E-bikes pose unique risks to riders

by Eloy Gomez
GRF safety manager

Over the past few years, electric bikes have grown in popularity as a fun, energy-efficient way to get around the community while offering some health benefits. Despite being an affordable and flexible form of travel, new reports highlight a surge in accidents and dangers associated with these types of motorized vehicles that can result in severe injuries, such as broken bones, spinal cord and head injuries.

The Department of Motor Vehicles defines an e-bike as a bicycle equipped with fully operable pedals and an electric motor. Most e-bikes fall into one of three types. Class 1 e-bikes, the most common, are pedal-assist bikes that can reach 28 mph before the motor stops. Their enhanced system will require some health benefits. Despite being an affordable and flexible form of travel, new reports highlight a surge in accidents and dangers associated with these types of motorized vehicles that can result in severe injuries, such as broken bones, spinal cord and head injuries.

The Department of Motor Vehicles defines an e-bike as a bicycle equipped with fully operable pedals and an electric motor. Most e-bikes fall into one of three types. Class 1 e-bikes, the most common, are pedal-assist models with motors that work only while someone is pedaling. They have a top speed of 20 mph. Ride faster, and the motor automatically flips off. Class 2 e-bikes feature a throttle, so the motor powers the bike even if a person isn't pedaling. It stops working if a person exceeds 20 mph, though. Class 3 e-bikes are the most powerful. These pedal-assist bikes can reach 28 mph before the motor stops.

Electric bikes are much heavier than traditional bikes because they contain a battery and an electric motor, weighing anywhere around 30-80 pounds. Some dangers come with owning or using electric bikes, and it's essential to be aware of them. Because of weight and speed, e-bikes pose a greater risk of injury to riders and pedestrians. A Reuters report found that e-bike injuries were more than three times as likely.
Sunshine Club

Patty Barnett Mouton, vice president of outreach for Alzheimer’s Orange County, will be back at Sunshine Club to share the exciting new programming that will be available soon. The meeting will be held Friday, June 9, in Clubhouse 3, Room 2, at 10 a.m.

Alzheimer's Orange County (AOC), with the support of numerous community partners, will be providing the Leisure World Memory Support Team (MST).

This specialized team will provide a variety of memory support programs and services to Leisure World residents and families concerned about memory loss and/or cognitive decline.

The development of this project was greatly influenced by the thoughtful and persistent advocacy of the Golden Age Foundation. The Memory Support Team programs and services will include:

- Brain health classes.
- Memory and cognitive screenings.
- Memory training programs.
- Early memory loss workshops.
- Individual and family dementia care consultation and care options counseling.
- Medication reviews and reconciliation.

LW residents will experience an innovative approach to dementia care and management with a goal of helping people remain as independent and productive as possible.

All shareholders are welcome to join this meeting. Sunshine Club requires no membership fees, but donations are welcome.

For more information, contact Anna Derby at 562-301-5339.

Democratic Club

by Mary Larson
LW contributor

The LW Democratic Club will meet on Wednesday, June 28, in Clubhouse 3, Room 9, and via Zoom at 1 p.m. The meeting will feature a 30-minute conversation via Zoom with candidate for the U.S. Senate Adam Schiff. Leisure World Democrats are invited to participate in person, online or by phone. Zoom login information is available by calling 562-412-0898 or emailing sbwlsdemocraticclub@gmail.com.

Plans are also underway to invite two other U.S. Senate candidates—Katie Porter and Barbara Lee—to participate in the club’s August and September membership meetings.

Due to several recent developments, there is renewed interest in the campaign to replace Katie Porter who is the current representative in Congress from our District 47. One of the Democratic candidates for this position, Joanna Weiss, is scheduled to speak at the club’s membership meeting in July.

The club has once again designated July as its Virtual Candidate Forum. The Filipino Association of Leisure World (FALW) for the event. The FALW is grateful for the assistance.

