

Hello Neighbors!

Happy Spring! What would an Albuquerque spring be without a wintry scene one morning and 80 degrees three days later?



Since our last newsletter in early January, Parkland Village has taken a number of steps toward a “launch” of full services, hopefully early this summer. Those services will include:

- transportation to grocery stores, doctors’ offices, and other venues;
- light chores in and around the home, including help with computers and other electronics; and
- friendly visits to help reduce the isolation some of our neighbors may be feeling.

You may recall that 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.



The steps we have taken in the past three months include researching the right insurance for our Village and our volunteers and completing the membership handbook and application form. We have been working on our Covid protocols and creating a procedure for bringing on new members of the Village. We are meeting with Albuquerque city government and non-profit agencies to coordinate the provision of

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services for our members. We are also preparing to begin a membership drive later this spring. Finally, we are looking into the possibility of formally expanding our current service area and will let you know, if and when we do.



As we mentioned in our January newsletter, once we begin the full array of services, we will require membership in Parkland Village as a prerequisite to obtain any of those services. To receive services, a resident of our service area would have to consider herself or himself to be “elderly” or a “senior” or a person with a disability.

However, any resident of the service area would be eligible to be a member of Parkland Village, whether or not they plan to receive services. People can become members just to support the Village. Volunteers who do not also receive services have the option of being Village members. Once we have had formal members for at least nine months and have acquired a sufficient number of members, members will be able to participate in Parkland Village Board elections.

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. We encourage you 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. **If you are interested in becoming a member when we launch services, you can let us know at info@parklandvillageabq.org** and we will put your name and contact information on a list of interested people.

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

For more information about
Parkland Village, read further
and visit our website at
www.parklandvillageabq.org.

Parkland Village Board of Directors and Key Volunteers

Rich Weiner, President
Mara Hoffman, Vice President
Kim Seidler, Secretary
Candy Nartonis, Treasurer
Eva Ceskava, Member of Board of Directors
Karen LaVine, Volunteer Service Coordinator
Laurel Lampela, Newsletter Designer
Kate Matthews, Parkland Village Calendar Designer
Vicki Rohrmann, Grant Writer
Carla Hendrix, Web Pages Manager

Help Wanted!!

Later this spring 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:

- **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. **We are especially looking for people who would like to serve as volunteer service coordinators.**
- **Membership Services Committee:** Complete and update the membership handbook, arrange home visits and orientations for new members, and 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.
- **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.



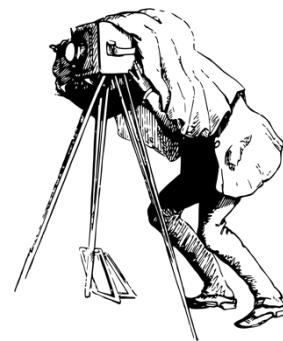
2022 Photography Contest

We have finalized plans for the **3rd Annual Parkland Village Photo Contest**. The 12 winners of the contest will be featured in our 2023 calendar and note cards. We have modified the title of the contest from our first announcement to ***Behind Our Gates: Exploring private outdoor spaces in the Parkland Hills and Southeast Heights Neighborhoods***. **Please note that our contest area now includes all of Southeast Heights as well as all of Parkland Hills.**

You may begin submitting photographs on May 1, and the contest will close at 5:00 PM on July 31. We need photos from the entire year, so look through your fall and winter images, and do take photos of the broad expanses and the enticing details of your outdoor spaces that we might not otherwise be able to enjoy. We will not publish addresses, of course.

First prize includes a large printed and framed copy of the photo by The Artistic Image and is honored on the front of the calendar. The rest of the winners may have their photos printed and framed by The Artistic Image at discounted prices. All winners will receive free calendars and note cards and will be invited to exhibit in a show at the Albuquerque Photographers Gallery in Old Town. Photographers will be given full credits in the calendar and note cards -- and in the press.

