



Laguna Woods WOOD WORKS

SUMMER

CITY OF LAGUNA WOODS

2007

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CITY OF LAGUNA WOODS



WOOD WORKS is published by the City of Laguna Woods and is distributed as a public service to the homes and businesses of the City. The City of Laguna Woods welcomes your comments, suggestions and questions regarding WOOD WORKS. Please call or write:

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City Expands Recycling and Cuts Landfill Use



In 2006, the City of Laguna Woods reduced the amount of trash sent to local landfills by 23%—3,035 tons less than the 13,365 tons dumped in 2005.

This huge reduction was made possible because Ware Disposal, the City's franchised waste hauler, takes 72% of the City's garbage to a material recovery facility (MRF) so that recyclables can be sorted from the trash. More than 4,000 tons of recyclable materials were recovered in 2006 by Ware at no extra charge to City residents and businesses.

Laguna Woods is one of the few jurisdictions in the state to recycle nearly two-thirds of the waste it generates. More than 17,000 tons were recycled in 2006 consisting of Ware's 4,000 tons, Laguna Woods Village's nearly 9,000 tons of green waste and 2,227 tons of newspapers recycled. The balance consists of California redemption containers cashed in plus commercial recycling.

Overall, the City's diversion rate from landfill dumping increased from 50% in 2005 to 61% in 2006.

City residents who want to sort and recycle their own solid waste have many options. The City has three major drop-off locations for do-it-yourself recyclers: 1) Household batteries, mobile telephones, small appliances, white paper and old medications (which must be removed from their containers and placed in plastic baggies) can be dropped off at City Hall (household batteries can also be turned in at Vons, Stater Brothers, Home Depot, Rite-Aid and Longs Drugs); 2) Laguna Woods Village has a recycling center in the maintenance parking lot off Via Campo Verde with bins for glass, plastic, metal, cardboard, magazines and paper and 3) The recycling center in the Vons parking lot at El Toro and Moulton Parkway pays cash for California redemption containers.

Residents can have household hazardous waste (HHW) collected through the City's door-to-door collection program. Come to City Hall and pick up a hazardous waste container. The City's contractor will call you to schedule a collection date. Call City Hall to schedule collection of electronic waste. The City also has a mail-in sharps disposal program for medical needles.

Improper disposal of waste is a major source of creek, ground water and ocean pollution and is hazardous to the environment and human health. Hazardous household waste (HHW) consists of all paint and paint products, herbicides, pesticides, rust removers, lubricants, corrosive chemicals and more. E-waste includes television sets, computers, monitors, scanners, printers, fax machines, stereo consoles, videocassette and compact disc players, microwave ovens, and such small electric appliances and tools as coffee makers, can openers, knife sharpeners, electric razors, and portable electric drills and saws.

Residents and contractors undertaking construction and demolition projects in the City are now required to recycle at least half their waste. Disposal information on construction and demolition waste is provided when building permits are issued at City Hall. Since this program began in July 2006, more than 900 tons of construction materials have been recycled.

The City will offer more recycling opportunities in 2007 and 2008 to help keep the Laguna Woods recycling rate among the highest in California.

Call City Hall at 639-0500 for more information.

Senior Citizen Fall Prevention

Among people 65 years and older, falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma. Each year in the United States, nearly one-third of older adults experience a fall. In 2003, more than 13,700 people 65 and older died from injuries related to falls; about 1.8 million people 65 and older were treated in emergency departments for nonfatal injuries from falls, and about 460,000 of these patients were hospitalized (CDC 2005).

Twenty percent to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures or head traumas. These injuries can make it hard to get around and limit independent living. They also can increase the risk of early death.

Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.

Many falls and fall-related injuries can be prevented with existing knowledge and technology. The risk of falling can be reduced by following these steps:

EXERCISE REGULARLY

- Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better.
- Exercises that improve balance and coordination are the most helpful.
- Ask your doctor or health care worker about the best type of exercise program for you.

ASK YOUR HEALTH-CARE PROVIDER TO REVIEW YOUR MEDICINES

- Ask your doctor or pharmacist to review the medicines you take (include over-the-counter medicine).
 - Some medicines or combinations of medicines cause drowsiness or light-headedness, which can lead to a fall.

