

June 8, 2023

# LW Weekly

See  
Page 2

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**BALANCE:** Optum will hold its monthly balance workshop on June 14 from 11 a.m.-noon in the HCC Large Conference Room. *See page 4.*



**BATHROOM UPGRADE:** Seniors may qualify for a free bathroom accessibility upgrade. *See page 5.*



SECURITY UPDATE

## Citation program recommences on GRF trust streets

As of June 1, Security will use new Community Violation Notices (CVNs) to document parking violations inside Leisure World.

The enhanced system will streamline the prior heavy administrative burden on the Security and Finance Departments.

At this time, the enhanced citation program will be enforced on GRF Trust property only. The GRF Board of Directors will provide direction to Security at a later time regarding authorization to issue citations on a Mutual's property.

These citations cover parking violations only. The Seal Beach Police Department is responsible for issuing moving violations inside Leisure World.

There are no assigned "parking enforcement" officers in Security. Parking enforcement will be conducted by patrol officers when there are no other duties of higher priority occurring in the community, such as paramedic calls, incident reports, etc.

CITATIONS, page 3

**GRF ANNUAL MEETING**

The Golden Rain Foundation will hold its 60th annual meeting on Tuesday, June 13, at 2 p.m. in Clubhouse 4.

Residents can attend in person or watch online via YouTube livestream or by visting [lwsb.com/livestream](https://www.lwsb.com/livestream). For more information, see page 5.

GETTY VILLA TRIP

The Recreation Department is selling tickets, \$25, to its July 7 excursion to the Getty Villa on a first-come, first-served basis. Space is limited. See page 12.



## 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 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.

According to an article by the Washington Post, 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

BIKE SAFETY, page 2

PRESCRIPTIONS

## Medication delivery available from new pharmacy provider



Genoa representatives Louis Rizzacasa (l) and Juvy Villanueva hold examples of the pre-filled medication packages that Genoa delivers to residents' doors.

Genoa Healthcare has begun managing pharmacy services for the Health Care Center after the departure of the LW Pharmacy in February.

Residents can start getting their medications delivered by Genoa whenever they like. Genoa has a pharmacy in an Optum site in Torrance, where they send out free, daily medication deliveries straight to residents' doors.

Medications are also delivered in pre-filled packaging (pictured), so people don't have to worry about missing a dose.

Genoa pharmacists and technicians are highly trained in chronic conditions that many people have, like diabetes and heart disease, making them a great resource for information about medications.

Those who would like to sign up for Genoa's medication delivery can stop by the HCC front desk or call Genoa at 424-282-2035. They're open from 8:30 a.m.-5 p.m., Monday through Friday.

Information about the new pharmacy will be published in the LW Weekly as soon as it becomes available.



## 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 (AlzOC), 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.



Patty Barnett Mouton

## 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 [sblwdemocraticclub@gmail.com](mailto:sblwdemocraticclub@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

**DEMOCRATIC, page 17**

## FALW will hold annual Veterans Picnic on July 1

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 Dizon, 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 veterans 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 Ko-

rean dinner served to each and all participating veterans.

RSVP is requested no later than June 10.

Call Paul Lee at 310-710-3114.



Dave and Angie Forney

## 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.



Joanna Matos (l-r), Pat Ronda, Fara Quirin, Teresa Turner, Lorna Lass, Rosa Fabian and Sylvia Makus