

From the President:

The summer is turning out to be quite a hot one, but we were blessed with cooler weather during the first half of June. Our first in-person event of the year at Eunice Kaloch Park on June 3 was accompanied by comfortable weather and a small, but congenial crowd.

While volunteers were setting up for the main event, in another part of the park, we held our first in-person meeting of people who have been providing direct services to members. We shared our experiences and some ideas for improving those services.



A group of service volunteers meeting June 3

Between mid-April and mid-July, 12 volunteers provided 63 services to 9 of our members. The most popular service continues to be transportation (62%), followed by assistance with technology (22%) and yard work (12%).

Our membership roster has grown now to 11 household memberships and 18 individual memberships, for a total of 40 people. About half of our members joined last August, and so their

membership renewals are coming up. We hope all will renew. And we hope that more of you join. We are very grateful to our members, especially those who do not need services (yet) but who joined to support the Village.

I made my very first service request in June – for technical assistance. I had an annoying problem, where every time I opened up a new tab on Microsoft Edge, the news feed appeared, and I had difficulty resisting all those news articles. I had spent many hours (with the help of several people) trying to fix that problem over a period of more than a year, and one of our gracious volunteers helped me fix it in under 30 minutes (over the phone)!

Another member, who has been active on our Fundraising Committee, had knee-replacement surgery, and she has obtained a number of rides to physical therapy appointments. She has more appointments scheduled, and we trust that the vast majority, if not all, will be picked up by volunteers.

We won't have another in-person event until the weather cools off, but we just had a Zoom social, and we have a couple of Zoom forums scheduled for August and September. We hope to see you at some of these events.

Stay safe and healthy,
Rich Weiner

A PARTY IN THE PARK



Friends, music, and sunshine made for a great afternoon

Several dozen neighbors gathered June 3 in Eunice Kalloch Park for an early summer afternoon of games, conversation, and music. The weather was cooperative (then!) and we all enjoyed the cool shade from the almost-century-old elms as well as the warm fellowship of friends old and new. Participants played table games, chatted, and laughed, and listened to enchanting music. John Brinduse, leader of New Mexico's renown Celtic band Saoirse, shared his fascinating family stories as well as music from his dual heritages, Rumanian and Scottish.



Nancy Musinski, Shirley Anderson, Robyn Cruz, Marj Patrick, and Liz McMaster get together during the Event in the Park

Members of the Parkland Village Events Committee were responsible for the festivities. We are grateful to Mara Hoffman, Marina Phillip, and Donna Detwiler. They were supported by Peggy Roberts and Board member Candy Nartonis., as well as many other helpful hands and backs.



Eva Ceskava and John Brinduse entertain at the June 3 event

John and I led the group in a revision of Woody Guthrie's *This Land is Your Land*.

The new Parkland Village lyrics:



This village is your village, this village is my village,
From Gibson Boulevard to Zuni Avenue,
From Richmond Terrace to San Mateo,
This village was made for you and me.
As I went walking, I saw a sign there,
And on one side it said "Parkland Hills Neighborhood."
And on the other side it said "Southeast Heights Neighborhood."
That sign was made for you and me.



Eva Česková

Anniversary of Launch of Services

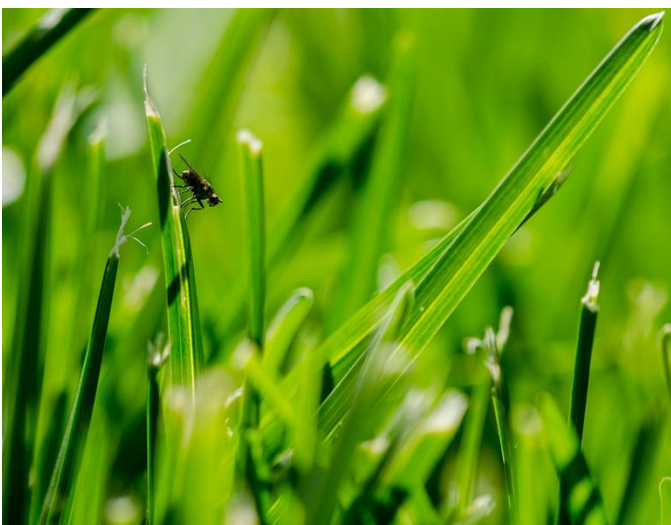
August 4 will be the first anniversary of the formal "launch" of Parkland Village services. We started out slowly and gathered speed. Since last August, 17 volunteers have provided 164 services to 12 members. In addition to receiving services,

eight of those 12 members have also volunteered to provide direct services and/or to serve on committees or engage in key Village projects. We look forward to another year of more members (both those receiving services and those simply supporting the Village), and we look forward to providing more services and, of course, more community-building events.

If your membership began last August or soon after, we would appreciate it if you would renew your Village membership. The standard dues are still \$150 per year per individual and \$200 per year per household. If you do not get an automatic e-mail reminder, please contact us to arrange for your renewal. Thanks for being a crucial part of the Village!