The FALW started the event 11 years ago but, due to COVID-19, it was cancelled for two years. The event came back last year, stronger and bigger than ever.

Last year, close to 250 veterans and their guests attended the picnic. Guests enjoyed delicious food, desserts, fresh-cut fruit and sodas, and sang all the military branch songs to uplift spirits. “Taps” was played for departed comrades.

The Hui O Hula Club and the Hawaiian Band will entertain during the picnic this year. Registration is required to attend the event. To register, call Ren Villanueva, 323-854-6209; Ric Dixon, 714-225-3597; Ed Bolos, 551-998-4223; or Harry Varnas, 323-791-1141, and state your name, phone number, branch of service and number of guests. A gift will be distributed to first 100 veterans who registered for the event.

Registration is open to veterans until June 25.

The 2022 Korean Veterans Association veteran luncheon

KOREAN VETERANS ASSOCIATION

Veteran dinner to be held June 25 in CH 4

The Korean Veterans Association of Leisure World will honor every veteran for their sacrifice and dedication during the service.

All veterans are invited to dinner at 5 p.m. on Sunday, June 25, in Clubhouse 4. Early arrival for parking space is recommended due to large number of attendees is expected.

There will be a catered Korean dinner served to each and all participating veterans. RSVP is requested no later than June 10.

Call Paul Lee at 310-710-3114.

Mutual 2 Emergency Buddy System

The Emergency Buddy System (EBS) of Mutual 2 honored Joanna Matos with an honorary tea on May 18 in Clubhouse 3.

Matos has been a part of EBS since its inception beginning with Mutual President Margarita Barr. She will relinquish her parcel coordinator status to new Community Emergency Response Team members Dave and Angie Forney. However, Joanna will retain her Building Buddy position and will remain the secretary of EBS.

The group wanted to show Matos how much they appreciate her volunteering to be a part of this emergency preparedness group.

The Filipino Association of Leisure World (FALW)’s annual Veterans Picnic will be held on Saturday, July 1, at the Clubhouse 1 picnic area. The event is open for all U.S. veterans residing in Leisure World and their guests. It is a way for the FALW to express its gratitude to veterans for selfless service to a great nation.

The Golden Age Foundation (GAF) donated $3,500 to the FALW for the event. The FALW is grateful for the assistance.

The FALW started the event 11 years ago but, due to COVID-19, it was cancelled for two years. The event came back last year, stronger and bigger than ever.

Last year, close to 250 veterans and their guests attended the picnic. Guests enjoyed delicious food, desserts, fresh-cut fruit and sodas, and sang all the military branch songs to uplift spirits. “Taps” was played for departed comrades.

The Hui O Hula Club and the Hawaiian Band will entertain during the picnic this year. Registration is required to attend the event. To register, call Ren Villanueva, 323-854-6209; Ric Dixon, 714-225-3597; Ed Bolos, 551-998-4223; or Harry Varnas, 323-791-1141, and state your name, phone number, branch of service and number of guests. A gift will be distributed to first 100 veterans who registered for the event.

Registration is open to veterans until June 25.

The Korean Veterans Association of Leisure World will honor every veteran for their sacrifice and dedication during the service.

All veterans are invited to dinner at 5 p.m. on Sunday, June 25, in Clubhouse 4. Early arrival for parking space is recommended due to large number of attendees is expected.

There will be a catered Korean dinner served to each and all participating veterans. RSVP is requested no later than June 10.

Call Paul Lee at 310-710-3114.

Mutual 2 Emergency Buddy System

The Emergency Buddy System (EBS) of Mutual 2 honored Joanna Matos with an honorary tea on May 18 in Clubhouse 3.

Matos has been a part of EBS since its inception beginning with Mutual President Margarita Barr. She will relinquish her parcel coordinator status to new Community Emergency Response Team members Dave and Angie Forney. However, Joanna will retain her Building Buddy position and will remain the secretary of EBS.

The group wanted to show Matos how much they appreciate her volunteering to be a part of this emergency preparedness group.