

From the President



Rich Weiner

Happy New Year! I hope you all had satisfying holidays filled with meaningful connections with family and friends.

This will be my last “From the President” column for the foreseeable future. I have been president of Parkland Village since we incorporated five years ago. Toward the end of this month, I will be turning the presidency of the Village over to the capable, dedicated hands of Candy Nartonis, who is currently the president-elect. Candy has been a member of our Board for more than three years. During that time, she has been chairing the Fundraising Committee and has served as both treasurer and acting secretary. Candy has also provided direct services to our members. If there is anyone who has put more volunteer time into the Village than I have, it would be Candy. She has a deep understanding of the Village’s various “moving parts.”

I plan to continue to be involved with the Village, including my work on the Services Committee and the Resource Evaluation and Coordination Committee, as well as other aspects of the organization. I will help Candy when help is needed. I look forward to other neighbors helping with the organization as well. Contact me if you would like to volunteer in any capacity.

One of the things that the Fundraising Committee did this past year was to organize a distribution of colorful, new door tags throughout our service area, providing information about the Village to our neighbors. As a result, we have had more members join the Village and more people who are in the pipeline to volunteer. As of this writing, we have at least 45 dues-paying members.

In October, November, and December, 14 volunteers provided 71 services to 7 members. About half of those services consisted of transportation. Most of our members are paying dues to support the Village, even though they do not need services currently. We also have some members who will need services soon but have not yet requested any, and several who didn’t request services during this period.

With new members having joined the Village in the last couple of months, we will need more volunteers. We plan to have an online volunteer orientation on Saturday, January 20. Attending an orientation is mandatory for new volunteers. If you are interested in volunteering for Parkland Village and can attend this orientation, please let me know right now!

Stay safe and healthy,
Rich Weiner

From the Next President

Parkland Village would not be what it is today without Rich Weiner's steadfast care and wisdom. Rich is not going anywhere, so we will continue to gain from his knowledge, training, and devotion. Check out this photo of Rich as a child. He has been a lively character from the beginning!



Rich Weiner as a child

I look forward to continuing our Parkland Village services while involving our members and volunteers in programming that brings us closer together as a community.

Candy Nartonis, Next President

Members, ask for help tidying up!

Call 505-417-8799 to ask for a helping hand. Just leave a message with a short description of your project. You can chat with the volunteer who answers the request to set the time and date. Make the project small so it can be completed within two hours.

Do you wish you could get your hall closet cleaned up? Perhaps you would like help clearing the dining room table of stacks of magazines. You might wish to clear the kitchen counter of too many old bottles and jars. You can go through unopened mailers to decide if any are worth keeping and get the recycling into the blue bin. Maybe you would like help getting items for a thrift store out of the house. The volunteer can drop them off for you. You can spend as little as 45 minutes doing a small job. And you'll have fun!



There is a Difference Between Parkland Village and our Neighborhood Associations

Several people have confused Parkland Village with neighborhood associations (NAs). Sometimes they contact us to ask for help with crime, graffiti, barking dogs, traffic, you name it. When they do, we refer them to one of the two NAs in our service area, Parkland Hills NA and Southeast Heights NA. We work closely with these NAs, and in our early days of organizing, our main outreach vehicle was the Parkland Hills NA.

NAs are formally connected to the City of Albuquerque through its Office of Neighborhood Coordination. They generally deal with issues such as crime, development on our corridors, traffic, homelessness, distributing trees made available by the City, vacant homes, etc. In contrast, the main purpose of Parkland Village is to help our elderly neighbors and those with disabilities age in place in their homes. A strong secondary purpose of the Village is to strengthen a sense of community in our neighborhoods through events online and in person, of which we have many throughout the year. Of course, this second purpose is also important to the NAs.

PHNA

Parkland Hills NA has two meetings a year and usually an outdoor event in the summer.



Southeast Heights NA has an annual meeting in the fall and organizes the annual luminaria display on Ridgecrest.

Parkland Village (named not just for Parkland Hills, but also Parkland Circle, which runs through the Southeast Heights neighborhood) does not attempt to duplicate what the NAs do. We complement each other.

City of Albuquerque Services for Seniors

Parkland Village's Resource Evaluation and Coordination Committee has been meeting with various people in the City of Albuquerque Department of Senior Affairs (DSA) during the last several years, in part to develop a

partnership and cross-referral protocol between them and the Village. Some of the services we provide overlap with DSA services. However, there are considerable differences in how those services are provided. DSA offers many services we cannot provide. For those services that overlap, the city usually has a waiting period of several months, so they can refer people to us who might become members of the Village and receive services in a much shorter time frame.

