

Hello Neighbors

The last four months have been eventful for Parkland Village, despite the ups and downs of the pandemic.

In July, the New Mexico Villages Network, which we are part of, sponsored a Zoom forum on the End of Life Options Act, and our village had the most participants.

At the end of that month we concluded our second annual photography contest, the results of which will provide photos for our 2022 calendar.

In August we participated in National Night Out. In August and September, we held volunteer orientations and trained 13 people (lucky number!) who will provide direct services to residents who need them. We are now ready to launch limited pandemic-safe services.

And in the past week, we held the first of two Zoom forums with



Photo by L. Lampela

presentations by Nusenda Credit Union. Read further for details of these and future Parkland Village events.

Stay safe and healthy,

Rich

Rich Weiner
President
Parkland Village

We're Now Providing Limited Services During the Pandemic

Having trained and vetted 13 volunteers of direct services, we are now providing the following pandemic-safe services.

- friendly calls (not in-person visits yet) to help people feel less isolated
- yard work
- assistance with technology over the phone (depending on the assistance needed and the skill sets of our volunteers), and
- deliveries of food from food banks.

As this newsletter “goes to press,” we are in the middle of processing our first few service requests.

If you need any of the above services, please contact the volunteer service coordinator on call at 505-417-8799.

We will not require recipients of these services to be members of Parkland Village at this time, nor will we be charging dues until we are ready to provide the full array of services we have been intending to provide.

We will let you know when we're getting close to providing the full array of services (including transportation, friendly visits, and chores in the home), and that will depend on pandemic conditions easing sufficiently.

We haven't decided on a dues structure yet, but we anticipate that they will be no more than \$15 per month (much less than most other “villages” charge), and there will be a sliding scale for people who can't afford the regular dues.

Problem with our Post Office Box Resolved



In June we rented our post office box. If any of you sent mail to this box prior to mid-September, it would have been returned to you as undeliverable.

Fortunately, one resident let us know that happened to them. It turns out that the post office forgot to remove the standard block they place on this inside of the mailbox in between renters. That block

has now been removed, and we have a working address. Now deliverable!

Parkland Village
P.O. Box 8738
Albuquerque, NM 87198

2022 Parkland Village Calendars and Cards are Ready to be Printed

The winning photographs from our 2021 contest (Doors, Walls, and Gates of Parkland Village) have been formatted for printing. The 12 images have been designed for our 12 x 12-inch 2022 calendar and formatted for sets of twelve 5 x 7-inch boxed cards as well. Both products are beautiful. They showcase the Parkland Hills and Southeast Heights Neighborhoods and will make wonderful gifts.

You can find the winning photos and photographers by clicking here.

https://parkland.helpfulvillage.com/editable_pages/10045-photography-contest-2021-winners

You can order calendars and cards by clicking here.

https://parkland.helpfulvillage.com/editable_pages/10046-2022-calendar-orders

We plan to have them available by October 16th. We will be glad to deliver to your door.

Gallery to Show Work of 2021 Photographers

Albuquerque Photographers Gallery in Old Town Albuquerque will be giving our winning photographers a weekend exhibition. Most of the work will be for sale. Parkland Village volunteers will be there to introduce you to the artists present. This fun event might be just the outing for a lovely fall weekend. The shops in Old Town are open, as are the coffee shops and restaurants.



Rob Watson - Grand Prize Winner,
Parkland Village Photography Contest 2021

As a reminder: We need to wear masks indoors in public spaces. This will also be our first showing of the newly printed cards and calendars. You'll be able to purchase the 2022 versions, and there will be some 2021 cards available as well.

Dates:

Saturday October 16, 11am – 6pm
Sunday October 17, 12:30 - 5pm

The gallery has just moved to a new ground level address. It is now in the courtyard across the street from Church Street where Church tees into San Felipe.

Albuquerque

Photographer's Gallery

328 San Felipe NW

Old Town

505-244-9195

<http://www.abqphotographersgallery.com>

We'd Love to Have
More Volunteers
To Help Us Organize

If you did not respond to the spring survey or did not indicate an interest in helping us organize but are now interested, be sure to contact us at

info@parklandvillageabq.org

and let us know.

Some of the volunteer areas where we need help are:

- Website development and maintenance
- Bookkeeping/accounting
- Planning events/programs
- Outreach
- Fundraising (especially if you have expertise in this area!)
- 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



Online

Village Events

In lieu of in-person events, we continue to sponsor or co-sponsor Zoom forums that 1) provide interesting, informative topics and presenters and 2) an opportunity for you to get to know some of your neighbors who share an interest in the Village.



