

# Parkland Village Newsletter



No. 19

April 2024



## APRIL GATHERING!

By Donna Detweiler and Eva Ceskava

**On Sunday, April 21,** we will gather to celebrate five years of Parkland Village's development under the visionary leadership of Rich Weiner and to formally welcome Candy Nartonis as the new board president. This is a great chance to get to know your neighbors. This is one event you **DON'T** want to miss! Everyone is welcome.

Doors open at **2:00pm at The Source**, 1111 Carlisle Blvd SE. The address is hard to read, but **look for our banner**. Across the street is a large square white church building.

Our party will extend both indoors and outdoors on the deck. The entrance is through the double wooden gate. Abundant street parking is available.

Cake will be served - of course! And we'll have other food and drink as well. You can drop in any time from 2 to 4:00pm. Please RSVP to the Parkland Village phone (505-417-8799) by Friday, April 19. The Events Committee wants to ensure we will have enough food and drinks for everyone.

If you need a ride, make that request by Wed., April 17.

**Sunday, April 21**

**2 – 4 pm**

**1111 Carlisle Blvd SE**

**The Source – Blue Room and deck**



The deck at The Source, 1111 Carlisle SE

PLEASE NOTE: We recognize that COVID is still a threat. There are reports that we are amid 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.

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## The 2024 Parkland Village Photo Contest is up and running!

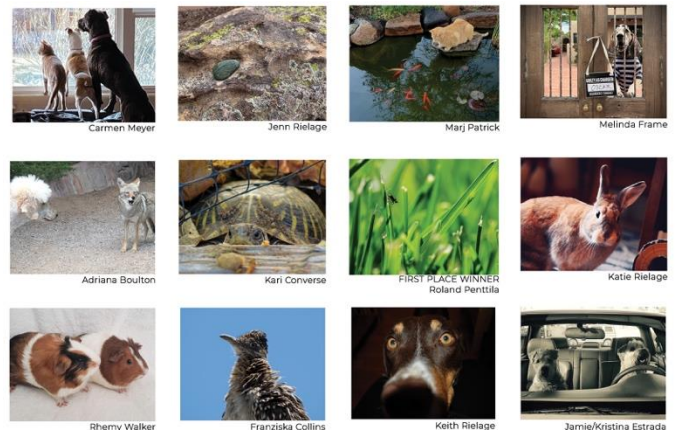
Send in photos now for the 2024 contest. Our theme this year is **New Mexico Traditions**. Show us what you love about living here. It is a wide-open category, and you may include your own family traditions, of course. Twelve winners will be selected for our 2025 Calendar and Card sets. The calendars and cards will be for sale by late October and will celebrate our service area while aiding our fund-raising program.

To join in the contest:

- Send high resolution horizontal jpg images from your files or take them specifically for the contest. We need images from all seasons.
- Send up to 20 images in total. You may send them as you take them.
- Send one image per email. Include your name as you wish it spelled in our calendar, a short bio, your address, and phone number to: [PV2024PhotoContest@gmail.com](mailto:PV2024PhotoContest@gmail.com)
- Photos must be taken in our service area (From Zuni/Garfield to Gibson and from Richmond to San Mateo).

**The contest ends on August 16<sup>th</sup> at midnight.** The blind judging will result in 12 winners, with one First Place winner. The First-Place photo will be on the cover of our 2025 calendar as well as part of the card sets. The winner will receive a framed 12 x

16-inch photograph in an 18 x 22-inch frame. All 11 other winners will be included in the calendar and card sets and receive an 8 x 10-inch photo in an 11 x 14-inch frame. Runners-up will be included in the calendar pages with their names and small photos. We are planning a fall celebration exhibition in the neighborhood. Submitting your image grants Parkland Village the right to use your photo in our 2025 calendar and cards, and in promotional materials. If you have questions, you may call 617-851-8151.



Winning Images and winners from the 2023 Parkland Village Photo Contest

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## Save the Date! Coffee klatch

**We'll meet at the home of Ann Callaghan for coffee and conversation, Saturday, May 18 from 10 to 12 noon. Bring a neighbor! You may RSVP now to 505-417-8799.**

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**From the President**  
Parkland Village has a clear goal: to help our older neighbors age in place. Our volunteers assist members with chores around the home and yard, provide

transportation when needed, and provide technical assistance with computers and phones and other troubling equipment. We also make calls and visit members. Other projects promote a close community through engaging events and community. If you have not yet joined us as a volunteer, a member, or both – please consider doing so! We hope to help more of our neighbors age in place.

**Zoom Forums** are open to everyone in our service area and allow us to discuss topics of interest and to engage with speakers - without leaving the house! What would you like to discuss? Who do you recommend as a speaker? If you are on our mailing list, you will automatically receive notifications of upcoming Zoom forums.

