

From the President:

We can finally look forward to relief from our summer of record heat.

And that will mean some outdoor Village events, beginning on Saturday, October 28, in Ridgcrest Park. In addition to coffee, pastries, and conversation, the park will function as a staging ground for a group of volunteers (you can be one of them!) to fan out in our service area to distribute door hangers to as many homes as we possibly can. The door hangers will have vital information about the Village and will be part of our fall drive to recruit more members and volunteers.



August 4 marked the first anniversary of the formal launch of Parkland Village services. Our membership since then has declined slightly, due to the fact that a few members did not renew their memberships. That makes our recruitment drive very timely!

In July, August, and September, 13 volunteers provided 67 services to 8 members. We, of course, have many more members than that. However, most of our members are paying dues to support the Village, even though they do not need services currently. And some members who will need services soon have not yet requested any services. We will encourage them not to hesitate to request a service that they may have difficulty doing themselves or that a family member may not be available to provide it for them.

Elsewhere in this newsletter you will read about the Village calendars and cards for sale, our Zoom forums, and the wonderful Village to Village Network online two-day conference in early October.

Stay safe and healthy,
Rich Weiner

Cindy Barrilleaux, Presente!

We recently received the sad news that Cindy Barrilleaux, a great friend of Parkland Village, passed away. Cindy was one of the original members of the Resource Evaluation and Coordination Committee, which researches the community resources and the services that are provided by local governmental and non-profit agencies, particularly the ones that overlap the services provided by the Village. Prior to her illness, Cindy helped us catalogue those resources, and she brightened our lives with her warmth and wit. She also embodied the spirit of the Village by helping one of our Board members move out of the home when preparing to get the floor refinished. As they would say in some Spanish-speaking countries, Cindy Barrilleaux, presente! presente! Meaning that Cindy is still present with us (in spirit).

OKTOBER KOFFEE KLATSCH

**Ridgecrest Park
901 Laurel Cir SE**

**Saturday morning, October 28
9:30 to noon**

Everyone is invited to enjoy coffee, pastry, conversation, and gorgeous autumn colors.



Join us!

In addition to socializing, folks can participate in walking our neighborhoods and hanging our door tags on every doorknob. These charming doorhangers will let our neighbors know who we are, what we do, and how we care for each other. We have 2500 door tags to distribute, so we can use lots of help. We'll have kits with a map of about 80 to 100 homes and the door tags ready to go. Pick up a kit and do your section. It should not take more than 1 or 1 ½ hours to distribute your door tags, then bring the maps back, marked with the homes you reached, and you are done! You do not need to ring the doorbell or talk to anyone, so it will go quickly. If you do not finish your section, we will have a team to finish each section later in the week.



This crisp morning gathering is an easy and pleasant way to catch up with friends and meet new friends from our community. Mark your calendar now.

There are little surprises for the walkers-and-hangers with a basket of grab bags. The morning promises to be lots of fun. Hope you can join us!



If you wish, you will be able to pick up calendars and cards at Ridgcrest Park, too.

Neighbor Profile: **Melinda Frame:** **Brainstorming about** **Community**



Melinda with companions

Melinda Frame is a native Burqueña who, like many others, left New Mexico and then returned to live in our beloved city. She has been community-minded her entire life, finding her best energy through her connections with friends and neighbors. Melinda has lived in Parkland Hills for 13 years. It wasn't her first choice of 'hoods. Originally, she was hoping to buy in the North Valley where she was in a contract for a property that she hoped would be her own "little oasis". When that purchase didn't work out, she wound up buying a house here, not realizing that, in fact, she'd found a different kind of oasis, one where

instead of growing crops, she'd be growing connections. Instead of raising goats, she'd be out running around with other avid dog walkers.

Melinda notes that it is the walkability of our neighborhood that makes it so neighborly. People being in their yards, walking in the neighborhood, and getting to know each other helps all of us. She thinks that watching out for one another is how we can all stay safer and feel better too. Melinda has been active in the Parkland Hills Neighborhood Association for many years, most recently chairing the Homelessness Solutions Committee, an ad hoc group that started in response to the City's plans to develop the Gateway Center east of San Mateo on Gibson. Her group has grown to around 10 members. They have been actively communicating with the city to bring neighborhood concerns about public safety forward. It is challenging work that can be fraught with frustration, yet, as Melinda notes, neighborhood input is essential so that the Gateway and other such projects can be well-designed, effective, and sustainable.

