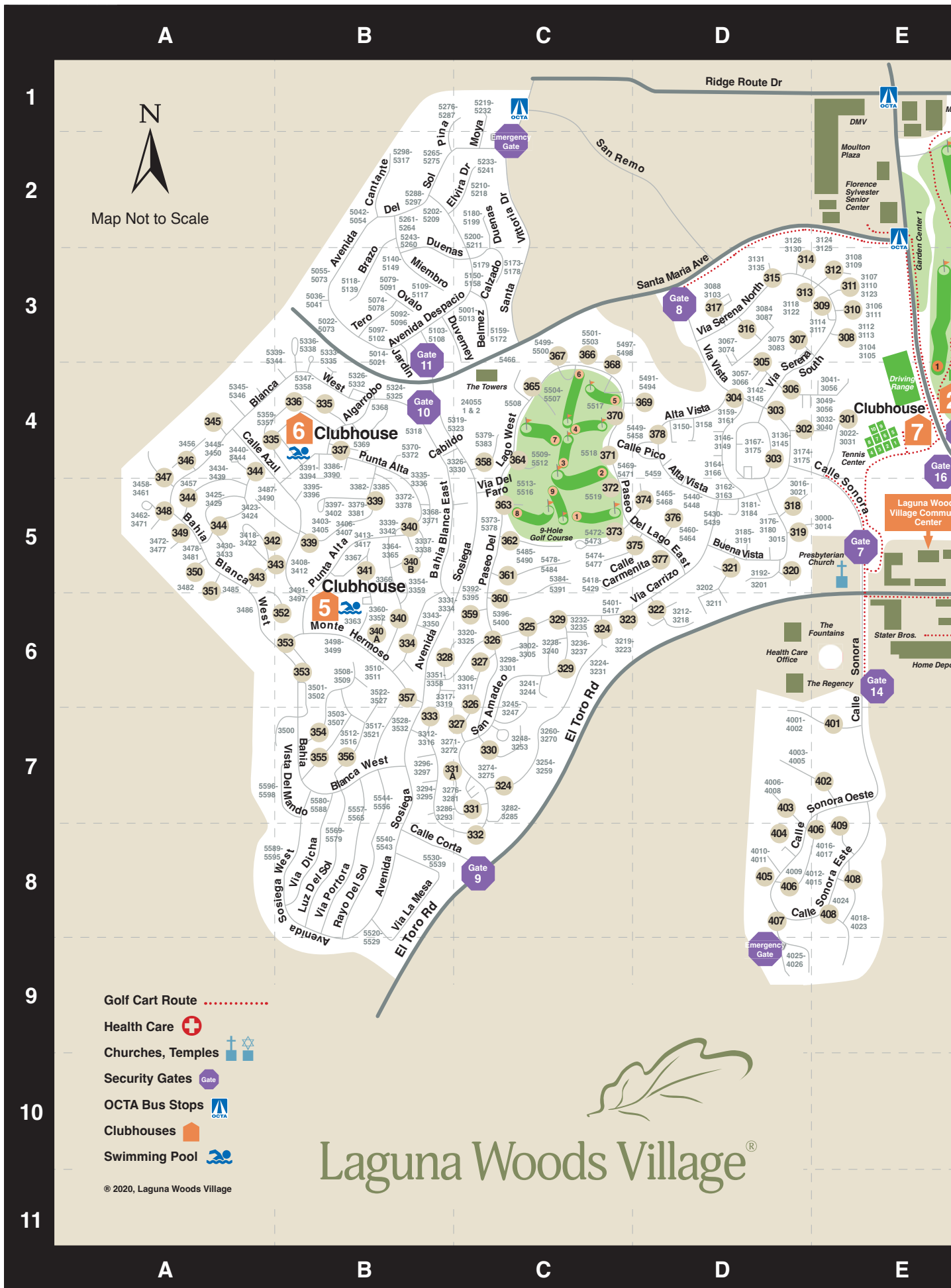
Zoom allows Village residents to virtually raise their hand, ask questions and speak to board





# LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

## KEYS TO THE COMMUNITY



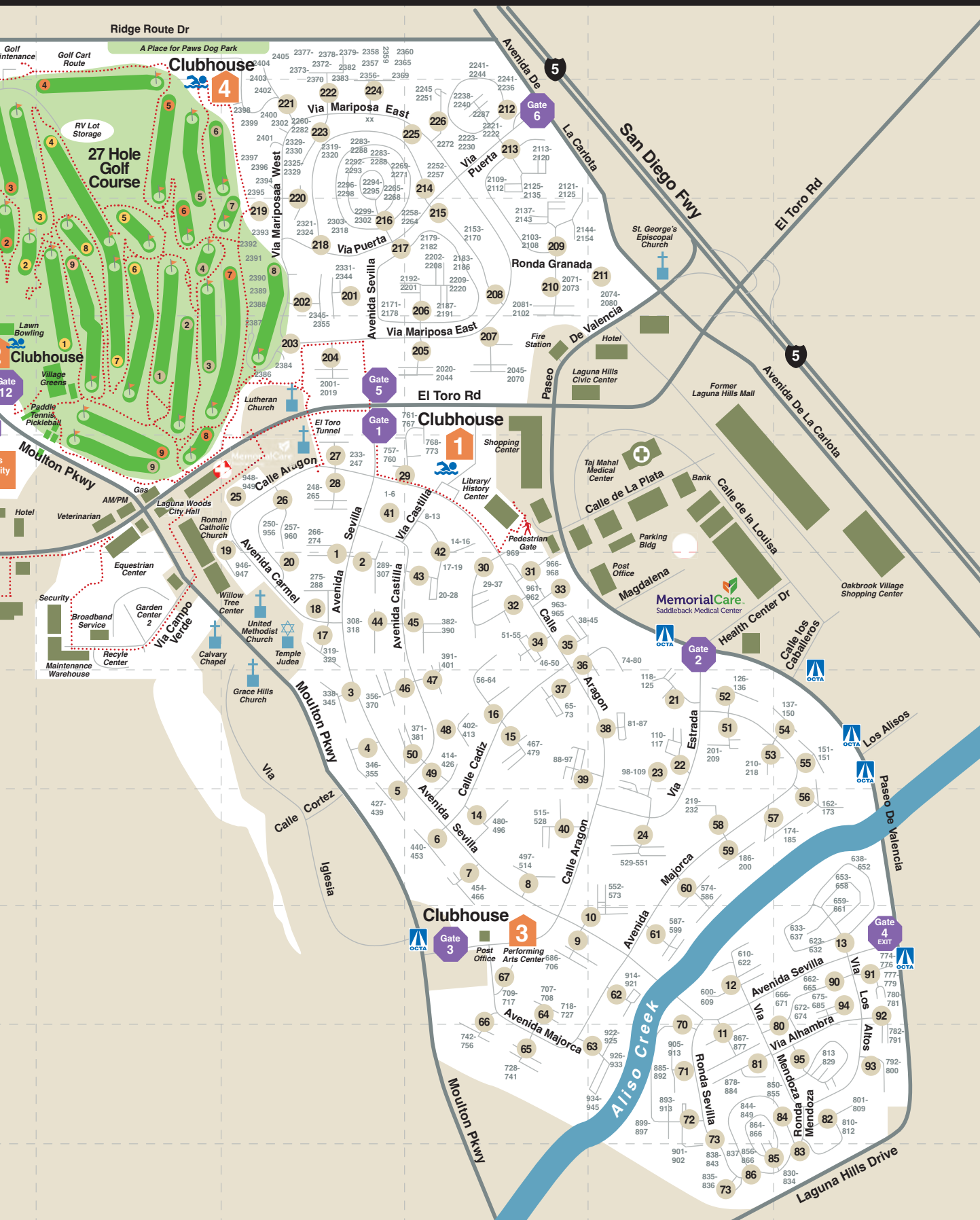
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KEYS TO THE COMMUNITY

