

## Hello Neighbors!

**Happy New Year!** At least we can hope it will be a happy one. We know it will be a challenging year, but Parkland Village will meet that challenge.

We have already begun offering limited services without requiring membership dues. If you or a neighbor in Parkland Hills or Southeast Heights needs yard work, a friendly call, help with electronics over the phone, or deliveries from a food bank, please call our **Volunteer Service Coordinator at 505-417-8799**.

Meanwhile, we are in the process of putting the organizational infrastructure in place so that, when conditions are right (hopefully this spring), we will be ready to provide the full array of services that we have been intending to provide since we began organizing the Village project several years ago.

Once we “launch” the full array of services, we will require membership in Parkland Village as a prerequisite to obtain any of those services. The services will include light chores in and around the home (including help with electronics) and transportation to doctors’ offices, grocery stores, and

other venues. The membership dues will be \$150 per year or \$200 for a household. These dues will be considerably lower than the average membership dues for the hundreds of “villages” in this country.



However, if anyone in our service area needs financial support to become a member, we stand ready to assist. Any resident of our service area can become a member, if only to support the Village. Volunteers who do not also receive services have the option of being Village members.

Remember that an important goal of the Village is to strengthen a sense of community, in part through our services and in part through events that bring neighbors together and include those who have been feeling isolated. With that thought in mind, we encourage you

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not to think of the membership dues as only paying for services. Rather, your membership will help ensure a healthy, vibrant organization and a healthy, vibrant neighborhood.

Membership dues will help pay for insurance, the platform that includes our website, development of the website, telephone expenses, accounting software, Zoom, mailing expenses, office supplies, Village literature, events, and more.

*Stay safe and healthy,*

*Rich*

Rich Weiner  
President  
Parkland Village

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For more information about Parkland Village, read further and visit our website at [www.parklandvillageabq.org](http://www.parklandvillageabq.org).

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## Volunteer Services HAVE BEGUN

by Karen LaVine

Volunteer Service Coordinator

Among the limited services we have begun to offer, we have received several requests, primarily for friendly calls and yard work. Our enthusiastic, vetted volunteers provided those services, including Carol, Martha and me, as we raked leaves, weeded and tidied up the yard of one of our neighbors, Lilamae. Please call us with your service requests at **505-417-8799!**

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## Help Wanted!!

Later this winter we expect to hold additional orientations for people who want to provide direct volunteer services to residents. In the meantime, **we need more help with the organizational aspects of the Village.**

**Some of the areas where we need help are:**

- **Website development** and maintenance
- **Volunteer Coordination Committee:** Orient/train new volunteers, match volunteers with members when they request services, update the volunteer manual from time to time, facilitate meetings with volunteers to share experiences and suggest changes, follow up on

requests to volunteer, and provide training updates to volunteers as appropriate.

- **Membership Services Committee:** Complete and update the membership handbook, arrange home visits and orientations for new members, handle membership complaints, suggestions, or other issues.
- **Events Committee:** Plan events and programs. Right now, we're primarily planning Zoom events, but we're hoping to be able to have events in the parks again or even in people's homes.
- **Outreach Committee:** This may overlap with the Events Committee, but it can also include working on the newsletter and other kinds of outreach activities. Creativity would be a plus for working on this committee.
- **Fundraising Committee** (especially if you have expertise in this area!): apply for grants, hold fundraising events, and work on the yearly Parkland Village calendar project.
- **Recruitment Committee:** Go door-to-door in the neighborhood, talk with neighbors about the Village, and hand out the Village brochure and other Village literature. Find people to add to the mailing list, people who want to volunteer, and people who need services.
- **Resource Evaluation and Coordination Committee:** Research the work of other

agencies (City and non-profit), and meet with key people in those agencies – by Zoom during the pandemic – to create cooperative arrangements and avoid the duplication of services.

- **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.

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## 2022 Parkland Village Calendars and Card Boxes

by Candy Nartonis  
Chair of the Fundraising Committee

Our calendars have been selling exceedingly well, and, as a result, our finances are healthy as of the end of 2021. There are still just a few calendars available at \$20 each. If you would like a calendar, call 617-851-8151 and we will deliver it immediately.



PARKLAND VILLAGE 2022

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We printed extra cards for sales throughout the year, so they are also available at the same number. They are \$20 per box.



Keith Rielage, *A Quiet Day*, January

Parkland Village has been selling calendars and card boxes as our primary fundraising activity. For the second year in a row, the 12 x 12-inch calendars have featured 12 photographs of our neighborhoods of Southeast Heights and Parkland Village.