**We also meet in person!** These events support a strong community and grow friendships. We hope you will join us at our next event on Sunday, April 21, from 2-4 at 1111 Carlisle Ave SE (site of the old Michael Thomas Coffee on the West side of the Carlisle).

Our young organization is always ready to hear new ideas and to improve our existing programs. You may call me directly at 617-851-8151.

Candy Nartonis, President, Parkland Village

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## Reporting on our last Event: Coffee and Community

On Saturday, January 27, Mara Hoffman, together with the Events Committee, hosted a coffee. Everyone was welcomed to this warm gathering of neighbors. With no official program, the conversation flowed for two hours of friendship.



Nancy, Donna, and Steve make use of Mara's sunny back yard.



There was space for everyone as friends old and new came and went.



Kelly, Tom, and Eva share stories.



# Parkland Village at the Highland Senior Center

By Jay Blackwell

We are happy to let you know about our recent connection with the Highland Senior Center. See the article below about our Zoom forum with Highland Senior Center's Acting Director in February. The City of Albuquerque's Highland Senior Center is a place where the 50+ population can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups. It is one of eight senior or multigenerational centers, and is located at 131 Monroe NE, Albuquerque, NM 87108. There is a \$20 fee to join (all) the Senior Centers each year.

Parkland Village has been granted the privilege to set up a table at the Highland Senior Center, where we'll be sharing comprehensive information about our organization's initiatives and events, and letting our neighbors know how they can become involved with the Village's activities and services. We are hoping to attract new members and volunteers from among the people that frequent the Senior Center. We expect to begin setting up a Village table on Thursdays in May. If you are willing to be a trained, knowledgeable Village "tabler" at the Highland Senior Center, please let us know.

For more information, contact Jay Blackwell at [thisblackwell@gmail.com](mailto:thisblackwell@gmail.com)



## Zoom Meetings for Volunteers and Members

**Parkland Village volunteers** met via Zoom in mid-February to share both the joys and challenges of volunteering and to discuss possible improvements to our program of volunteer services. **Parkland Village members** met in early March to discuss membership opportunities and to suggest possible upgrades and new benefits. We plan regular meetings with volunteers and members, both on Zoom and in person. These events were helpful and fun at the same time!



## Zoom Forums

We had two Zoom forums in the past two months for anyone on our mailing list. On February 20, we had a forum with Chris Rogers, Acting Manager of the Highland

Senior Center, and Angel Montoya, Director of the Recreation Division of the City of Albuquerque's Department of Senior Affairs. They provided a lot of information about the Senior Center activities, and that information is summarized in the article above about Highland.

On March 26, we had another Zoom forum. The topic of that forum was Preparing Your Home for the Next Ten Years (i.e., for a future in which the aging process may make navigating one's home more difficult). We had a lively group of attendees who were unafraid to envision such a future and share plans for preparing for that future. While we did not have a speaker, we had guidance from AARP, in the form of a checklist of items for the entire house and another for every room of the house. You can access those lists at [AARP HomeFit Guide Worksheets](#).

Among the ideas we discussed were flashlights in every room, smooth pathways to the home, and night lights.

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

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## How Members Can Request Services

by Rich Weiner

When a member tells us that they anticipate needing services relatively soon, we schedule an assessment with the member and one or more members of the

Services Committee. These assessments are usually first conducted via Zoom, followed by a brief home visit. They can also take place completely at the member's home. We don't ask about medical diagnoses, but we do ask how well the member functions in and around home and what the home environment is like. We ask about the member's interests, how comfortable they are with technology, and which services we offer that might meet their needs. If the need is immediate, services can be requested even before the assessment occurs. As always, members are free to request any services we offer, not just those previously discussed.

There are five types of services we offer:

- Transportation within the Albuquerque metro area (e.g., to medical appointments, grocery stores, gyms, events)
- Light chores in the home that don't require professional help
- Yard work
- Assistance with technology
- Friendly visits and calls

When a member needs a service, they **call the Village phone at 505-417-8799**. If the call manager on duty cannot take the call immediately, they will return the call within 24 hours. Specific information, including the specific date and time or time frame, locations, and the anticipated length of the service are entered into our system (on the Helpful Village platform, which also provides our website). The following

morning, e-mails will be sent automatically to each volunteer who offers the type of service requested and who lists availability for that day of the week.

The volunteer who accepts the service request receives an immediate confirmation e-mail asking them to call the member within 24 hours to make specific arrangements. If the request is not accepted the first day, the same e-mail will go out again the following morning – and again, until the request is accepted. While there is no guarantee that a request will be accepted by a volunteer, well more than 95% of all requests have been fulfilled.