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## LANDSCAPING



will increase water flow, reduce stagnation and silt accumulation, allow wildlife greater access to open water and foraging opportunities, and reduce scouring from storms.

In August, staff received notification that most of the petition was approved. The approval states “Removal efforts shall be limited to the center portion of the channel invert and monitored by a qualified biologist to minimize impacts to nesting birds, southwestern pond turtle and other species that rely on the creek. ... Only the center third portion of the creek may be treated and removed. Elimination of vegetation throughout the entire creek is not permitted.”

With this approval, crews started clearing the creek center in mid-August. Bird nesting season regulations generally restrict creek activity to avoid disrupting the natural habitat of many birds and wildlife. Under the recent authorization, prior to starting work, a wildlife biologist is required to survey the entire creek area and locate active nests or breeding ponds. Once these locations are noted, safety buffers are developed and crews can remove cattails from the remaining areas of the creek. A biologist is also required to monitor the work in progress to further ensure no habitat is disturbed.

## CATTAILS AND THE CREEK

Village approved to selectively remove cattails to increase water flow, allow wildlife greater access to open water and more.

*By Kurt Wiemann, Landscaping Services Director*

VMS staff continues to work diligently with regulatory agencies and wildlife biologists to ensure compliance with regulations and to make Aliso Creek more aesthetically pleasing. The difficult issue is balancing creek area maintenance in a way that satisfies residents’ desires for greater visibility, provides more open water and avoids disruption of protected natural habitat of many birds and wildlife.

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

The seven-year-old agreement that permits maintenance work in the creek prohibits removal of native plant material; cattails are considered native. Last year, we received authorization to perform selective cattail removal an additional two times yearly beyond regular annual winter removals. The additional work periods must be preceded by a biologist survey for nesting wildlife.

Earlier this year we petitioned the California Department of Fish and Wildlife, the lead regulatory agency, to allow us to permanently remove the cattails from the center of the creek, with the goal of creating a channel through the creek’s center. Creation of this channel



## RESIDENT SERVICES



# KEEP KEYS SAFE

The key file and keyless entry assistance programs can help in an emergency.

Suppose you're away on vacation and water leaks into your manor, necessitating quick access to mitigate property damages. Or imagine misplacing your keys or experiencing an emergency requiring assistance. The key file and keyless entry assistance programs can help in such emergencies when urgent access to your manor is vital and provides security measures to keep your keys secure.

California law requires fumigation companies to have access to the interior of all structures to do a final inspection before fumigation. If you do not have keys or keyless codes on file with Resident Services or did not provide them to the fumigator, you may have to remain at your home until the fumigation crew arrives. If the crew cannot gain entry, you may be charged for locksmith services and costs associated with fumigation delays.

Resident Services maintains keys to manors within the community

**To submit keys or keyless manor entry codes to the key file program, please visit Resident Services in the Laguna Woods Community Center at 24351 El Toro Road.**

## RESIDENT SERVICES

**949-597-4600;**  
**[residentservices@vmsinc.org](mailto:residentservices@vmsinc.org)**

Laguna Woods Village  
Community Center

24351 El Toro Road

8 a.m. - 5 p.m. Monday - Friday

for the convenience of Laguna Woods Village residents. The key file program is completely voluntary; however, members are encouraged to file manor keys or keyless manor entry codes with Resident Services to ensure the following:

- In the event of an emergency, authorized personnel may gain access to a manor to perform necessary maintenance repairs.
- A residing member can obtain their manor keys or keyless manor entry codes to gain manor access if/when the need arises.

The code for keyless entry assistance is kept in the drawer with the other keys. For security, the code is never written or entered into the system. In the event a resident needs assistance gaining entry to their manor, Security would check out the key hook containing the code, aid the resident in gaining access and return the code to Resident Services where it is returned to the locked drawer file/key hook assigned to that manor.

To submit keys or keyless manor entry codes to the key file program, please visit Resident Services.





## COMMUNITY CONNECTED



# COMMUNITY CONCERTS 2022-2023 SEASON

By Ian Sampson

After the terrific but delayed 2021-2022 season, we are delighted to resume our regular schedule commencing with the 2022-2023 season on Sunday, October 16. Thanks to our members and generous donations, we have assembled six concerts featuring world-class individuals and groups of musicians.

Sadly, inflation has come to Community Concerts, and we must raise the membership cost to \$75. This increase translates to just \$12.50 per concert, which remains a bargain, as performances of similar quality in surrounding venues run for upwards of \$60.

### SCHEDULE

- **October 16: Frisson**, whose nine musicians from New York City feature the best and brightest of classical music's rising stars.
- **November 13: Claremont Trio**, a piano and string trio lauded as "one of America's finest young chamber groups."