Two of the categories of services provided by DSA are home services and senior companionship. Among the home services they provide are installation of ramps, grab bars, safe steps, smoke detectors, fire extinguishers, shower chairs, tub benches, and hand-held showers. They will start and shut down swamp coolers, and they can arrange for the Plumbers and Pipe Fitters Union to start furnaces in the fall. To arrange for any of these services, call DSA's Intake and Assistance hotline at (505) 764-6400.

The Senior Companion Program (SCP) provides companionship in blocks of several hours per week for people who are homebound. This service can include some transportation. Their volunteers can help prepare meals and with other chores, but they do no heavy lifting. DSA also provides home-delivered meals to people who have difficulty preparing meals for themselves. There are also some homemaker services and respite services for care givers. To access any of these services, call Intake and Assistance at (505) 764-6400.



Board Member: Jay Blackwell



Jay Blackwell

Many of our Parkland Village members and volunteers have gotten to know Jay Blackwell over the past few years. Since arriving in our neighborhood in early 2020, Jay has been actively involved with both Parkland Village and the Parkland Hills Neighborhood Association. He has volunteered, assisted with grants, led zoom Forums, and has in general been a great guy to have in our community.

Jay and his partner Kenneth live in Parkland Hills. Together, they run an intensive outpatient mental health clinic, Umoja Behavioral Health that offers counseling, psychotherapy, and a unique form of yoga. One translation of the word Umoja is "Unity", however, the real meaning transcends any simplistic interpretation. It is a concept that promotes the belief that individuals within communities should recognize their commonalities and work together to create a harmonious whole.

Jay believes that it is vitally important for residents to learn about resources in the community like Parkland Village. He notes that Parkland Village is often confused with the Parkland Hills Neighborhood Assoc. and hopes to help neighbors to recognize that the two organizations have different but overlapping

missions. PHNA seeks to represent and advocate for overarching issues in our neighborhood, while PV offers personal help to specific individuals, generally on a one-to-one basis. For more on this topic, see Rich Weiner's article beginning on p. 2.

Jay first learned of PV at one of the pre-pandemic community events held in a neighborhood park. Though he misses those face-to-face interactions, he quickly embraced PV's zoom forums. Zoom is "one of the ways we have chosen to keep each other safe," he notes. That feeling of safety is a key building block of any community. It's a feature of modern communities that has been greatly diminished, and one that Jay Blackwell, for one, is working hard to bring back.

Article by Kate Matthews

COFFEE AND COMMUNITY CONNECTION



In this bright and snowy new year, Parkland Village neighbors are gathering!

- Saturday, January 27, from 10:00 to 12noon...or later...
- Mara Hoffman's home.
- Everyone is welcome to this warm gathering of neighbors. There is no official program. The only agenda is deepening...or beginning...our relationships with each other. Please

come, Village member or not. This is a great opportunity to introduce new folks to our Village community.

- Come relax for a couple of hours or a couple of minutes.
- This is chance to nosh on goodies, slurp great coffee or tea and schmooze with friends, new and old.
- Start this new year with sweet rolls and warm, delicious people.
- RSVP to donnadet@gmail.com and you will be sent the address the day before the event.
- If transportation is needed, call the Parkland Village help line: 505-417-8799.

PLEASE NOTE: We recognize that COVID is still a threat. There are reports that we are in the midst of a wave with a new dominant variant. However, there will be good ventilation and two air purifiers will be in use during our gathering. People are welcome to wear masks if they wish. Remember: it is a personal choice to gather with us.



Celebrating Black History Month in Albuquerque: A Wealth of Resources

As we approach February, we are excited to celebrate Black History Month. This annual observance offers us an opportunity to

recognize the countless contributions of African Americans to our nation's history and culture. At Parkland Village, we believe in fostering a sense of community and promoting awareness, so we wanted to share some valuable resources and activities happening in Albuquerque during this special month.

1. Albuquerque Public Library - A Hub of Knowledge

The Albuquerque Public Library is a treasure trove of resources, and they've gone above and beyond to honor [Black History Month](#). Here's what you can expect from your local library:

- **Extensive Book Collection:** The library has curated an extensive collection of books, both literary classics and contemporary works, written by African American authors. This is a fantastic opportunity to dive into thought-provoking literature.
- **Educational Programs:** Throughout February, the library will host a series of educational programs, including lectures, workshops, and film screenings. These events are designed to deepen our understanding of African American history, culture, and achievements.
- **Online Resources:** Can't make it to the library in person? No problem! They offer a variety of online resources, including e-books, audiobooks, and informative databases, all accessible from the comfort of your home.