This process places a minimal burden on our vital call managers, and it has worked well for Parkland Village since we began to provide services in the summer of 2022. It is important that we receive the request at least 3 days before the date of the need.

For more information about our services or about Parkland Village more generally, please do not hesitate to **call the Village phone at 505-417-8799.**

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## **Member Profile: Owen Creightney – Wisdom from a Multicultural Mind**

by Karen Bonime

Owen Creightney is a delightful person to interview. He is full of knowledge and insights gained from a variety of cultural experiences, wide-ranging curiosity, and deep reflection.

Owen was born and raised in the Caribbean Island nation of Jamaica, a former British colony that resisted British control in many ways, finally achieving formal independence in 1962. He moved to the U. S. at the age of 17, eventually becoming a citizen.



Owen Creightney at home in 2024

When I asked Owen what it was like growing up in Jamaica, he answered, “It was Paradise.” Besides having a wonderful climate, it was blessed with many cultural influences. The population includes people of African and East Indian descent who were originally brought there as enslaved persons to work on the sugar plantations. The East Indians were brought in to replace Africans who resisted enslavement and the grueling conditions of the sugar cane fields. Both groups retained elements of their cultural traditions, through storytelling and other activities, and drew strength from them. Their resistance to the plantation system forced many of the British landowners to relinquish their enterprises.

In addition to the African and East Indian populations, many European Jews

emigrated to Jamaica and other Caribbean and Latin American countries to escape the pogroms (massacres) and later the horrors of the Nazi Era. Other European immigrants came as well, bringing elements of their respective cultures.

Moving to the U. S. as a young man, Owen experienced, first, the urban mixed cultures of Chicago, where he attended college and became educated as a teacher. After reading an article in Ebony Magazine, he decided to join the multi-racial, multicultural faith community known as Bahai, a relatively young religion based on a belief in the evolution of humanity toward brotherhood and peace. At a large Bahai conference that drew people from far and wide, Owen met a fellow Bahai man from New Mexico and eventually decided to move here. Owen and his wife bought a home in Parkland Hills in 1974 and raised two children in a home that they expanded to accommodate their growing family. Owen still lives in that home.

As a secondary school teacher specializing in math and science, Owen taught students of many cultural and socioeconomic backgrounds. He worked at a school in the Navajo Nation, near Gallup, and then at a school at Laguna Pueblo. Later, after tiring of long commutes in icy weather, he took various teaching positions in Albuquerque schools, both private and public, that included the Menaul School, Albuquerque Academy, and Garfield Middle School.

I asked Owen what it was like teaching in the Navajo and Laguna communities. He

said that they placed a high value on parent-teacher conferences. He reflected that the people there seemed to take their time (about a year!) in deciding whether to accept and trust a non-native person. He contrasted their way of getting to know another human being with that of the dominant U. S. culture, in which most people -- in particular white people, he says -- seem to size a person up almost instantly and decide then and there whether to trust them. Owen also says he observed many similarities between Native American traditions and those of the African and East Indian people among whom he grew up in Jamaica.

Owen gives credit for encouraging him to join Parkland Village to his daughter, who lives in Washington, D.C. His son lives a busy life in Albuquerque. He wishes he could see his grandchildren more often, but life here is so very busy. He did go to D.C. when his daughter had her first baby and stayed for a year to help. He derives much joy and support from his Bahai community and has filled his lovely home with an impressive collection of paintings, African sculptures and masks, and other beautiful things from many cultures.

Parkland Village is fortunate to have such an interesting and knowledgeable member!

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**Parkland Village will soon be offering walking tours of the Parkland Hills Historic District Neighborhood!**

Stay tuned as our team of volunteers works to finalize dates, times and other details for



this great ongoing fundraiser. We'll introduce you to the fascinating history, tell you about some of the interesting characters who've lived here and point out some amazing architecture along the way. This is a "from the sidewalk" only tour.

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### January to March Village Stats

- Six new members – we have a total of 52 as of March 31
- 82 services (up from 71 the previous quarter), provided by
- 15 volunteers for
- 12 members
- About 50% of the services are for transportation
- 25% of services are for technical assistance
- 12% of services are for yard work
- We have a total of 23 volunteers who have been vetted and who have attended an orientation
- There are many more volunteers serving on the Parkland Village Board and on various committees

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### **Parkland Village Member Will Lead Events on Stuttering**

Parkland Village member Bruce Porch has submitted the following announcement for people living in the Parkland Village service area. Bruce has been working in this field for a long time.

