



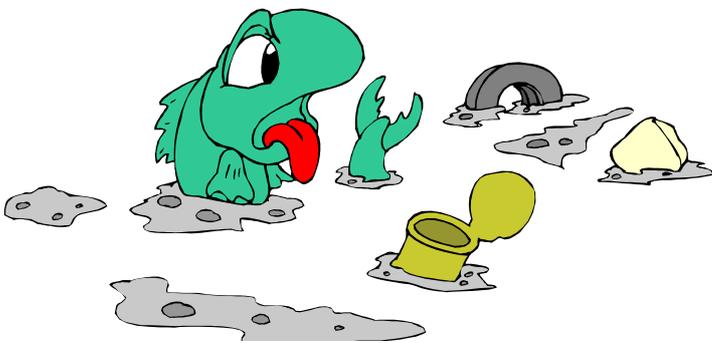
Community Civic Association of Laguna Woods Village
April 2006 Town Forum

THE CHALLENGES OF HOARDING

What is it and What we can do about it?

By **Roseanne Kotzer, MSW, ACSW**

True hoarders may have habits of the extreme, but we all know someone who holds onto items of little to no utility. In fact, we all do it to some degree. You never know when you'll need that "ab crunch", though you never used it before and you never learned how. And what about that box of old magazines? There might be a story you'll want to read—someday.



How can we clean up the mess and live reasonably orderly lives without drowning in stuff? We will offer a few tips to keep your home, office and head organized.



Laguna Woods Villages Helping Hands: Listing of Laguna Woods Village Clubs What they collect to give to others. Use this booklet when you are cleaning out your closets. What you discard may be a treasure to others. It is available in the Recreation Department.



**Community Civic Association of Laguna Woods Village
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 Roz Rhodes, Corresponding Secretary
 Jerry Sheinblum, Membership
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Telephone Numbers to Remember		<i>Laguna Woods Village Numbers</i>	
City Hall	639-0500	General Info	597-4369
Office on Aging	800-510-2020	Library	597-4274
OCTA	714-636-RIDE	LW News	837-5200
Orange County Health & Human Services	211	Property Service	597-4600
Fire/Paramedic	911	Recreation	597-4227
<i>Laguna Woods Village Numbers:</i>		Security	580-1400
Bus Information	597-4659	Social Service	597-4267
Bus, Lift	597-4679	Stables	597-4275



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HOARDING, TIPS TO HELP

Thor Spangler, of Albuquerque, paid a visit to his aging mom, but found it hard to get through the front door. At well over six feet he scrapes the top of many doorways, but that wasn't the problem. It's just that his mother holds onto old newspaper clippings, Snapple bottle caps, junk mail and just about anything else you could name. There they sit, in stacks throughout the house. Each pile taller than Thor himself.

His mom is not unusual, just turn on the TV. Shows like *Clean Sweep* and *How Clean Is Your House?* reveal exactly what's inside America's closets. The answer: Lots and lots of junk. We are becoming a nation of hoarders.

What drives a person to hoard perfectly useless objects like bottle caps? The urge to collect may derive from the need to store supplies such as food—a drive so basic it originates in the subcortical and limbic portions of the brain. But it doesn't end there. We use the prefrontal cortex, a brain region involved in decision-making, information processing and behavioral organization, to determine just what "supplies" are worth hoarding. In a small percentage of cases, hoarding may be the result of damage, such as a stroke, to the prefrontal cortex.

For most, however, hoarding is the reflection of anxiety, sometimes raised to the Nth degree of obsession and compulsion. In such instances, it vastly, pathologically, overcapitalizes on the virtue of saving.

True hoarders may have habits of the extreme, but we all know someone who holds onto items of little to no utility. In fact, we all do it to some degree. You never know when you'll need that ab crunch, though you never used it before and you never learned how. And what about that box of old magazines? There might be a story you'll want to read—someday.

