Parkland Village Newsletter

No. 6 November 2020

Hello neighbors!

The elections are behind us (mostly), and now many of us can focus our attention more on Parkland Village and moving the project forward.

First, for those of you who are new to the Village and for those who may need a refresher, we are organizing a virtual Village so that, as soon as feasible, we will be able to provide volunteer services to residents of Parkland Hills and Southeast Heights who need those services to help them continue living in their homes. Those services will include: 1) transportation; 2) light chores in and around the home; 3) compassionate visits to reduce a sense of isolation among our most vulnerable residents; and 4) neighborhood events designed to strengthen a sense of community. You can check out our website at www.parklandvillageabq.org.

Thanks, and stay safe and healthy,

Rich

Rich Weiner
President
Parkland Village

We have a new phone

Last month we purchased a Village phone. The number is **(505) 417-8799**.

The phone will rotate among Board members. We'd be happy to hear from you, if you want more information, need services, know someone in the neighborhood who needs services, or if you'd like to volunteer to help out the Village in some capacity.

We'd Love to Have More Volunteers

We are actively looking for volunteers. Until we begin providing services to residents, some volunteers are helping with fundraising ideas, some are planning our future rollout of services, some are writing newsletters, some are engaging with City and non-profit

agencies, and others are organizing Zoom activities. Even before we begin

serving those in need, we'd love to have you join us. Also, let us know if you'd be willing to make compassionate (friendly) calls to people who are isolated or make deliveries from food banks. We will set up trainings for both activities shortly after the new year. Call us or e-mail us at info@parklandvillageabq.org, and we'll find a way to plug you in.

Calendar FUNDRAISER

Our calendar fundraiser has been very successful so far. You may recall that the calendar consists of photos of the neighborhood that were chosen following a photography contest.

So far, we have sold over 110 calendars and more than 60 sets of greeting cards. The calendars are in the process of being delivered. We have cleared almost $1,000 after paying for the printing of the calendars and cards, and we still have more of each to sell.

You can still order calendars and sets of greeting cards (same photos – 12 to a set), provided that you order them no later than December 10.

The calendars and cards we have in stock will go to the people whose orders we receive first, and they will be delivered shortly after we get the orders. The rest of the calendars and cards ordered will be printed after December 10 and delivered around December 18.

If you wish to order calendars or cards, copy and paste the order form **on the next page**, fill it in, and send it with a check or cash to Kim Seidler, Treasurer. SEND TO:

Kim Seidler,
Parkland Village Treasurer
4813 Southern Avenue, SE
Albuquerque, NM 87108

Online Village Events

Following our first Zoom General Forum on August 18, we plan to hold Zoom events involving specific topics and speakers and/or music and poetry. We intend to have one such event per month starting in January, and we will let you know the specifics in advance of the events. Our first speaker – in January -- will be Dr. Andrew West (see article on UNM Research Collaboration). Please contact us if you have any requests or ideas for topics and speakers. Also, see Page 5 for information regarding an upcoming art workshop that will be sponsored by the Village.

Order Form: Parkland Village Fundraiser 2020

Calendars at $20 each: Number: _____ subtotal: $_____

Card Set of 12 cards, 12 images at $20 each: Number: _____ subtotal: $_____

Extra Donation $_____

TOTAL: $_____

Name:

Address:

City/State/Zip:

E-mail Address:

Phone:

Are you interested in volunteering, now or in the future? Yes __ No __ Maybe __

When we get your order, we'll call or text before delivery and check again when the delivery is made. We can coordinate the drop-off for a time you'll be home. If you wish to pick up your order, call or text to Bernice Martinez at 505-688-7988.

The calendar is close to selling out. We will do a second printing, so if we have no more on hand and your order reaches us by December 10, we will deliver your calendars and cards around Dec. 18.

PAYMENT MAY BE MADE BY CHECK OR CASH.

Make checks out to: Parkland Village. This order form must accompany payment.

SEND TO:

Kim Seidler, Parkland Village Treasurer
4813 Southern Avenue, SE
Albuquerque, NM 87108

"Marathon" Fundraiser

The Marathon Fundraiser took place in early October. Parkland Hills Neighborhood Association sponsored the event, and it raised $270 for the Village. Equally importantly, the 15 or so participants had fun while engaging in healthy activities. Any future such events will be planned earlier in the year than this event was planned and will hopefully draw many more participants.

UNM Research Collaboration and Survey

In our September newsletter, we mentioned that, through our partnership with Age-Friendly Albuquerque, we met Andrew West, PhD, a researcher at UNM who specializes in health promotion and successful aging. Andrew secured a grant from UNM for the Village, which will fund the cost to send out a direct mailer to every household in the Parkland Village service area. You should be receiving this mailer in the next few weeks. Please complete the survey and encourage your neighbors to do the same. The survey will collect information on people's interest in our Village services and what they need from, and/or can offer, Parkland Village. The importance of this mailer cannot be understated. Many of the most vulnerable people in our neighborhood undoubtedly do not use the Internet, and this direct mailer will enable us to reach those people. You, too, can help connect us to people in the neighborhood who may need the services we will be providing. Our services will be limited during the pandemic and will include compassionate visits by telephone for people who are relatively isolated and food deliveries from food banks for low-income residents. If you are interested in providing either of these services, let us know, and we will include you in trainings to be held during the winter.