- **January 22: Beo String Quartet** is "easy-going, stylish and vehemently precise—how music should always be and how the Beo Quartet plays."
- **March 5: Spanish Brass** is one of the most dynamic and applauded groups on the international musical stage. In 2020, the group received the Spanish National Music Award.
- **March 26: Anton Nel and Bion Tsang**. Nel won first prize at the 1987 Naumburg Competition at Carnegie Hall. Tsang is one of only six American cellists to have medaled at the International Tchaikovsky Competition since its inception in 1958.
- **April 23: Sakura Cello Quintet** is a unique and versatile cello quintet hailed as "brilliant" and "superb" by Mark Swed in the Los Angeles Times.

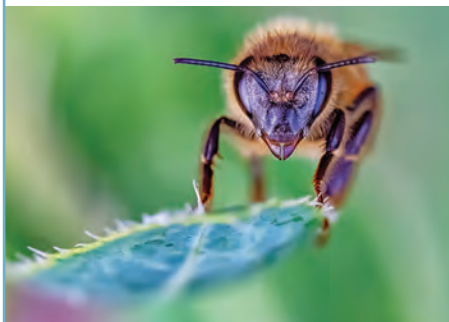
Secure your membership, which includes season tickets, by sending a check of \$75 per person made out to Community Concerts of Laguna Woods Village, P.O. Box 2821, Laguna Woods, CA 92637. Please include a self-addressed, stamped envelope.

For Laguna Woods Village residents and guests only.

For detailed information, including a downloadable application form, visit <https://lagunawoodsvillage.com/amenities/clubs/community-concerts-2>.

# FABULOUS PHOTOGRAPHY

This spring and summer, the community offered no shortage of great natural photo ops for some of the Village's talented photographers. Here is a sampling of their work for all to enjoy.



MARK RABINOWITCH



MARK RABINOWITCH



MARK RABINOWITCH



JERRY SEARS



JERRY SEARS



JERRY SEARS

The Village Publishing Club will host its Autumn Author's Forum event on Wednesday, October 19, from 2 to 5 p.m. at Clubhouse 2. The group welcomes all aspiring writers, readers and friends, who will have an opportunity to meet talented members writing in multiple genres and peruse a wide variety of the latest books published by our authors, available to discuss and sign their work. Light refreshments will be available and there is a suggested donation of \$5.





## RECREATION

# YOUR GUIDE TO EVENTS, FITNESS AND FUN

## RECREATION OFFICE VILLAGE COMMUNITY CENTER

24351 El Toro Road  
Laguna Woods, CA 92637

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.



## BELTING IT OUT

The IKTA Self-Defense Class recently completed a karate/kickboxing belt test held by Sensei Ron and his son Sensei Kyle at Clubhouse 5. ITKA Self Defense with Ron Murray class is held in the Clubhouse 5 fitness room on Tuesdays and Thursdays from 3:30 to 4:30 p.m. and from 3 to 4 p.m. on Wednesdays. \$25 for five classes.

For a full class schedule, visit Class schedule: [bit.ly/3rwVWtp](http://bit.ly/3rwVWtp).





## DON'T MISS THE NOVEMBER ARTS AND CRAFTS BONANZA

If you're an arts and crafts aficionado, you'll love the Bonanza, scheduled for Saturday, November 5, from 9 a.m. to 4 p.m., and Sunday, November 6, from 10 a.m. to 3 p.m. at Clubhouse 4.

Laguna Woods Village's talented artists and craftspeople will present an extensive collection of works for purchase. Browse a unique array of gifts, home décor, wall art, jewelry, accessories and more crafted from ceramic, porcelain, wood, glass, fabric, yarn and precious metals, and oil, acrylic and watercolor paints.

Be sure to stay tuned for more details via [lagunawoodsvillage.com](http://lagunawoodsvillage.com), the every-Friday digital newsletter, "What's Up in the Village" (subscribe by emailing [info@lagunawoodsvillage.com](mailto:info@lagunawoodsvillage.com)), and the Village Facebook page.

For more information, call **949-597-4291** or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org).



## ENJOY POOLSIDE SERVICE AT POOL 2

In aiming to provide resort-style amenities to Village residents, 19 Restaurant and the Recreation and Special Events Department have partnered to offer food and beverage services at Pool 2 from 11 a.m. to 3 p.m. daily. Residents may enjoy a cool, refreshing beverage, a delicious meal or both simply by calling 19 Restaurant at **949-206-1525**. Items will be delivered poolside; payment via cash or card is required at that time.

## VILLAGE BAZAAR COMING SOON!

**Don't miss this Oct. 22 event at Clubhouse 5.**

Another community-favorite event, the Village Bazaar, where resident artisans and vendors are invited to rent a booth to sell their wares and second-hand items, is coming to the Clubhouse 5 Main Lounge on Saturday, October 22, from 10 a.m. to 2 p.m.

For more information, call **949-597-4382** or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org).





## RECREATION

# AT THE PAC



## NYE

Ring in the New Year at the Performing Arts Center with a special show, with a lineup that includes:

- Temptation Revue (tribute to The Temptations)
- Pete Barbutti (comedian and emcee)
- Les Arnold & Dazzle (comedy/magic performance)
- Paul Boland (singer /comedian/impressionist)
- Swing Kittens (vocal trio)
- NYE Gold Band

### PAC TICKETS

Ticket prices at the Performing Arts Center vary by show. Visit [tickets.lagunawoodsvillage.com](https://tickets.lagunawoodsvillage.com) to create an account and purchase and print tickets at home. No printer? Show a smartphone screenshot of your purchase at the box office or, at checkout, choose to pick up your tickets at the PAC box office. Or purchase tickets at the PAC box office, open Monday, Wednesday and Friday from 9 a.m. to 5 p.m.

Call **949-597-4288** or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org) for more information. The Performing Arts Center/Clubhouse 3 is located at 23822 Avenida Sevilla.

# MONDAY MOVIES

Oct 17 | Nightmare Alley

Nov 21 | Spencer

2 p.m. (doors open at 1:45 p.m.), free admission

The Performing Arts Center/Clubhouse 3 is located at 23822 Avenida Sevilla. Call **949-597-4288** for more information.





## 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.

## GET MOVING!

Visit [lagunawoodsvillage.com](https://lagunawoodsvillage.com) > **Amenities** > **Recreation** or any of the bit.ly links below to enjoy the Village's resort-style amenities.

- View a list of amenities, location, contact information, registration process and more at [bit.ly/3tXFP9w](https://bit.ly/3tXFP9w).
- 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 at [bit.ly/3uo86MB](https://bit.ly/3uo86MB).
- Visit [bit.ly/3u2eovu](https://bit.ly/3u2eovu) for a comprehensive list of virtual activities, classes and more.