If Melinda's community involvement has taught her anything, it's that the real energy we all need comes directly from our connections to one another. She notes that the isolation brought about by Covid is only a symptom of a larger societal malaise that grew, at least in part, out of too much screen time. Melinda believes we can all benefit from more face-to-face time. She looks forward to working with our Village to help all our neighbors grow their

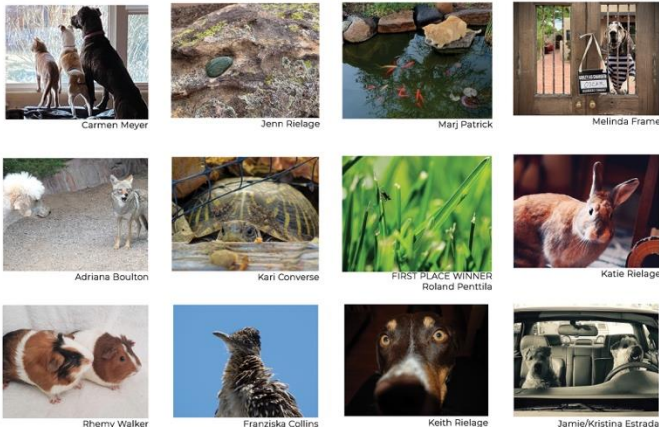
connections to one another. Oh, and she is a winner in our 2023 Photo Contest!

Article by Kate Matthews

Curious Creatures

2024 Calendars and Card Sets ready for Delivery

Our 2024 calendars and boxes of 12 cards are printed and ready for you to purchase. They are absolutely wonderful! Both items are \$20 each and can be ordered through our website or by calling 617-851-8151. We can deliver or you can pick them up. They make wonderful presents.



The photographs were taken by 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.



Volunteers Needed !!

Parkland Village needs more volunteers, especially those who can provide rides and light chores in the home. If you can do this, even occasionally, please contact us at info@parklandvillageabq.org. Once we have a few people who want to volunteer, we will schedule a volunteer orientation and bring you on board.

We also need as many volunteers as possible to distribute door hangers throughout the neighborhood on the morning of Saturday, October 28. (No need to attend an orientation to do this.) We're hoping to be able to leave door hangers on almost every door in the neighborhoods of Southeast Heights, Parkland Hills, and Maxwell Place. If you and/or a partner or neighbor can help with this activity, please contact us.

Zoom Forums

At the end of August, we held a Zoom forum facilitated by Board member Jay Blackwell on Reflective Listening. Jay has been facilitating the Reflective Listening segment of our volunteer orientations for over a year, and this was a great

opportunity for residents of our service area to experience this topic – and in a bit more depth. Sixteen people attended this forum.

We had scheduled a Zoom forum on Positive Attitudes Toward Aging with Andrew West for the end of September, but unfortunately, Andrew had to cancel the forum. Andrew has facilitated quite a few Zoom forums in the past several years and has truly engaged attendees with his warm, entertaining style. We hope to reschedule this forum and others with Andrew.

Our next Zoom forum will take place on Tuesday, October 24, from 5:00 to 6:30 PM.

Our presenter will be **Agnes Vallejos**, the director of the **Age Friendly Albuquerque** project. Agnes will talk about the status of that project and where it is headed.



We also have several more Zoom forums in the hopper, including on art, frauds and scams, and safety in the home. We have some very good new ideas for social Zoom forums. They were discussed at a recent national conference of villages. One of the topics will be Lessons we Learned from our Parents and Grandparents. **Stay tuned!**



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. Or you could request a topic.

Exhibition of Winning Photos



Albuquerque Photographers Gallery is hosting a weeklong exhibition of the winning photos from our contest. The show runs November 24 to through November 29.

The opening reception will take place on Friday, November 24, from 5 to 7pm. Come meet the artists, enjoy appetizers, and meet other Parkland Village folks. While in Old Town, stroll the plaza and find a great meal there. The gallery is located at 328 San Felipe NW. Parking at the Museum is free and convenient.



Village to Village Network Conference

Five Parkland Village Board members attended the recent annual online Village to Village Network conference. The VtVNetwork is the organization supporting the several hundred villages across the U.S. Several hundred villagers attended the conference, which we found supremely valuable. There were workshops on fundraising, diversity, on aging, death and dying (more fun than you might expect!), villagers as change agents, partnering with other non-profits, and more. We also had a chance to do some networking with other village leaders. We are still digesting all the great ideas that were presented, and we will be incorporating many of those ideas soon.



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>.



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

www.parklandvillageabq.org

Or call us at (505) 417-8799

Parkland Village Board of Directors and Key Volunteers

Rich Weiner, President
Mara Hoffman, Vice President
Kim Seidler, Secretary- Treasurer
Candy Nartonis, President-Elect
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Jay Blackwell, 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
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