GET YOUR VISION CHECKED

- Get your eyes checked by an eye doctor.
 - You may be wearing the wrong glasses or have a condition, such as glaucoma or cataracts, that limits your vision.
 - Poor vision can increase your chances of falling.

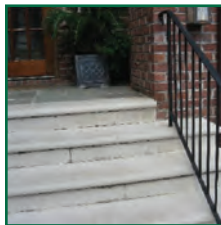
MAKE YOUR HOME SAFER — HALF OF ALL FALLS HAPPEN AT HOME

General

- Remove items from stairs and walkways to prevent tripping.
- Insure that uncarpeted floors are not slippery.
- Anchor throw rugs with double-sided tape to keep them from slipping.
- Keep items you use often within easy reach. Avoid using step stools.
- If you must use a step stool, make sure it is sturdy and the step surface is not slippery.



Install grab bars in the tub



Have handrails on both sides of stairs



It is easy to trip on small rugs. Tape them to the floor or do not use them at all

- Improve the lighting in your home. As you get older, brighter lights are needed to see well. All light fixtures should have a minimum of 60-watt bulbs. Lamp shades or frosted bulbs can reduce glare.
- Make sure all your furniture is sturdy.
- Chairs should have armrests and be at the correct height.
- Entrances to every room should have a light switch.
- Turn on a night light before going to bed.
- Turn on a light when getting up at night.

Entrance and Exits

- Doors should open easily.
- Exterior and interior lighting should be good.

- Outside and inside pathways should be free of furniture, hoses and other objects.

Bedroom

- A telephone should be easily reached from the bed.
- A lamp should be easily reached from the bed.
- The bed should be the correct height.

Bathroom

- The bathtub plug should be easy to reach, and to use.
- A rubber mat should be used for every bath or shower, or anti-slip decals on the bottom of the bathtub (no more than 2" apart).
- There should be at least two grab bars in the tub area and one next to the toilet, if needed.
- Any rugs outside the bathtub should have a rubber backing.
- If you have problems getting into or out of the bathtub or up and down from the toilet, use:
 - a bath seat.
 - a hand-held shower.
 - a raised toilet seat.

Stairs (inside and outside)

- Stair edges should be marked with contrasting color.
- All steps should be the same height and same depth.
- Stairs should have a non-slip surface.
- Handrails should be present on both sides of stairs.
- Handrails should be round, extend 12 inches beyond the top and bottom steps and the height should feel comfortable when used for support.

Personal habits — if you are unsteady on your feet:

- Move slowly after lying or sitting to prevent dizziness.
- Do not wear long skirts, long house coats or loose slacks.
- Wear shoes with good support and non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.
- Avoid using a ladder or step stool. 🌳

City Extends Taxi Voucher Program



Effective July 1, 2007, the City's popular subsidized taxi voucher program has been extended for another year. Anyone who has unused vouchers can turn them in for a refund or credit toward a new book of vouchers commencing June 12, 2007. Vouchers for taxi transportation to John Wayne Airport, the Irvine Transportation Center and other county destinations are also available.

The City discounts the cost of taxi service 50-60%, depending on trip destination. Program participants must enroll and purchase vouchers at the City Hall. For further information, visit the City's website at www.lagunawoodscity.org or phone 639-0500. 🌳

I Am a City Volunteer

Do you know the first voice you hear when you call the Laguna Woods City Hall is that of a volunteer? I am one of those voices—one of 15 community volunteers who act as City Hall receptionists. We answer phones, direct calls, take messages, send out mailings, make reminder calls and welcome City Hall visitors.

We all enjoy being of service and learning new things about the City. We like helping people obtain the services the City provides. We each work about four hours a week—either morning or afternoon.

Not everyone is qualified for this job, but if you would like to volunteer, the City has openings. Please call Roz Fox, the City's Administrative Coordinator, at 639-0512 and ask for an application. — Grace Massello 🌳



The Laguna Woods Branch of the Orange County Library Adds Books

The Laguna Woods Branch Library, located in the City Hall at 24264 El Toro Road, not only delivers books ordered by residents, but now also has a limited collection of fiction and

non-fiction books, large print books and books on CD and DVD discs available for checkout.

Two computer stations have been added making a total of four, which allow one hour of Internet use daily as well as Word and Excel software.