## RECREATION



# EQUESTRIAN CENTER

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

### LOCATION

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

### HOURS

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

**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

A new Equestrian Center class, which has become extremely popular with riders and horse enthusiasts, is 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 Friday at 9 a.m. and Sunday at 11:30 a.m.

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.



# 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

- Weekdays from 11 a.m. to 1 p.m. and by appointment

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



# 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.

Visit [lagunawoodsvillage.com/amenities/clubs](http://lagunawoodsvillage.com/amenities/clubs) for more information.





## RECREATION

# ONGOING CLASSES

Schedules subject to change without notice.

### MONDAY

#### Chi Kung

Clubhouse 1 patio, 8 to 9 a.m.

Free drop-in class

#### Yoga with Kim Min

Clubhouse 2 ballroom, 8:30 to 9:45 a.m.

Free drop-in class

#### Laughter Yoga with Cheryl Russell

Clubhouse 1 ballroom, 9:15 to 10:15 a.m.

Free drop-in class

#### Zumba Gold with Tracy Murray

Clubhouse 2 ballroom, 10 to 11 a.m.

\$25 for 5 classes

#### Movement and Stretch with Sybil Moore

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

Free drop-in class

#### Ballroom Dance with Candi Davis

Clubhouse 1 ballroom, 10:30 a.m. to 12:30 p.m.

\$25 for five group lessons

#### Stress-less Mindfulness Meditation with

##### Dr. Lois Rubin

Via Zoom, 11 a.m. to 12 p.m.

Email [soulhlr@yahoo.com](mailto:soulhlr@yahoo.com) for access

#### 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

#### Hula with Mahina Kimmitt

Clubhouse 5 fitness room, 1 to 2:30 p.m.

Free drop-in class

#### Chinese Language Class with Grace Sams

Clubhouse 6 multipurpose room, 1:30 to 3:30 p.m.

Free drop-in class

#### Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 5 to 6 p.m.

\$40 per eight-class session

### TUESDAY

#### Yoga with Kim Min

Clubhouse 1 ballroom 8:30 to 9:45 a.m.

Free drop-in class

#### Tai Chi

Clubhouse 7 ballroom, 8:30 to 9:30 a.m.

Free drop-in class

#### Cycling with Alisha Sullivan

Clubhouse 5 fitness room, 9 to 10 a.m. and 10:30 to 11:30 a.m.

\$40 per eight-class session

#### Chair Fitness with Janet Gilliam

Clubhouse 1 gym, 10 to 11 a.m.

\$15 for five classes

#### Swim Clinic with Jan Levinrad

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

Free drop-in class

#### IKTA Self Defense with Ron Murray

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

\$25 for five classes

#### Meridian Yoga with Phoebe Gong

Clubhouse 5 fitness room, 5:30 to 6:45 p.m.

Free drop-in class

**WEDNESDAY****Chi Kung**

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

**Zumba Gold with Tracy Murray**

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

**Cycling with Alisha Sullivan**

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

**Mindful Movement Yoga with Jerry Bloch**

Performing Arts Center dining room 1, 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

**Contemporary Jazz with Laura Fremont**

Clubhouse 5 fitness room, 5:30 to 6:30 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 with 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

**IKTA Self Defense with Ron Murray**

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

**FRIDAY****Cycling with Alisha Sullivan**

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

**Chi Kung**

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

**Embrace Life Yoga with Phoebe Gong**

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

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

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

**Mind and Body Fitness with Jean Reitz**

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





## RECREATION

# AMENITY INFO



### Clubhouse Reservations | 949-597-4227

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

- Reservations may be scheduled through December 31, 2023.
- Reservations are limited to Clubhouses 1, 2, 5 or 7 and the Village Greens.
- Clubhouse 2 reservations will be limited to Monday through Friday between 8 a.m. and 10 p.m.
- Clubhouse 7 reservations will be limited to Monday through Friday between 8 a.m. and 5 p.m.
- Clubhouse 6 and the Performing Arts Center reservations will resume at a later date.

### Clubhouse 1 | 949-597-4281

- Clubhouse open 8 a.m. - 10 p.m. daily
- Fitness center open 7 a.m. - 7 p.m. Monday, Wednesday, Friday; 7 a.m. to 5 p.m. Tuesday, Thursday; 8 a.m. - 2 p.m. Saturday/Sunday
- 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. - 5 p.m. Monday - Thursday, 8 a.m. - 6 p.m. Friday
- Video lab and studio
- Card room
- Lawn bowling

### Clubhouse 4 | 949-597-4344

- Art studio, ceramics, jewelry, lapidary, photo studio, sewing room, slipcasting, woodshop, machine shop
- Open 9 a.m. - 4 p.m. Monday, Wednesday, Friday; 10 a.m. - 2 p.m. Saturday/Sunday
- Tuesday and Thursday 9 a.m. - 8 p.m.
- Contact the clubhouse for specific studio days/times

### Clubhouse 5 | 949-597-4382

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

### Clubhouse 7 | 949-268-2417

- Open 8 a.m. - 5 p.m. Monday - Friday; 8 a.m. - 10 p.m. Sunday
- Bridge games 12:30 - 4 p.m. Monday - Friday
- Bridge class schedule varies

### Community Center | 949-597-4273

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

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

- Tours 12:30 p.m. Wednesday and Thursday; 12:30 and 2 p.m. Friday through Sunday
- 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. - 6 p.m.
  - Online reservations only; see golf shop to create account
- Driving range open 7 a.m. - 4:30 p.m.
  - Wednesday close at 4 p.m. for clean pick
- Par 3 course open 7:30 a.m. - 5:30 p.m.
- Call **949-597-4373** for course conditions updates



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

- Call to schedule an appointment

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

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

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

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

### **Performing Arts Center | 949-597-4288**

- Box office open 9 a.m. - 5 p.m. Monday, Wednesday, Friday
- Billiards open Monday, Wednesday and Friday, 9 a.m. - 5 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. - 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. - 10 p.m. daily
- No reservations required for courts 1 - 7 7 a.m. - 4:30 p.m.
- Reservations via Court Reserve required for courts 8 - 10 | 7 a.m. - 4:30 p.m.
- Reservations via Court Reserve required for courts 6 and 7 | 4:30 - 9 p.m. (lighted)
- For Court Reserve reservations, visit [bit.ly/3x0MMXj](https://bit.ly/3x0MMXj).