How can we clean up the mess and live reasonably orderly lives without drowning in stuff? Here are a few tips to keep your home, office and head organized:



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- 1. Let go of nostalgia.** Okay, you wore that old sweater when you dated your first boyfriend 20 years ago, and you really know you'll never wear it again. But still...it's time to give it away. Ask yourself whether you use the item in question and whether it has been sitting idle for years. Some people impose a two-year rule. If they haven't touched an item in two years, out it can go.
- 2. Share the wealth.** Donating your things contributes to society, and altruism makes you feel good.
- 3. Uncover the real problem.** Do you make new purchases and then hoard them to relieve the anxiety of spending money? Don't hide your real issues behind wayward acquisitions. If you have a problem, seek professional help.
- 4. Adopt the in-out rule.** What comes in must go out. If you buy a new item, make sure you throw out, sell or donate one you don't use (don't worry you'll find one).
- 5. Avoid the "I'll fix it someday" trap.** If the toaster is broken and can't be repaired, why is it still in your possession? Let it go, let it go.
- 6. Similarly, avoid the "I'll use it someday" rationalization.** Don't buy more than you need now. You might not even use it; your needs, or your taste, may change.
- 7. Streamline your space.** You've been searching for that important bank document for three days, but it's nowhere to be found. Once you start organizing your space with shelving and filing cabinets, you'll waste less time looking.
- 8. Make a priority list.** Jot down what you plan to keep, and what you plan to toss. And don't forget to stick to the list.





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**EL TORO WATER DISTRICT
WAS A PROUD SPONSOR OF THE
4th Annual Transportation Awareness Day
April 26, 2006**

**Please visit ETWD's 10th Annual Open House
and Facility Tour on
Saturday, May 6th, 2006 from 9 a.m. – 2p.m.
RSVP (949) 837-7050 x239**

**For more information regarding water conservation or
water quality. please call (949) 837-0660.**



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April is Earthquake Month

A Drill is scheduled for Saturday April 29th @ 2::00 pm.

- Put out your door hanger on your status.
- Check on your neighbors.
- Volunteer at your nearest Clubhouse for assistance in triage and communication..
- Be aware and prepared

It wasn't raining when Noah built the Ark!

The disaster preparedness task force of our community was organized in 1989 and consists of volunteers who function under the security department of the golden rain foundation. Their purpose is to keep residents aware, informed and prepared for major emergencies. Volunteers are provided with training in first aid, CPR, and emergency preparedness issues .

The goal is for every resident to have adequate supplies, reserve, for 6 days ..

we strongly recommend:

1 gallon of water per person per day

Dry food for self/selves and any pets

Current medications--a six day supply

Sanitation supplies

First aid supplies for home/car

Containers for each animal

Up to date personal records filed with the security

department

An established family communication plan

Cash

battery operated radio and flashlights

Each of the clubhouses, the small golf course, and building 4008 (in gate 14), is stocked with first aid supplies and has a team of volunteer responders that report during an emergency. Security and staff from PCM (the management company) are trained in CPR, simple first aid and the AED equipment (cardiac defibrillators.). They are on call as an integral part of this communities emergency preparedness.

Summary of Last Month's Forum



**Community Civic Association of Laguna Woods Village
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Mayor Bob Bouer	Mayor Pro-Tem Milt Robbins	Councilwoman Brenda Ross	Councilman Burt Hack	Councilman Bob Ring

We celebrated the Cities 7th Birthday and along with the Birthday of City Manager, Leslie Keane and the Belated Birthday of Councilwoman Brenda Ross.

Programs You Should Know About

Household Hazardous Waste Door to Door Pick-up—

Old Cell Phone and Used Battery Drop off—

Small Appliance and E-Waste Pick-up—

Transportation Services—

Recreation and Cultural Programs—

Notary Service—the City provides free notary service for residents.

**CALL US AT (949) 639-0500 FOR MORE
INFORMATION ABOUT THESE AND OTHER
CITY PROGRAMS.**



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UPCOMING CCA TOWN FORUMS FOR 2006

CAC Events for 2006	Event
Wednesday, April 26, 2006 CH 3 9:30AM – 1:00PM	Transportation Awareness Day, sponsored by GRF
Thursday, April 27, 2006 CH 5 1:30PM – 3:30PM	Hoarding, What is it? by Roseanne Kotzer Chairperson of the Day
Thursday, May 25, 2006 CH 5 1:30PM – 3:30PM	LWV Management Agreement Milt Johns, Russ Disbro, Mark Stein
Thursday, June 15, 2006 CH 3 9:30AM – 1:00PM	Senior Fraud Fest 2: Chairperson of the Day
Thursday, July 27, 2006 CH 5 1:30PM – 3:30PM	LWV Insurance Needs Jodi Martin & Insurance Vendors

JOIN CCA

**Only \$10.00 per year per household. Send your checks to
Community Civic Association of Laguna Woods Village
PO Box 2613
Laguna Hills, CA 92654**