Another library feature is the drop-off box in front of City Hall. Any Orange County Library item may be placed in the drop box when the library is closed. When the library is open, items must be returned to the librarian.

Library staff is on duty from 10 a.m. to 4:30 p.m. Monday through Friday and may be contacted by phone between 10 a.m. and 4:30 p.m. at 639-0500. 🌳

Now in place for Laguna Woods residents

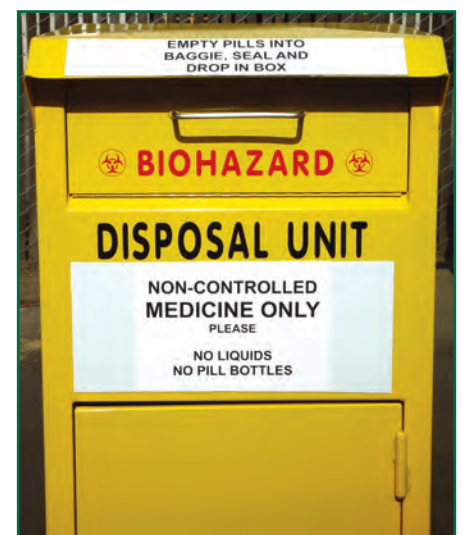
One of California's First Medicine Drop-Box Programs

June 13th marked the start of the Laguna Wood's medicine drop-box collection program. The program is available to all residents who want to dispose of their non-controlled* prescription or over-the-counter pills or capsules. Liquid medicines and medical patches cannot be accepted.

Residents can simply bring their medicines, in baggies, to City Hall during normal business hours, and have them dropped into the big yellow medicine drop box. Frequently, the medicine will be removed for destruction by Curbside Inc., the City's partner in providing this service. Curbside also provides home collections for household hazardous waste and electronic waste in the City.

"We are very excited about this program," stated City Manager Leslie Keane. "In introducing this service, we are responding to widespread interest from Laguna Woods' residents for a safe, convenient and environmentally responsible way to dispose of such materials from their homes."

**Controlled substances, such as narcotics and illegal drugs, are not eligible for collection under this program. 🌳*



CITY OF LAGUNA WOODS
24264 El Toro Road
Laguna Woods, CA 92637

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**Catch up on news
from the City!**

Laguna Woods Resident
Laguna Woods, CA 92637





CITY HALL
24264 El Toro Road
Laguna Woods, CA 92637
8 a.m. – 5 p.m.
Plan Counter Hours: 8 a.m. – 12 p.m.
Phone: 949-639-0500
Fax: 949-639-0591
Website and E-mail Links:
www.lagunawoodscity.org


CITY COUNCIL
Milt Robbins, Mayor
Bert Hack, Mayor Pro Tem
Robert Bouer, Councilmember
Bob Ring, Councilmember
Brenda Ross, Councilmember
Leslie A. Keane, City Manager
Susan M. Condon, City Clerk

Get Connected to City Services

Attend City Council Meeting

 3rd Wednesday of each month,
2 p.m., Laguna Woods City Hall,
Council Chambers, 24264 El
Toro Road. Cablecast live on LW
Communications Channel 6.

 **Visit the City's Website**
www.lagunawoodscity.org

 **Call us** at (949) 639-0500
TTY phone at (949) 639-0535



Tune In
Channel 6



Write To Us
City of Laguna Woods
24264 El Toro Road
Laguna Woods, CA 92637



Send Us an E-mail
cityhall@lagunawoodscity.org
Share your thoughts and ideas.

Apply to Serve on a Committee
Call the City Clerk's office at (949) 639-0500.

City Meeting Schedules

- ◆ City CouncilThird Wednesday of month.....2 p.m.
- ◆ Community Services Committee (CSC)Fourth Wednesday of month9:30 a.m.
- ◆ Human Relations Committee (HR)Second Tuesday of month1:30 p.m.
- ◆ Planning Advisory Committee (PAC)First Thursday of month9 a.m.
- ◆ Transportation Advisory Committee (TAC)Second Wednesday of month9:30 a.m.
- ◆ Water Quality Advisory Committee (WQAC)Second Monday bimonthly1:30 p.m.

Meetings are held at City Hall, 24264 El Toro Road, Laguna Woods, CA (949) 639-0500.

Meeting schedules are subject to change.