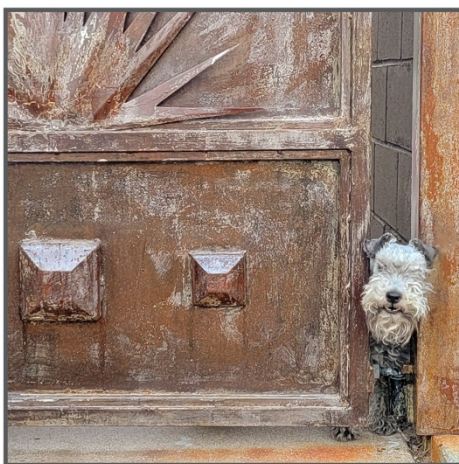
The boxes of 12 5 x 7-inch cards feature the same winning photos. This year the winning photos were submitted by the

first-place winning team of **Steven and Robb Watson** and by **Barney Metzner, Keith Rielage** (with two winning photos), **Mike Purdy, Sandra McClelland, Kari Converse, Arianna Eversol** (also with two winning photos), **Nita Hughes, Jamie Estrada, and Shannon Walker**. The theme of the contest was Gates, Walls, and Doors of Parkland Village.

Our team on the Fundraising Committee went door to door, introducing Parkland Village to each person at home, handing out informational flyers, and offering the calendars and cards for sale.



Divya, Eva, Vicki, Candy at Hyder Park, Fall 2021



Arianna Eversol, *Behind the Gate*, March

We also set up tables at *Tasty Tuesday* in Hyder Park, at *Immanuel Presbyterian* during the holiday NM Philharmonic Concerts, at Michael Thomas Coffee and at *Matrix Gallery*.

Several local businesses sold our calendars as well. They were: *Organic Books, Color Wheel Toys, and Ooh! Ahh!* Also, Parkland Village was supported by *The Source Craft Fair*.

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We were honored with a weekend exhibition of the winning photos in Old Town at *Albuquerque Photographers*



Eva & Vicki at Tasty Tuesday sales table

*Gallery*, and they allowed us to sell during the show. The result of all this activity is that we introduced ourselves to many hundreds of people and made record sales.



Since Parkland Village's last newsletter at the beginning of October, we held **two Zoom forums**. These forums provide a way for neighbors to get together without doing so in person.

**In November we held a second Zoom forum with Nusenda Credit Union.** The topic was "Our Trusted Partners."

Nusenda presenters, Ann Swickard and Amanda Reyes, shared information about agencies and companies they work with, primarily in the area of investment and financial advice.



Following their presentation, which lasted about half of the forum, we had breakout groups in which participants shared information about agencies that were helpful to them, their friends, and their families. Participants continued to share in the larger group.

**In December, we held a purely social Zoom forum**, where neighbors could get to know each other better than they can in a topic-oriented forum. During the forum, we held two breakout groups with different configurations of people – to maximize the number of neighbors people could become acquainted with.

We began those small groups with icebreaker-type questions, such as "What made you decide to move to this neighborhood?" and "What do you like about the neighborhood?" At the end of the forum, people expressed an interest in having a social forum once every two months.

We will not hold a Zoom forum in January, but we anticipate having our **next Zoom forum (a social forum) sometime in February**.



# 2022

## Photography Contest Theme Announced

by Candy Nartonis

**Photographers, begin taking photos of our service area!** (For now, the area is bounded by San Mateo, Gibson, Carlisle, and Zuni/Garfield.) **We need photos of all seasons and in every month.**

Entering our contest is free, and you may submit any number of photos. We will be accepting entries in the spring and will be making that announcement in the next newsletter. In the meantime, your photos can be square or horizontal and should be sent to us as 11 x 11-inch or 9 x 11-inch images at 300 dpi.

If you have difficulty converting your digital image to this size, you may send it to [candynartonis@gmail.com](mailto:candynartonis@gmail.com) with the subject line "Please convert this image" and the image will be converted and sent back so that you can enter your photo. The theme is **The Courtyards of Parkland Village**. Within this theme, be creative!



Jacques Dorier

## Our Parkland Village Musicians Perform at Past Gatherings



(L to R) Mary, Justin and Rich

# Online

## Exercise and 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. You can register for these classes at:

<https://villages.punchpass.com>. The following listed classes are free and last 45 minutes. On the same website you will find other classes which require a fee.

### Stretch & Strength

**Wednesdays at 2:00pm  
and Saturdays at 10:00am**

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 Mondays  
at 9:00am**

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 those losses. This class includes: warm up with aerobic; Kegel, balance, joint/mobility exercises; and cool down with stretches. No equipment required.

### AARP Senior Fitness: Yoga Fusion

**Second and fourth Mondays  
at 9:00am**

This 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, and improved posture. Results: more vitality, improved balance coordination and — a sense of well-being.



### **Board of Directors**

Rich Weiner, President  
Mara Hoffman, Vice President  
Kim Seidler, Secretary  
Candy Nartonis, Treasurer



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