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

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



# New Year's Eve 2022

FIVE INCREDIBLE ACTS IN  
ONE FESTIVE NIGHT!

*Saturday,  
December 31*

PERFORMING ARTS CENTER  
7:30 P.M. | \$30, \$35 AND \$40

Purchase tickets at  
the PAC box office Mondays, Wednesdays  
and Fridays from 9 a.m. to 5 p.m. or at  
[tickets.lagunawoodsvillage.com](https://tickets.lagunawoodsvillage.com).

AND THE  
NYE GOLD  
BAND!

## TEMPTATION REVUE



Tribute to Motown's premiere men's vocal group, with such numbers as "My Girl," "Ain't Too Proud to Beg," "Just My Imagination" and "Poppa Was a Rolling Stone"

## PETE BARBUTTI



Comedy pianist named "Las Vegas Entertainer of the Year" who appeared on the "The Tonight Show" with Johnny Carson" more times than any other comedian

## LES ARNOLD & DAZZLE



Grandson and heir of The Great Leon, who created magical artistry during the Golden Age of Vaudeville, presents illusions in the grand style, spiced with new and modern twists

## PAUL BOLAND



Dynamic singer/impressionist who has entertained audiences all over the world to standing ovations with myriad celebrity impersonations

## SWING KITTENS



Vocal trio specializing in harmonies and a youthful spin on heartwarming classics from the '40s and '50s by the Andrews Sisters, the McGuire Sisters and many others

Call 949-597-4288 or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org) for more information.



# For Mutual Benefit

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

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- 54** Village Management Services





## GRF Board of Directors

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

Bunny Carpenter  
President  
2019-2022

Egon Garthoffner  
First Vice President  
2022-2025

Debbie Dotson  
Second Vice President  
2021-2023

Joan Milliman  
Secretary  
2020-2023

James Hopkins  
Treasurer  
2019-2022

Elsie Addington  
Director  
2020-2023

Yvonne Horton  
Director  
2019-2022

Reza Karimi  
Director  
2021-2023

Gan Mukhopadhyay  
Director  
2021-2024

Juanita Skillman  
Director  
2021-2024

Don Tibbets  
Director  
2021-2024



## HOW BOARDS AND VMS WORK

GRF, Third and United, and the agent of these corporations, VMS, collaborate for the advancement of our community.

*By Bunny Carpenter, President, and Joan Milliman, Secretary*

### WHAT IS A “CORPORATION?”

The housing mutual boards—Third Mutual, United Mutual and Mutual No. Fifty—and the Golden Rain Foundation (GRF) are incorporated not-for-profit organizations, also called “corporations,” that represent the interests of all owners in the entire Village. As such, board members are each loyal to their separate corporations, which set policies and procedures according to their jurisdiction. GRF provides oversight for projects and maintenance and sets policies for Village common grounds, amenities and services. Third, United and Mutual No. Fifty oversee projects and maintenance and set policies for their respective housing groups.

### BOARDS SPEAK FOR THE MANY

Boards must speak for the many views held by owners/stakeholders in each corporation—not just one particular group or individual. They speak for the good of the many in each case.

Each board represents the best interests for its respective corporation which, in turn, represents the best for all owners/stakeholders in that group.

### RESPONSIBILITIES OF THE BOARD AND MANAGEMENT

Respective boards are responsible for oversight of all aspects of their associations/corporations. The boards have the ultimate authority and responsibility to ensure that the community abides by the bylaws and other governing documents of their association/

corporation and complies with all relevant federal, state and local laws.

The boards also set rules and regulations for residential conduct, common space use, landscaping standards and anything else that affects the overall residential environment and enjoyment of the community.

The board oversees management's activities and procedures as it fulfills the board's directives. However, neither a board nor its individual members are a part of staff (acting as employees). Management fulfills the tasks of implementing board directives.

Board committees provide valuable assistance by thoroughly investigating matters in their respective areas, taking into consideration professional advice from management and legal, and then by making recommendations to the board for approval.

Board members, especially through board committees, oversee; staff executes board decisions, directives and policies approved by the board.

### A BOARD SPEAKS AS ONE VOICE

The board speaks with *one voice*. Once the board makes a decision, all board members must respect it, even if they do not agree with the decision, because the board speaks with one voice. It is inappropriate for an individual board member who disagrees with a decision to continue to criticize or protest that decision.

### VILLAGE MANAGEMENT SERVICES

Village Management Services (VMS) is an *agent* of the corporation, meaning VMS is a hired third party responsible for acting on behalf of GRF, Third and United boards of directors (Mutual No. Fifty is managed by a different property management company).

VMS' responsibility includes providing business advice and best practices guidance to the boards. Part of the business judgment rule is that directors include such advice in their research. Such advice includes maintenance needs and planning, long-term planning, budget planning, vendor selection and more.

VMS and the boards work together to provide training seminars and mentorship

opportunities to help familiarize all board members—especially new members—with the governing documents, financial procedures, parliamentary procedure and more.

However, it is important to remember that all ultimate decisions are made by the boards. Once decisions/policies are made/set, VMS, the *agent of the corporation*, is tasked with implementing them on a day-to-day basis.

VMS staff works for the management company (VMS) and not for the boards. The CEO of VMS is responsible for how the staff's work is done, not the board members. Only the CEO answers for VMS. The VMS Board is a management board that works with the CEO and employees of VMS.

## THIRD, UNITED OR THE TOWERS

### What housing mutual do you live in?

As a Village resident, you hear the terms "Third Mutual," "United Mutual" and "The Towers" or "Mutual Fifty" used frequently. Do you know what mutual in which your manor is located? Locate it by address number in the chart below.

| Third Mutual | United Mutual | Mutual No. Fifty |
|--------------|---------------|------------------|
| 961-969      | 1-960         | 101 South Tower  |
| 2109-2120    | 2001-2108     | 151 West Tower   |
| 2126-2129    | 2121-2125     |                  |
| 2131-2136    | 2130          |                  |
| 2166-2182    | 2137-2165     |                  |
| 2192-2208    | 2183-2191     |                  |
| 2221-5598    | 2209-2220     |                  |



# 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

Annie McCary  
First Vice President  
2020-2023

Ralph Engdahl  
Second Vice President  
2022-2025

Cris Prince  
Secretary  
2022-2025

Donna Rane-Szostak  
Treasurer  
2020-2023

Cusrow “Cush” Bhada  
Director  
2019-2022

Jim Cook  
Director  
2021-2024

Nathaniel Lewis  
Director  
2021-2024

Jules Zalon  
Director  
2022-2023

Third Laguna Hills Mutual is a non-profit mutual benefit housing corporation that manages, operates and maintains all common area property within the original 38 mutuals. A condominium owner has an equal interest in common with other owners within the project in the common area, together with a separate interest in a Unit. The common area consists of building exteriors, carports, and laundry facilities within the mutual's boundaries. The common area is controlled and administered by the Third Laguna Hills Mutual Board of Directors. All condominium owners are required to apply for membership in the corporation. As a Member, the owner has rights and privileges including use of the recreational facilities. Each condominium owner is required to pay for the common expenses and contribute to reserves. The common expenses and reserve contributions are established by the Board of Directors.