Online Art Workshop

Laurie McCann, Parkland Hills resident and professional artist, will hold an online art workshop on Tuesday, December 1, from 1:00 to 2:00 PM and a second date to be determined by the participants of the December 1 workshop (probably a week or two later).

Laurie will deliver the materials to your home or, if you prefer, you will be able to pick them up at her home.

On December 1, participants will learn the basics of doing a collage, they will work on the project at home, and in the follow-up session, participants will share their work with each other and discuss their process and the choices they made. You can sign up on our website, www.parklandvillageabq.org, by e-mail at info@parklandvillageabq.org, or by phone at 417-8799.

We will meet two times on Zoom. On Dec. 1 we will share ideas, and we will ask and answer questions. A week or two after that, we will share the results of our creative journeys (this will not be a traditional art critique).

Each participant will receive a brown paper bag containing various materials, a glue stick, small scissors, and an 8" x 5" template.

Laurie says this about the workshop: *Unleash your Inner Artist - or maybe just your fun-loving Fool! Explore color, shape, texture, fibers and found objects in this shared collage adventure offered by Laurie McCann of RainDragon's Workshop (http://raindragon.biz)*

Cost is $15 per person, to cover cost of materials and a $5 donation to Parkland Village (total: $20). For more information contact Laurie at Lolo@cruzio.com.

Healthy Hints

Guest Column by Karen Lavine*, local resident and retired nurse

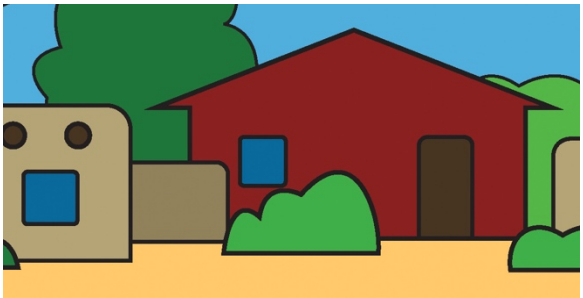
Go for the greens! Here's one big reason why: A study shows that older people who eat at least one serving per day of leafy greens have a much lower rate of cognitive decline than those who eat only one-tenth of a serving per day.

Also, the people who eat those higher amounts of greens (averaging 1.3 servings) are 11 years younger, cognitively speaking, than their counterparts who eat far fewer greens. Click on this link for a summary of the study findings: https://www.nia.nih.gov/news/leafy-greens-linked-slower-age-related-cognitive-decline.

Here are 2 videos for ideas on incorporating greens into meals: 1) Ten Ways to Eat More Greens: https://www.youtube.com/watch?v=xF6kOzwrL5A (there are LOTS of other online videos on this subject as well); and 2) Collard Green Wraps: https://www.youtube.com/watch?v=YME2rfiZkKc.

Lately I've been experimenting with different collard soup recipes as a warm way to get in 2 servings of greens each day during the cooler months. (Collards have the extra benefit of being especially high in calcium compared to other greens.) This is just one of the hundreds of collard soup recipes online: https://blog.fatfreevegan.com/2007/03/collard-greens-and-white-bean-soup.html I hope this information helps you to enjoy "green" meals more frequently. Salud!

* Karen is a retired RN and Certified Diabetes Care and Education Specialist (CDCES). Guest columns are based on the opinions and research of the columnists and not of Parkland Village. If you are interested in submitting a guest column that could be of interest to seniors or people with disabilities, please contact us!



Online Exercise and Yoga Classes

The Villages of Santa Fe, in collaboration with AARP, is sponsoring free, online classes in exercises, gentle yoga, and fall (as in "slip and fall") prevention. Subject to their 100-person limitation, any of you are welcome to register for, and join, these classes.

These classes are scheduled through December 2020:

Balance and Beyond

with Maria Francis,

Tuesday and Thursday, 2pm MT

Gentle Yoga

with Judith Rhodes,

Wednesday and Friday, 10am MT

Register in advance for classes at http://aarp.cvent.com/aarpnm2020events

You can also register for the Fall

Prevention Workshop

at the same web address or by contacting Ann Church at Fitnessvillages505@gmail.com or 505-501-8187.

This two-part, on-line workshop is designed to **reduce fear of falling and increase activity levels**, focusing on:

- The importance of an exercise routine
- The importance of speaking up and being assertive
- Reviewing medications, hearing, and vision issues
- Positive interaction with healthcare providers and family
- Making the home environment safer

Remaining workshop schedule:

December 7 & 14, 9 am MT,
90 minutes each session