Details:



- Entry is free.
- There is no limit to the number of submissions by anyone.
- There is a limit of 2 winning photos for each participant.
- Photographers may live anywhere in Albuquerque, but photos must be from either Parkland Hills or Southeast Heights neighborhoods.
- Size your images for 11 inches (long side) at 300dpi. If you have trouble setting this up, we can do it for you.
- Square or horizontal images work best for us and will be considered ahead of vertical images.
- Color images are ideal, but we will consider outstanding black and white photos, too.
- JPG (JPEG) images are best for us.
- When entering, include your name and contact information with each photo.
- Impartial outside jurors will see only the photos and not see contestant names.
- **Enter by submitting photos to PV2022PhotoContest@gmail.com**
- Winners will be notified by email no later than August 15th.
- Submission to the contest implies agreement that the image may be used for notecards and calendars to benefit Parkland Village. The image may also be used for supporting the sales efforts and in the press and other outreach.

Note Cards

Available for Purchase

Wondering what to send to your mother for **Mother's Day**?

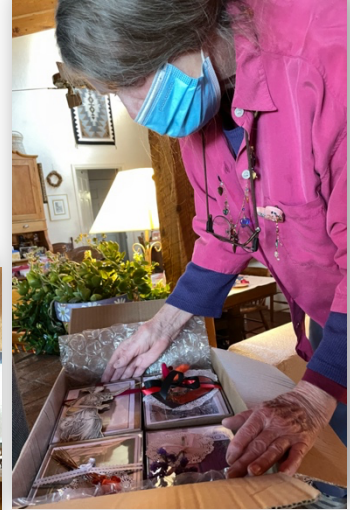
Or to a friend for her **birthday**?

Our high quality and charming photos of Parkland Village are just \$20 for a box of 12 cards, and all the money goes to our 501(c)(3) non-profit organization.

To celebrate **Valentine's Day** we decorated boxes. They sold well, and we have ample note card sets left for all your needs. Extras were printed so they would be available year-round. If you would like to buy a box of cards, contact Candy Nartonis at 617-851-8151 or candynartonis@gmail.com.



Mara Hoffman decorates card boxes for Valentine's Day



Vicki Rohrman packs boxes of note cards



Donations are Easy to Make on our Website



Last Fall, our **Fundraising Committee** members went door to door to let our neighbors know about Parkland Village and to sell calendars and note cards. But we were unable to visit every household.

If you would like to donate, **we are able to take your donations on the website.**

Just go to www.ParklandVillageABQ.org and click on the **DONATE button** on the menu bar. The money we receive there goes to our general fund and is used to pay for operating expenses such as telephone, insurance, Zoom, our website, and more.

Zoom Forums

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

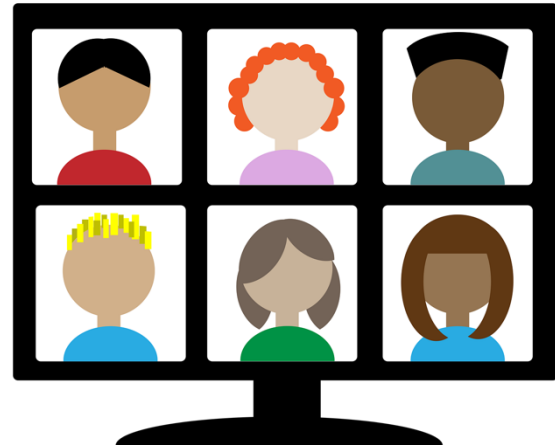
In February, we held a **social Zoom forum**. In both the larger group and smaller breakout groups, participants talked about the skills and experiences they have had that shape and give meaning to their current lives. People also talked about the ways in which they might want to employ those skills to improve community.

One of the participants, **Mark Rutherford**, told us about his many years of **low-water-use gardening at his home**. That prompted several participants to ask whether Mark might possibly make a presentation about his gardening methods at a future Zoom forum.

Mark obliged the Village by facilitating a discussion in March about low-water-use gardening in the high desert. Attendees at the March Zoom forum also shared with the group their own gardening tips and experiences. That Zoom forum was especially well-attended.

On Tuesday, April 12, from 5:00 to 6:30 PM, we will have our next Zoom forum, facilitated by Andrew West, Ph.D., researcher on communications and aging. Andrew facilitated one of our earlier forums in January 2021.

The theme of this upcoming forum will be **Positive Mindsets on Aging** – discussion on research and concepts around successful aging. Andrew is engaging and entertaining and loves to draw people into the discussion. If you're interested in



attending this forum, you can sign up for it on the Events page of our website or you could simply respond to the e-mail that you received with this newsletter attached. You can also send an e-mail to info@parklandvillageabq.org.

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.





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

**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
Eva Ceskava, Board Member



Parkland Village
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