Condominiums: 6,102 memberships

**Board Meeting:** The Third Board meets the 3rd Tuesday of each month at 9:30 a.m. in the Board Room. A committee meeting schedule can be found here.

**Election:** Annually, in October, the Board of Directors is elected to serve staggered three-year terms.

Documents

Calendar

Board Videos

## GO AND GET INVOLVED

*By Annie McCary, First Vice President*

The Third Laguna Hills Mutual Board of Directors holds its regular monthly meeting on the third Tuesday of every month at 9:30 a.m. in the Laguna Woods Community Center's first-floor board room. This meeting is open to all comers and features an open forum during which members (homeowners) may address the board for three minutes with feedback, concerns and items on the agenda.

Each meeting is accompanied by an agenda, which is prepared ahead of time and posted to lagunawoodsvillage.com prior to the meeting date, and lists items that are to be brought forward to the board for action.

The meeting begins by approving the agenda and the prior meeting's minutes. Then comes approval of the consent calendar, which contains items that committees have approved during their meetings that are brought forth for approval by the board.

Other agenda items include resolutions, or rules that are made by committees and presented to the board for approval; unfinished business, which is comprised of resolutions that have been on 28-day notice and resolutions that have been brought forward previously and have been on an additional 28-day notice after changes or amendments; new business, which are any new items brought forward by committees for the board to decide on; and future agenda items.

Committee chairs deliver reports for Third Mutual and GRF committees, including the date the committee met, any action items that were discussed and the outcomes, and the date of the next meeting.

I strongly encourage all Third residents and members to attend open board and committee meetings to keep up to date with board business that affects the mutual, share your feedback and concerns, and remain involved in the governance of your community.

## FIND THIRD MEETINGS, AGENDAS AND MORE

[lagunawoodsvillage.com](http://lagunawoodsvillage.com) >  
**Residents > Third Laguna  
Hills Mutual**

There you will find three buttons:

1. The first orange button is a link to Documents. Click it to view agendas, meeting reports, resolutions, operating rules and other important items.
2. The middle purple button is a link to Calendar. Click it to find days, times and locations of open board and committee meetings. Click on each meeting for additional information, including the agenda.
3. The second orange button is a link to Board Videos. This connects to Granicus, where you can watch meetings in progress or past meetings. Videos are sectioned by Upcoming Events and Archived Events. Under Archived Events, click on the plus sign next to "Third Laguna Hills Mutual Board of Directors A California Non-Profit Mutual Benefit Corporation" to view previous agendas and meetings. Upcoming Events, lists scheduled meetings, and agendas will be posted there close to the meeting date. You can also get to this Granicus page by typing [lagunawoodsvillage.com/meetings](http://lagunawoodsvillage.com/meetings) in your search bar.



# APPROVALS AND BOARD ACTIONS

## JULY AND AUGUST MEETINGS

### JULY

- Approved request to remove one Canary Island pine
- Approved recording of liens against 10 members
- Approved Third Mutual committee appointments
- Approved GRF committee appointments

### AUGUST

- Approved request to remove two star pine trees
- Approved request to remove one Japanese black pine tree and one cypress shrub
- Approved recording of a lien against one member
- Approved deactivation of cable/internet services as a disciplinary action
- Approved GRF committee appointments

To find a complete listing of all Third Mutual committees and the tasks with which each is charged, visit [lagunawoodsvillage.com](http://lagunawoodsvillage.com) > **Residents > Third Laguna Hills Mutual** and scroll past the board members' photos.





# WHAT HAPPENS IN A GARDEN VILLA REC ROOM

*By Stuart Hack, First Vice President, GVA*

Have you ever wondered what goes on in Garden Villa rec rooms? These are the rooms located adjacent to the underground parking areas and enhance the experience of living in a Garden Villa building.

The rooms are equipped with a kitchen, a stove, a microwave oven, a refrigerator, a set of dishes, flatware and a cupboard. Other accoutrements include a billiard table with cue sticks, balls and chalk, as well as four card tables and 24 chairs. An in-wall heat/air pump and men's and women's restrooms complete the facility.

A \$6 monthly assessment is charged to building residents to maintain, repair and replace the contents, carpet, ceiling and periodic painting of these rooms. This fee will increase to \$6.25 per month in 2023.

Residents have added TV screens, artwork, serving tables, lamps, lounge chairs, libraries, etc., to some of the rec rooms. Typically, building residents chip in to a fund to add and replace these optional furnishings.

Most of the buildings also feature an open patio just outside of the rec room. Residents have contributed picnic tables, chairs and grills for outdoor parties and socials.

Garden Villa Recreation Room Rules Resolution 03-19-84, adopted August 20, 2019, governs the operation and use of the rooms. These rules are enforceable by Security and Compliance and are meant to assure proper use and maintenance. The rooms are for the use of residents and their guests, requiring a resident to be present whenever guests are using them. Village clubs may use the rooms for meetings and events as long as a building resident is sponsoring it and is present. The rooms may not be used for any commercial purposes. Each building may adopt more restrictive rules to fit their needs.

Some residents use the rec rooms for family events, including birthday parties, Thanksgiving and/or Christmas Eve dinners, lectures, etc. One building holds a monthly resident game night. Another celebrates resident birthdays on the first of each month. There are Tuesday and Thursday poker games and a weekly game of Go. Other activities include party bridge, mahjong, book clubs, Bible study sessions, building potluck parties and private meetings.

In one building, the rec room is used to stuff backpacks for the Court Appointed Special Advocates' yearly picnic. It takes 15 volunteers two days to complete this task.

And, of course, the bimonthly GVA board meetings are held in a rec room.