In July we co-sponsored a Zoom forum on the recently enacted Elizabeth Whitefield End-of-Life Options Act. **The presenter was Nancy Abell**, who is a member of



a village called Santa Fe Neighbors.

Nancy was with a family member at the time of his planned death using the *Oregon Death and Dying with Dignity Act* in 2012. From that time on she has worked to bring medical aid in dying to New Mexico.

She is a founding member of *End of Life Options New Mexico* (EOLONM,) a non-profit organization dedicated to helping New Mexicans achieve their end of life wishes. She is currently the Clinical Outreach and Clinical Services Advisor for EOLONM and Chair of the statewide implementation committee for the *Elizabeth Whitefield End of Life Options Act*.



Parkland Village was, in essence, a co-sponsor of that Zoom forum. We are part of the New Mexico Villages Network (a network of all the villages in New

Mexico), which sponsored the forum. The Network had its start last September with the purpose of the various New Mexico villages sharing their experiences and supporting one another. Representatives of the villages meet quarterly.

We got really positive feedback from those who participated in the forum. If you didn't get a chance to participate in the Zoom forum on ***the End of Life Options Act***, you should still be able to **access a recording of that forum using the website at the bottom of this page.**

After you click on the link, enter the following **passcode**: **klu7Df^1**.

(You might want to copy and paste this passcode, because it's very easy to misspell.)



More recently, we held a Zoom forum on financial scams, fraud, and identity theft presented by Amanda Reyes and Ann Swickard of ***Nusenda Credit Union***. We

had a lively discussion among attendees, none of whom are strangers to scams.

Amanda and Ann will present another Zoom forum for Parkland Village on **Tuesday, November 16, from 5:30 to 7:00 PM.**

This second forum by **Nusenda** will be on the topic of ***Trusted Partners*** -- where to go when you need help and seem to have run out of options.



Photo by L. Lampela

National Night Out

The evening of August 3 was **National Night Out**, an annual event when neighborhood organizations all over the country hold outdoor events to bring residents of the neighborhoods together.

Parkland Hills Neighborhood Association (PHNA) generally holds a National Night Out event, usually a picnic in a local park. Parkland Village generally has attended these picnics.

This year, because of the pandemic, PHNA sponsored a different kind of event, whereby individual residents of Parkland Hills could, at their option, have a table or display to talk to their neighbors about a subject or project that they are involved with.

Residents then walked, biked, or drove around the neighborhood to various homes that were on a special map provided by PHNA.

Parkland Village had a table outside the home of one of our Board members. Although we didn't get to talk to as many people as we usually do during a National Night Out event, we did have the opportunity to talk to a few people who were interested in learning about the Village.





Online Exercise and Yoga Classes

The **Villages of Santa Fe**, in collaboration with AARP, has been sponsoring several 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.

Stretch & Strength – twice a week -

Register at:

<https://villages.punchpass.com/>

FREE. Monday with Sharon Tolleson, 10 am MT, **online Zoom**
FREE. Saturday with Judith Rhodes, 10 am MT, **online Zoom**

45-minute program with standing/ sitting (or both) exercises. No equipment required, short and simple to follow, suitable for beginners – no floor work.

It is important to stretch and strengthen tight or weak muscles to increase your flexibility, balance, and coordination. By improving your flexibility, not only will you be improving the range of motion in each of your joints, but you're going to find yourself moving around with greater ease. Daily movements are easier. You will improve your posture, balance, and decrease your chances of a future injury.

AARP Senior Fitness: Balance & Mobility with Maria Francis

First and Third Monday of each month, through December 2021.

You must register for classes individually at:

<https://states.aarp.org/new-mexico/events-nm>

Improving your balance and mobility makes you steadier on your feet and helps prevent falls. It's especially important as we get older, when the systems that help us maintain balance—our vision, our inner ear, and our leg muscles

and joints—tend to break down. The good news is that training your balance can help prevent and improve those losses. This 45-minute class includes: Warm up with Aerobic; Kegel, Balance, Joints Mobility exercises, and cool down with stretches. No equipment required.



AARP Senior Fitness: Yoga Fusion with Judith Rhodes

**Second and Fourth Monday of
each month, through December
2021**

You must register for classes
individually at:

<https://states.aarp.org/new-mexico/events-nm>

This 45-minute class uses yogic breathing techniques, stretching, and adding one pound or two-pound weights to certain yoga postures (weights are optional).

Fitness moves are woven throughout: body sculpting through use of light weights, yoga straps, blocks, tennis balls, etc. Self-care techniques such as hand and foot massages will also be offered. This fusion between yoga and fitness helps develop upper and lower body muscle strength, eye and hand coordination, improved posture. Results: more vitality, improved balance coordination and — a sense of well-being.



Photo by L. Lampela



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