Announcing the winners of our *Curious Creatures* Photo Contest

We are delighted to announce the winners of the 2023 Photo Contest. The 12 photographers have been selected for our 2024 Calendar and notecards.



Are Flies Curious? By Roland Penttila

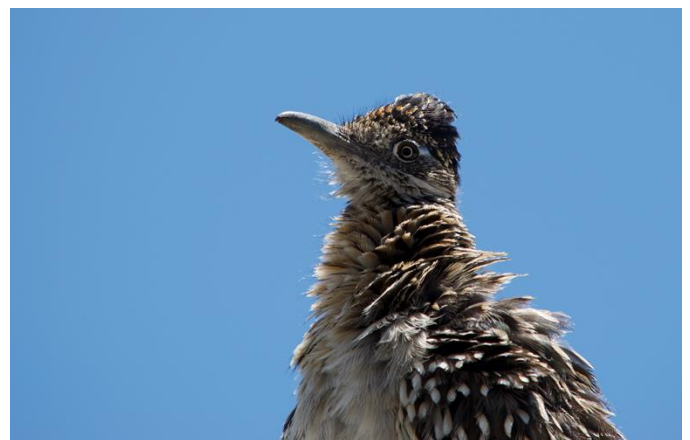
First Place went to Roland Penttila for his amazing photo of a curious insect. The winners also included Jamie and Kristina Estrada, Rhemy Walker, Melinda Frame, Marj Patrick, Katie Rielage, Jenn Rielage, Keith Rielage, Kari Converse, Carmen Meyer, Franziska Collins, and Adriana Boulton.

Jurors were Satoru Murata and Jory Vander Galien, both members of the Albuquerque Photographers Gallery. We are so thankful for the jurors' work. They selected from a field of 130 photos, coded anonymously. Making the job even harder, only one photo from each photographer could be chosen.



Neighborhood Watch by Carmen Meyer

In the next newsletter we will announce the date of the weekend exhibition of this year's winners. You will be able to see the jurors' photographs at the gallery, as well.



Young Roadrunner by Franziska Collins

The City of Albuquerque Quick Guide for Seniors

The City of Albuquerque's Department of Senior Affairs Quick Guide for 2023 was just released. There are several updates that might be interesting to the readers of this newsletter.

Here are some of the types of services listed in the Guide:

- City services
- Dementia assistance
- Caregiver and hospice resources
- Community-based organizations
- Disability resources
- Health care services
- Legal resources
- Public benefits
- Senior meals
- Transportation

The Guide is free and available online at the following website: [Senior Services — City of Albuquerque \(cabq.gov\)](https://cabq.gov/senior-services)

-article by Jay Blackwell



Sage at Home by Kari Converse

Parkland Village Inclusivity

Parkland Village affirms its commitment to the right of volunteers, members and

participants to non-discriminatory treatment based on disability, race, ethnicity, color, gender, sexual and affectional orientation, gender identity, national origin, religion, creed, veteran status, marital status, immigration status, or political affiliation in all its programs and activities. Non-discrimination includes freedom from harassment and retaliation based on any of the above-referenced protected classes.



Special Assistance with Trash and Recycling

Volunteer extraordinaire Roland Penttila passed on to us information about a service provided by the City of Albuquerque's Solid Waste Department. They will help take trash and recycling (as well as glass and hazardous waste) to the curb for elderly or disabled residents. Qualified residents must have a doctor's certification. To apply, just download and complete the [Residential Disability Form](#).

A heartfelt Thanks to our supportive local businesses

They continue to post our contest, post the information on purchasing cards and calendars, and even sell these items from their businesses, and giving us the funds without taking a cut. What gratitude we

have for them! A big article is coming out in our next newsletter, and a list of all these fine businesses.



Hi Bunny by Katie Rielage is one of our winning photos



Screen shot from the *Lemonade on the Patio* Zoom event

We have several Zoom forums coming up. On August 22, we will have a forum on Reflective Listening hosted by Jay Blackwell, who has been facilitating the very popular Reflective Listening segment of our volunteer orientations for more than a year.

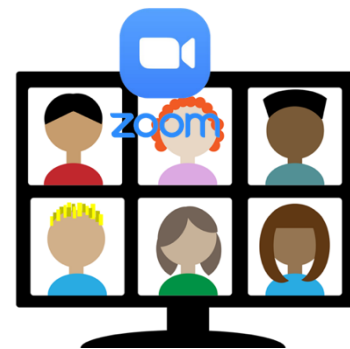
Jay has promised to lead us through information sharing and role-playing that will help anyone out as they have conversations with new acquaintances, old friends, or enduring connections. Jay promises to include laughter and jovial times in this Zoom workshop. Join us! There's always more to discover from the Parkland Village community!

In September, Andrew West will be back with a great topic. Stay tuned for notices about that forum.