## A NOTE ABOUT BILLIARD TABLES

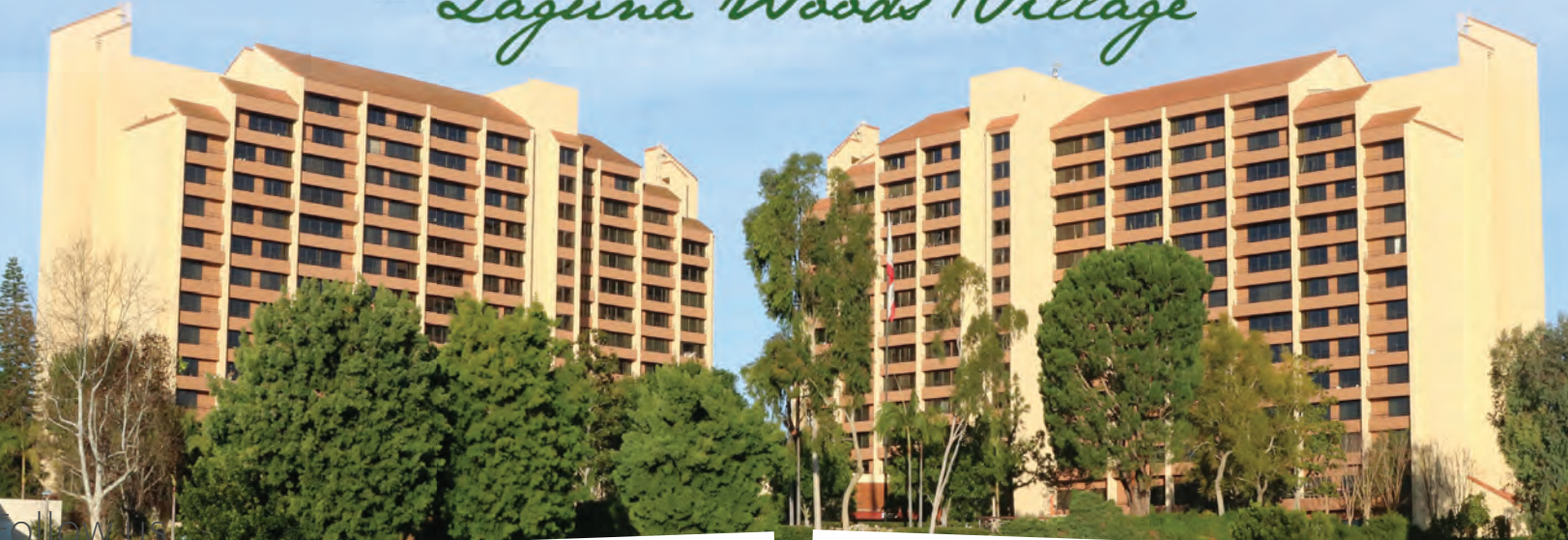
There are specific rules regarding billiard table protection. Specially constructed protective covers are provided. To prevent the wooden parts of the table from warping or rotting and to protect the felt top surface, liquids or hot food may not be placed on covered billiard tables.

## SCHEDULING REC ROOM USE WITH A BUILDING CAPTAIN

If you would like more information about your Garden Villa's rec room, check with your building captain or call GVA President Marti Mangan at **714-501-4773**.

# THE TOWERS

*at Laguna Woods Village*



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Nightly dining service • All utilities except telephone • 24-hour front desk • Housekeeping services

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## United Board of Directors

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

Anthony Liberatore  
President  
2021-2024

Maggie Blackwell  
First Vice President  
2021-2024

Reza Bastani  
Second Vice President  
2020-2023

Neda Ardani  
Secretary  
2019-2022

Azar Asgari  
Treasurer  
2020-2023

Prakash "Cash" Achrekar  
Director  
2020-2023

Diane Casey  
Director  
2021-2022

Patricia English  
Director  
2021-2024

Pearl Lee  
Director  
2021-2024

Lenny Ross  
Director  
2022-2023

Andre Tornig  
Director  
2019-2022



## MEMBER UPDATE FROM THE FIRST VICE PRESIDENT

*By Maggie Blackwell, First Vice President*

United bylaws state *"Purposes: (a) To provide housing to its Members on a mutual non-profit basis, and (b) To manage, maintain, preserve and administer the business of a common interest development, specifically a stock cooperative ... and to promote the health, safety, and welfare of the residents ..."*

United must follow state laws and our governing documents. Because we are large, our bylaws require observance of Robert's Rules of Order during board meetings.

United committees and board decisions must follow the current "2022 Condominium Bluebook" of laws.

When accepting a position on a board, a director accepts responsibility for following the current Laguna Woods Village Board of Directors Handbook, United regulations and procedures, and state law.

United has fiduciary responsibility in all areas, especially finance and regulation. Directors have a duty of loyalty to act in the best

interests of the association, considering what is best for all 6,323 members—not just those who are most vocal. Directors must act with care, seek expert advice and accept the decisions of the board—or resign.

Because laws require United to publish board meeting agendas four days before an open meeting and two days before a closed meeting, directors cannot add new agenda items during a board meeting (emergency items being the exception by two-thirds vote of directors present). Published agenda packages contain staff reports, outside expert reports, etc., which are to be read before discussion, and committee meeting minutes are included in the package. At first presentation of a resolution, the board takes a vote to accept the item for consideration at the next meeting and, if necessary, place it on 28-day review (at a minimum), allowing time for members to read the information, get questions answered and give their response. At the next meeting, the board can discuss, amend, hold it over for another 28-day review or take a final vote. Once passed, the resolution goes into effect. Meeting minutes contain actions taken and decisions made.

All open United meetings can be viewed one of three ways:

- Live on TV6, and via replays, and the Village YouTube channel
- Via Granicus at [laguna.woodsvillage.granicus.com](http://laguna.woodsvillage.granicus.com)

- Via the Zoom link available on the agenda posted on the TeamUp calendar on the Village website.

All meetings are conducted following Robert's Rules of Order to give all speakers equal chance to be heard. A director's duty is to listen and consider the points presented, considering neither the identity nor vigor of the speaker.

The United Laguna Woods Mutual board of directors meets the second Tuesday of each month at 9:30 a.m. in the Community Center Board Room.

## COMMITTEE MEETINGS

### Finance Committee

Oversees finances and fees related to United Mutual and meets monthly on the fourth Tuesday at 1:30 p.m. in the Community Center Board Room.

### Maintenance and Construction Committee

Oversees the upkeep of all buildings located in United and meets the fourth Wednesday of even months at 9:30 a.m. in the Community Center Board Room.