There will be two events dealing with stuttering available to people who stutter and people who have close connections to stutterers. First, Dr. Bruce Porch, Associate

Professor Emeritus, Department of Speech and Hearing Sciences, Neurology, Psychology and Psychiatry at UNM, will be giving a free lecture for stutterers and their relatives on the neurology and psychology of stuttering, how and why it starts, why it persists, the nature of the stuttering system, and issues related to the treating and eliminating of stuttering. The date, time and place of the lecture will depend on the number of attendees. People who would like to attend should contact Dr. Porch at [bruceporch@gmail.com](mailto:bruceporch@gmail.com).

A second stuttering-related activity involves a scientific study being conducted by Dr. Porch that will attempt to verify that a dual system stuttering treatment approach can eliminate stuttering in adults. Earlier developmental work has been very successful. Stuttering adults are encouraged to contact Dr. Porch to sign up for the study or to get more information. It is important that participants in the study and lecture attendees fill out some questionnaires prior to the event. To participate in the study, send an e-mail to [bruceporch@gmail.com](mailto:bruceporch@gmail.com).

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### **An Interview with Janet Simon, Parkland Hills Neighborhood Association President**

Janet Simon was interviewed by Kate Matthews of Parkland Village

Parkland Village and the Parkland Hills Neighborhood Association (PHNA) are often confused with each another. Janet Simon, president of PHNA, doesn't mind. "Our



services overlap,” she notes, “We both wish to maintain a strong sense of community.”



Janet Simon, President of Parkland Hills Neighborhood association

While PHNA is a designated City entity having specific governance responsibilities, Parkland Village is a neighborhood nonprofit dedicated to helping neighbors, especially those seeking to age in place. PHNA receives notifications of planned city activities, like zoning and property changes and shares those with its members. They work with the community as a whole and serve not just individuals and families but also businesses. Parkland Village on the other hand, works directly with individuals by providing light household chores, transportation, assistance with technology, and social connection services. Parkland Village also serves the Southeast Heights neighborhood, just to the west of Parkland Hills.

When Janet became President of PHNA, Covid had tightened its grip on New Mexico. Even though she'd been a member and communications committee chair for several years, the many changes that were afoot meant that she had to hit the ground running and quickly learn the protocols

required by CABQ. On top of Covid, the city was in the process of revising the Integrated Development Ordinance (IDO) that governs zoning, and it was also working on developing the Gateway facility, now located at the former Lovelace Hospital. Both of these legally complicated proposals had challenging processes, with mandated hearings and specific comment periods, where the regulatory technicalities often overwhelmed and confused the citizens most impacted. Janet recognized that PHNA had an obligation to inform the neighborhood, but that simple notifications were not enough. Together with Melinda Frame, Chair of Homelessness Solutions Committee, and professional architect Peter Kalitsis, along with a dedicated team of volunteers, PHNA set out to inform its residents about the issues at hand.

These issues have engaged many residents in Parkland Hills. PHNA, in conjunction with adjacent neighborhoods, has been actively involved with Gateway and the City of Albuquerque to monitor and address impacts resulting from the facility's activities. Although the City's commitment to the "Good Neighbor" agreement is not as robust as was envisioned, Janet is confident that Parkland Hills residents have developed a greater knowledge of their neighborhood issues at least in part due to PHNA's efforts. Open communications between PHNA and the City, especially the new District 6 Councilor, Nichole Rogers, are key to supporting the neighborhood.

Janet, an over thirty-year resident, is one of Parkland Hills' strongest supporters. "It's a great neighborhood," she says, "It's

sustainable and walkable with green spaces and friendly, creative residents.” At the same time, she acknowledges that there are big issues at play that have a profound impact on our neighborhood’s quality of life. These include homelessness and the loss of neighborhood businesses/services, both large and small, which have contributed to less connectedness among neighbors.

Janet believes that, with more community engagement and strong support for local business, Parkland Hills can continue to be one of the city’s best neighborhoods. If you live in Parkland Hills, get involved in the Neighborhood Association!



P.O. Box 8738  
Albuquerque, NM 87108

**Become a Parkland Village Volunteer!**

Parkland Village provides services for our members. If you would like to volunteer, please contact us at [info@parklandvillageabq.org](mailto:info@parklandvillageabq.org). You’ll need to attend a volunteer orientation before serving in this important capacity, and a security check is required. Join an amazing group of people who are already serving!

Interested in PV Membership? Call us at 505-417-8799 or visit our website at [www.parklandvillageabq.org](http://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. We are all welcome to join them. 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

Candy Nartonis, President  
Rich Weiner, Vice President  
Rose Rohrer, Secretary  
Jay Blackwell, Treasurer  
Mara Hoffman, Founder and Board member  
Eva Ceskava, Member of Board of Directors  
Nancy Musinski, Call Manager  
Marj Patrick, Call Manager  
Robyn Cruz, Call Manager  
Kate Matthews, Parkland Village Calendar Designer  
Vicki Rohrmann, Grant Writer  
Nora Nielsen, Grant Writer