



## Hello Neighbors!

I hope that the first month of this new year has gone reasonably well for you. Things are still difficult with the pandemic, and they promise to continue that way for much of this year. I hope all of you are staying safe and healthy. In that vein, I hope that you have registered for your Covid-19 vaccine. If you have not yet and wish to do so, the Department of Health's website for vaccines is <https://cvvaccine.nmhealth.org/>.

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. The idea is to help people who need those services continue being able to live in their homes as long as possible. Those services will include:

- Transportation
- light chores in and around the home
- compassionate visits to reduce a sense of isolation among our most vulnerable residents and

- neighborhood events designed to strengthen a sense of community.

You can check out our website at [www.parklandvillageabq.org](http://www.parklandvillageabq.org).

Stay safe and healthy,  
**Rich**

Rich Weiner  
President  
Parkland Village

## Limited Services During the Pandemic

We are planning to provide limited, safe services during the pandemic and hope to be able to do so in the next month or two. Those services will be:

- friendly (compassionate) calls (not in-person visits)
- yard work; and
- deliveries of food from food banks.

If any of you are interested in providing any of these volunteer services, please contact us at [info@parklandvillageabq.org](mailto:info@parklandvillageabq.org). Once we have identified a number of people who

need these services as well as a number of people willing to provide the services, we will schedule trainings for the volunteers. If you know anyone who might need any of these services, please have them get in touch with us.

---

## We'd Love to Have More Volunteers to HELP US Organize

**We are actively looking for volunteers to help us with the organization and administration of the program.** Some of the areas where we need help are:

- Website development and maintenance
- Bookkeeping/accounting
- Planning events/programs
- Service volunteer coordination
- Fundraising
- Recruitment
- Resource evaluation and coordination (researching the work of other agencies and meeting with them – by Zoom during the pandemic – to create cooperative arrangements

- Other – you might have ideas of your own or a special set of skills that might be helpful to us during the organizing phase and after we begin the full array of services

If you think you can be of help in any of these areas, or you have special skills in any of these areas, again please contact us at [info@parklandvillageabq.org](mailto:info@parklandvillageabq.org).

---

## Parkland Village's **SUCCESSFUL** 2021 Calendar *Fundraiser*

For the first time, in 2020, we held a photography contest, similar to the current contest, for our 2021 calendar. You can find information about that calendar project in previous newsletters. The project, despite a late start, was a huge success. We raised needed funding to help us with expenses this year, when we will be launching our first service projects. With the experience our capable fundraising committee gained this past year, our Board has decided to make a calendar fundraiser and photography contest an annual event.

(See 2021 calendar images on Page 5)

---

# ANNOUNCING Parkland Village's 2021 Second Annual PHOTO CONTEST

by Candy Nartonis, Parkland Village Board member  
and Chair of the fundraising committee

## Calling all photographers!

The Parkland Village 2021 Photo Contest is underway. And it costs you nothing to enter!

The theme this year is ***Walls, Gates, and Doors of Parkland Village.***

Grab anything that can take a picture and get out there in our service area. That means your photos need to be taken within the area defined by San Mateo, Gibson, Carlisle, and Garfield/Zuni.

We are looking for images from all seasons for use in our 2022 calendars and blank notecard sets. We need square or horizontal images of high quality, 300dpi@12 inches on the long side. Click on [Photography Contest - Parkland Village \(helpfulvillage.com\)](https://helpfulvillage.com) to see Guidelines for this contest.

We hope photographers who love our neighborhood will enter as



often as they have high-level photographs that fit the theme. We also hope to have a diversity of seasons represented. (Hint: It's still winter! Maybe we'll get one or two more snowfalls.)

Our contest will be open from January 31 – July 31, so there is time to gather archived photos and take new ones.

Photographs that do not match our theme will not be passed on to the jurors. Members of our Board or the Fundraising Committee cannot submit, but anyone else in Albuquerque is free to send images.

## Online Village Events

Our first Zoom forum of the year took place on January 14. Andrew West, a researcher at UNM who specializes in health promotion and successful aging, was our feature presenter.



Andrew has partnered with Parkland Village to combine his research interests with our community outreach. Far from being a standard presentation followed by questions and answers, Andrew primarily led the participants in discussions on the following topics: 1) creative ways of staying in touch with people during the pandemic, and 2) meeting the frustrations and challenges of using the Internet for communication. For each of these topics, Andrew divided us into small groups (called “breakout rooms” -- easy to do using Zoom) so that we could discuss this topic more freely than we could in the larger

group. This format also allowed us to get to know some of our neighbors better. After all, strengthening a sense of community is one of the main goals of the Village. Andrew has indicated that he would be excited to facilitate future Zoom forums, and we plan to take him up on his generous offer.

---

## Calling All Musicians and Poetry Performers

The Zoom forum we were planning to have on February 11 has been canceled due to a scheduling conflict involving our hoped-for presenter.

**Our next Zoom forum will take place on Thursday, March 11, from 5:30 to 7:00 PM.** That event will be a fundraiser that will include **music and poetry performed by residents of Parkland Hills and Southeast Heights**, in addition to an opportunity for attendees to get to know their neighbors. We have several people who have committed to playing music (solos) for the event. If you would like to perform for 3-to-10 minutes, please contact us at [info@parklandvillageabq.org](mailto:info@parklandvillageabq.org). Let us



know what you plan to perform and how long your performance will last, and we will schedule you accordingly.

If you would like to attend this forum and not perform, RSVP at the same e-mail address.



---

## Online Exercise and Yoga Classes

The Villages of Santa Fe, in collaboration with AARP, has been sponsoring free, online classes in exercises and gentle yoga. Subject to their 100-person limitation, any of you are welcome to register for, and join, these classes.

***Balance and Beyond*** with Maria Francis, Tuesday and Thursday at 2:00 PM

***Gentle Yoga*** with Judith Rhodes, Wednesday and Friday at 10:00 AM

***NEW! Stretch and Strength***, Monday and Thursday at 10:30 AM

***Also, Building Resilience in an Unpredictable World*** with Maria Francis, February 16 and 23 at 10:30 AM, two 90-minute sessions

Create an account and register for 2021 classes at

<https://villages.punchpass.com>

Or call Ann Church at 505-501-8187.

---

## 2021 Calendar Fundraiser