### Architectural Controls and Standards Committee

Ensures United's buildings are up to code and remain aesthetically pleasing, and meets the third Thursday of each month at 9:30 a.m. in the Community Center Board Room.

### Landscape Committee

Oversees all United landscaping matters and meets the second

Thursday of each month at 9:30 a.m. in the Community Center Board Room.

### Resident Advisory Committee

Serves as a liaison between the United board and United members. The committee also answers questions and promotes communications of board-approved policies and information to United members. This committee meets monthly on the second Thursday at 3 p.m. in the Community Center Sycamore Room.

## WATER CONSERVATION

The United board of directors, recognizing that California is experiencing record drought conditions requiring parts of Southern California to reduce exterior irrigation water use, passed a resolution to voluntarily reduce the use of potable water for irrigation by 15%. The irrigation water source in United is mostly potable water.

Residents are asked not to water any common areas and to water personal plants only twice weekly. The United Landscape Committee will be working with the VMS Landscaping Services Department to plant more drought-tolerant plants through the end of this year and 2023.

United residents will note that grass in some areas is being mowed less frequently; taller grass retains more moisture, which assists in keeping it greener for a longer period.





Village Management Services, Inc.

## VMS Board of Directors

Rosemarie DiLorenzo  
Chair  
Third, 2019-2022

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

Diane Phelps  
Second Vice Chair  
GRF, 2019-2022

LeLeng Isaacs  
GRF, 2021-2024

Norman Kahn  
United, 2020-2023

Manny Robledo  
United, 2021-2024

Cynthia Rupert  
United, 2019-2022

Mary Seto  
Third, 2022-2023

Judith Troutman  
GRF, 2020-2023



# WE WANT YOU!

## A CALL TO SERVE

*By Norman Kahn, Director*

Laguna Woods Village is a unique retirement community. Larger in population than 76% of all cities in America, we boast nearly 12,750 units and more than 18,600 residents. We enjoy 250 clubs, two golf courses, 10 tennis courts, five pools, three fitness centers, seven pickleball courts and an equestrian center, and an 814-seat professional level Performing Arts Center. This amazing list of amenities represents just some from a much longer list of all Laguna Woods Village has to offer, which explains why for more than 50 years the Village has been “the community of choice” for fully enjoying one’s retirement.

What makes the Village run so well without state or government support? The answer is simple: *We, the people, who reside here* along with hundreds of resident volunteers and VMS’ 800 dedicated employees. Included in the Village volunteer count are 42 directors from four boards and many advisors. Additionally, some directors also serve on committees or special project panels. That, my fellow resident, is how



your Village continues to function at a high level and reasonable cost. Among our Village residents are large numbers of professionals from industries representing finance, government, manufacturing, accounting, legal, medical and probably most other service categories. There is no shortage of accomplished talent in our Village!

### **SO WHERE ARE WE GOING WITH THIS?**

The answer is obvious and simple. Most Village residents are retired and here to have fun, relax and find new friends but mostly to enjoy retirement in the many ways our great community offers. That's all well and good, but hold on: Who's taking care of business, running the show and watching the store? You are! Well, maybe not you in particular, but hundreds of your neighbors. Yes, in addition to our paid staff, the Village is fortunate to have many part-time volunteers but, sadly, not enough! Two years of COVID, multiple lockdowns, sky-high inflation and now a severe shortage of job seekers has created a difficult situation for businesses and large associations similar to Laguna Woods Village. Without a doubt, we'll make it through these crazy times, but that's not good enough! The Village needs help—not just any help, but special

help. This is a call for civic-minded Villagers to serve on one of our four boards or numerous committees, or simply serve as an advisor. The qualifications we seek are some business knowledge, common sense, an interest in Village improvement and time to attend one to three monthly meetings as part of a team whose only agenda is to improve living in the Village.

### **HERE'S HOW YOU CAN HELP**

Your choices are many, and all lead to being a more involved Village citizen, sharing your years of education, knowledge and expertise for the benefit of a better functioning community we call home. In these turbulent times, your Village needs part-time volunteers with new ideas, expertise and energy. If you live in United or Third Mutual, your options are to become a member of the board of directors, share your knowledge on a committee or advise on issues affecting your area. The exception is Village Management Services (VMS), which has nine board members. Each board appoints three directors to represent their board on VMS. Here is a brief outline of the general responsibilities of each board.

- **VMS:** A business management corporation owned by the Village. Its primary purpose is to direct and oversee the 800 employees who perform all Village services as mandated

by the other boards. All VMS committees are internal without advisors.

- **United and Third Mutuals:** Primarily involved with all matters affecting the well-being of residents residing in their districts and, overall, the Village. These boards give direction to VMS, which carries out their requirements as voted.

Although these boards serve different functions, the common interest of the Village boards is to work together for the betterment, safety and continued success of our Village as the pre-eminent retirement community.

### **HOW YOU CAN LEARN MORE**

Attracting qualified volunteers is an important requirement for the continued success and growth of the Village. This task is so important that we assigned Services Manager Catherine Laster to be your initial point of contact. Reach her at **949-597-4265** or **[catherine.laster@vmsinc.org](mailto:catherine.laster@vmsinc.org)**. She will determine your interest level and location, and refer your inquiry to a director on the board indicated by your response. All questions will be answered promptly and honestly. You have nothing to lose, but with your added help and expertise, the Village will have much to gain.

The Laguna Woods Village boards and volunteers look forward to meeting you.



## THEN AND NOW

# OUR HISTORIC WESTERN SYCAMORE

Along the banks of Aliso Creek is a beautiful sycamore tree that was estimated to be about 50 years old and a mere sapling when the Pilgrims arrived at Plymouth Rock. That means our stately sycamore is more than 400 years old!

Indigenous tribes camped and watered underneath its spreading branches, Mexican vaqueros probably watered their stock and horses nearby and the Moulton family used the water from Aliso Creek for farming, sheep and cattle.

Our tree also survived floods in 1969 and 1997.

Visit this magnificent tree along the Aliso Creek pathway and very gently touch the bark of this historic community icon. The History Center offers three Tree Walk guides—the Aliso Creek Park Tree Walk, the Serpentine Walk and the Friendship Walk—that highlight easy-to-stroll paths and different tree species within the Village.

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**). Visit [lagunawoodshistory.org](http://lagunawoodshistory.org) for more information. Donations are greatly appreciated.





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MemorialCare Medical Group | Greater Newport Physicians