Zoom Forums

In June we had a Zoom forum on Mindfulness facilitated by the inimitable Andrew West, Ph.D., researcher on how seniors communicate and long-time friend of the Village. It was a highly interactive forum in which we discussed the various aspects of mindfulness and shared what we do to stay mindful. As we continue to get older, mindfulness seems more important than ever.

We just held another Zoom forum that was purely social and titled Virtual Lemonade on the Patio. It was a small group of 11 people, but it made for a nice cozy group without the need for breakout groups. For the first time, everyone who signed up for the forum showed up! We played a version of Jeopardy, in which people took turns picking a category (like travel, hobbies, and the neighborhood) and were given a question to answer from their experiences or wishes. Everyone was very engaged.



If any of you have skills and/or interests that you would like to share in a future Zoom forum, please get in touch with us and let us know. Or you could request a topic.



Goin' Fishin' by Marj Patrick will be in the 2024 calendar

HELP!

Do you have a daily “to-do” list that spills over into tomorrow and tomorrow, and tomorrow? Or a health-related problem that knocks you off your feet for a while? Or age-related slowdown? If so, you may want and welcome a volunteer or volunteers from Parkland Village. Below are a few who did.

“I am blessed,” says Eva Ceskava, a retired Unitarian-Universalist minister. She is grateful for being driven to doctor appointments, having yard work done and the camaraderie of Parkland Village’s volunteers. Since she no longer drives, PV volunteers have been absolutely indispensable.

Nora Nielsen echoes Eva’s feelings and calls Parkland Village a “tremendous asset to the community.” After her knee replacement, volunteer drivers took her to medical appointments. Not only were her drivers helpful and on time, but she enjoyed many pleasant conversations with volunteers she already knew and newcomers she found “delightful.” Nora first learned about Parkland Village by answering a survey that came in the mail.

Karen Bonime has been a member of Parkland Village since the inception of the effort to organize it. An accomplished origami creator, she has found her art particularly satisfying during COVID

isolation and had it on display during our gathering in Eunice Kaloch Park. Like Eva and Nora, Karen is enthusiastic about the Village’s transportation service. Her partner Rich usually takes her to doctor appointments, but he works part-time and also has a lot of doctor appointments, so he can't always take her.

My gratitude goes to last summer’s volunteers who worked on my yard convincing me it could be less than the weed-growing, grass-encroaching spread of rocks it was becoming. They were far more knowledgeable and efficient than I. They made me both proud and happy to be a member and volunteer.

—Kathy Matthews

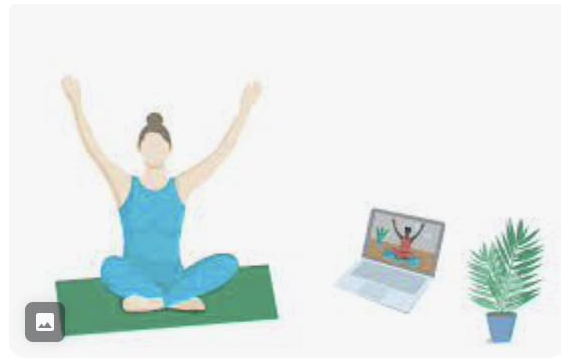


Standard Andy meeting Wile E. Coyote by Adriana Boulton



If you would like to volunteer, either by providing direct services to members or by helping with the organizational aspects of the Village, please contact us at info@parklandvillageabq.org or call us at (505) 417-8799. We will find a

way to plug you in. If you want to provide direct services, we will schedule a volunteer orientation as soon as we have at least several such volunteers. And, if you would like to write a column or an article for this newsletter, let's talk!



For more information about Parkland Village or Village membership, visit our website at

www.parklandvillageabq.org

Or call us at (505) 417-8799



Hi Dog by Keith Rielage

Online Yoga Classes

The **Villages of Santa Fe**, in collaboration with AARP, has been sponsoring online classes in exercise and gentle yoga. Any of you are welcome to register for, and join these classes. Some classes are free, and some involve a nominal fee. You can get more information about and register for these classes at: <https://villages.punchpass.com>.



Rock Frog by Jenn Rielage

Parkland Village Board of Directors and Key Volunteers

Rich Weiner, President
Mara Hoffman, Vice President
Kim Seidler, Secretary- Treasurer
Candy Nartonis, President-Elect
Eva Ceskava, Member of Board of Directors
Nancy Musinski, Volunteer Service Coordinator
Rose Rohrer, Volunteer Service Coordinator
Marj Patrick, Volunteer Service Coordinator
Robyn Cruz, Volunteer Service Coordinator
Kate Matthews, Parkland Village Calendar Designer
Vicki Rohrmann, Grant Writer
Nora Nielsen, Grant Writer

Parkland Village Calendars and Cards will be printed and ready for collecting within about six weeks. The price, miraculously, is still \$20 for a calendar or a box of 12 notecards. The calendars are smaller this year, so they fit on a stack of files in your briefcases and bags. They are writable in pencil, and easy to erase. We think you will find the new layout easy to use and handy.



Hound Dog Halloween by Melinda Frame



Piggies by Rhemy Walker



Parkland Village
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