2. Visit Albuquerque - Discover African American Heritage

Another invaluable resource to explore African American history in New Mexico is the [Visit](#)

[Albuquerque website](#). Here, you'll find a dedicated section that delves into the rich history of African Americans in our state. Here's what you can discover:

- **Historical Sites:** Learn about the significant historical sites in Albuquerque and across New Mexico that are connected to African American heritage. From museums to landmarks, these sites provide a glimpse into the past.
- **Local Attractions:** The website also highlights local attractions, including restaurants, art galleries, and cultural events, that celebrate African American culture and contributions.
- **Historical Findings:** Explore fascinating historical findings and stories of African Americans who have made a lasting impact on New Mexico's history.

This Black History Month, we encourage you to take advantage of these resources and explore the rich tapestry of African American culture and history. Let us remember that knowledge and understanding of diverse cultures are essential components of our well-being.

Incorporating mindfulness into our lives means not only being present in the moment but also appreciating the diversity of experiences and perspectives that shape our world. We also extend an invitation to explore these resources together, fostering community and neighborly identity within Parkland Village.

Wishing you a meaningful and enlightening Black History Month!

Jay Blackwell, LMHC
Parkland Village Board Member

New Mexico Villages Network



Cordova in Winter

In addition to being a member of the national Village to Village Network, Parkland Village also participates in the New Mexico Villages Network (NMVN). We started this organization by accident in the fall of 2020, when we simply wanted to get together over Zoom with other villages in New Mexico. It was decided at that meeting that leaders of the various villages would meet quarterly to share with each other what we are doing and for experienced villages to mentor newer villages (like us) and those still in formation. These meetings have been very valuable for us, and we've even given other villages ideas, such the Parkland Village photo contest and calendar. Two villages that have been especially helpful to us are the Village in the Village (in Corrales) and Taos Elders and Neighbors Together (TENT).

Article by Rich Weiner

Zoom Forums

In October, we held a Zoom forum on the **Age Friendly Albuquerque** project. Agnes Vallejos, the director of the project, spoke about the status of that project and where it is headed. Participants were able discuss what they'd like to see incorporated in the project. One thing that was notable is that Agnes is

recommending to the city that Parkland Village be recognized as an important feature of Age Friendly Albuquerque. Hopefully, the city will help to promote other villages and similar non-profit organizations in Albuquerque.

In November, we had a social Zoom forum on the topic: *What are the Most Important Lessons Learned from Parents and Grandparents*. The topic made for a lively discussion and included things that we learned from our parents and grandparents not to do. This topic was suggested at the recent national Village to Village Network annual conference and proved to be great fun.

We have a terrific new forum coming up in February. The next forum will be shorter, with a new time. Hopefully, our new schedule will not cut into your dinner preparations. You will be notified by email when we have nailed down the exact date and time. The subject? **The Highland Senior Center!** Join us to learn what they provide! Here is a spoiler: they provide the space for AARP to help with their taxes. There is no income or age limit for this service.



You may request topics or speakers for future forums. Just call our phone and leave a message including your name and phone number.

Covid is Still with Us

Unfortunately, this pesky virus is not going away anytime soon. It's important, especially

for the elderly and people with disabilities, to do our best to stay healthy. Here is an excerpt from a posting of the Village to Village Network, of which Parkland Village is a member:

"Forbes recently reported on the uptick of Flu, Covid and RSV after the holidays. Hospitalizations for Covid spiked 20 percent in the week after Christmas, according to new data from the Centers for Disease Control and Prevention.

"Along with an increase in Covid deaths, there were increased flu hospitalizations and deaths, solidifying what experts predicted to be a "severe" season for respiratory illnesses as Americans traveled and gathered with family and friends for the holidays. There were 39 states with high or very high levels for respiratory illness, including Covid, the flu and respiratory syncytial virus—this is up from 34 states the previous week.

"Mask mandates have been reinstated in healthcare systems across several U.S. states as cases and hospitalizations of respiratory illnesses—including Covid, the flu and RSV—continue to increase nationwide. . . .

"Now is the time to remind folks that it is not too late to get vaccinated. (And YES, the COVID shot is not a BOOSTER! It is the VACCINE for this variant.) . . .

"Let's start off the year healthy!"



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. We have a Volunteer Orientation coming up January 20, 2024. You will need to attend before serving as a volunteer for us.

Interested in PV membership? Call us at 505-417-8799 or visit our website at www.parklandvillageabq.org

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.



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>.

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
Jay Blackwell, Member of Board of Directors
Rose Rohrer, Member of Board of Directors
Nancy Musinski, 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



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