TOWNE CRIER
AUGUST 2020



TOWNE PARK HOMEOWNERS ASSOCIATION
Est. 1984

425 Towne Park DR NE
Albuquerque, NM 87123

2020 BOARD OF DIRECTORS

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Johnell Gurley

Helen Martin

Building and Grounds Manager

Jim Smith
Jimsmith@towne-park.com
505-291-8379

PRESIDENT'S MESSAGE

Hello everyone,

Summer is in full swing and boy did we have some really HOT days last month. Hopefully the monsoon rains start soon and cool us down since we don't have the pools open yet. The restrictions that the city has set fourth on opening pools is so strict that we are not able to meet those requirements and it doesn't look like they will relax those restrictions at all this year.

On the bright side, all is going well with the maintenance and repairs here in Towne Park. Jim and Joe are doing a fantastic job of maintaining our premises and always have their hands full during the summer months fixing all of the leaks in the sprinkler system and other irrigation lines around the park.

The Board of Directors will not be able to have monthly meetings where our residents can attend because of the restrictions from the governor's office. The only meeting that we are required to have according to our bylaws is the annual meeting which will be in February. If these restrictions continue then unfortunately we will be forced to have it as a virtual meeting instead of in person. The board will continue to communicate with each other as we have to ensure everything is running smoothly in Towne Park. If something comes up that requires a vote by the board then we will keep you informed of that as well.

We have arranged to have another big dumpster here on August 7th through the 9th. The dumpster will be located in the Club House parking lot. This has been such a huge success in the past and we're so glad you all are helping to keep Towne Park one of the most beautiful and cleanest HOA's in NM.

Tim Walker
President

MANAGER'S CORNER

Hello Towne Park Homeowner's,

I hope everyone is continuing to remain safe during these trying times and hope things return to normal very soon. Please contact me if you have any questions or concerns as I am here to help in any way.

I personally want to thank Sue Bowdoin for her continued hard work to make sure that The Crier gets completed and all the current information is submitted monthly to all homeowners. I also want to thank the Board of Directors for your continued dedication to make sure that Towne Park runs so smoothly during these difficult times.

Again, please continue to remain safe and healthy!

Cherish Jaramillo
Towne Park Community Manager/HOAMCO
505-888-4479 ext. 2125
505-291-8379
CJaramillo@hoamco.com



HOAMCO

FINANCIAL SUMMARY
June 30, 2020

TOWNE PARK HOMEOWNERS ASSOCIATION

ASSETS		
Cash in Bank - Operating	$	24,970.63
Cash in Bank - Reserve	$	357,935.91
Cash in Bank - Land Lease	$	26,618.64
TOTAL CASH	$	409,525.18
Accounts Receivable	$	44,166.24

	Current Period	Year to Date	YTD Budget	Variance
Income	$ 113,493.41	$ 649,868.45	$ 642,433.60	$ 7,434.85
Expenses	$ (85,970.48)	$ (462,461.37)	$ (443,230.88)	$ (19,230.49)
Reserve Transfers	$ (35,556.44)	$ (243,554.59)	$ (231,093.00)	$ (12,461.59)
Net Profit/Loss	$ (8,033.51)	$ (56,147.51)	$ (31,890.28)	$ (24,257.23)

NEIGHBORHOOD WATCH

Here we are in August - No relief in group meetings, so we must depend on each other to keep our community safe. Every day there are issues we need to address and all of us must take responsibility for our actions. Here are a few things that may be addressed by each of us:

1. Keep a front light burning at night - you'd be surprised at how much it helps late or early walkers.

2. Close your garage doors. It is very warm this time of year but people are actively looking for items to take during this kind of weather.

3. Check on your neighbors - you never know when someone is in need, until you ask.

4. Don't park on the street between 12AM and 5AM. First responders are grateful for the access if the need arises.

5. Keep your pets in check. Use a leash, pick up after them, check to see why they are barking, your neighbors will appreciate it.

6. Drive through the community safely. There are children, bikes, and walkers. Please be mindful.

Thank you all for doing your best in these hard times. If you need help call 242-COPS - or if it is urgent call 911.

Be safe and stay well.

Helen Martin
271-4847



Social Committee August Update…….

With the dog days of summer upon us, masks and social distancing is well underway in our state as well as other states. We would be thinking of having social events with our neighbors, remembering birthdays, wedding, anniversaries, gatherings with our loved ones, vacationing to our favorite places but instead we look forward to drive-ups, quick trips to standing lines at some places and oh yes, working in our backyards!

When you think of the month of August, it brings to mind the hottest month of the year, weeds grow in abundance. If the first week of August is warm, then in some states the winter will be white and long. August 1936 was the eleventh happening of the summer Olympics with the United States almost missing the event due to current government officials but instead we went and placed second in overall medals.

In August of 1908 the Model T was first manufactured and glad to hear Ford is still going strong! The Mona Lisa was stolen in August of 1911 from the Louvre Gallery but found a few years later and lastly remembering our “Red Cross” which helps folks all over the world! These are just a few notable events during one month of the year...when this pandemic is finally over, just think what events we can make!

Wear a Mask, Save a Life!!
Jeanne Breck
Social Committee Co-Chair

UNDERSTANDING STRESS

Part I of II

THE DEFINITION OF STRESS = Any reaction to change to which we must adjust.

Stress is personal, physical and psychological. Each area of our lives is affected by stress. We need to be aware of how we deal with it – negatively or positively.

POSITIVE STRESS does not harm us. Situations that might produce positive stress could be (1) getting ready for a wedding, (2) playing golf, (3) going on a date.

NEGATIVE STRESS produces harmful chemicals in the body. This is the one we must learn to control. Negative stress is created when we (1) go to a job every day that we don't like, (2) hold high self-expectations, (3) encounter frustrating Covid19 rules, have financial problems, self-esteem issues, etc. When negative stress is experienced on a daily, constant basis, the body gets to the point it cannot take any more. Therefore, it breaks down -- either physically or mentally. It's like driving with one foot on the brake and one on the gas. Something WILL break down. Did you know. . . stress-related illness costs U.S. Companies 100 billion dollars and every year it is rising? One reason we are affected by such high stress is that 40% of Americans do nothing to relieve their stress. We must learn management techniques or sickness will result. Eighty-five percent of all hospital beds today (not counting Covid) are filled with stress-related diseases including:

- Heart attacks – the #1 killer
- Stomach disorders: ulcers, colitis, etc.
- Headaches
- Cancer – the #2 killer
- High blood pressure
- Strokes



I AM ONE OF THE STATISTICS from having experienced a stress disorder called TMJ (temporal mandibular joint disorder). This is the jaw joint that moves back and forth in front of the ears when you eat, shout, talk, sing or yawn. One in every four Americans suffer with TMJ disorders. For me, it began as a clicking, tightly clenched jaw, ending up with constant 24-hour-a-day excruciating head and neck pain. (Many sufferers contemplate suicide because the pain is so unbearable.) Several doctors told me I needed major surgery to replace the TM joints with steel and break my upper and lower jaws for repositioning. They said my chances of being better afterward was 50/50 – not great odds. I researched and found jaw surgeries don't work except in 2-3% of patients. The one thing I kept hearing from them was, "This is a stress-related disorder". After years of pain clinics, physical therapy, biofeedback, stress counseling, help from health care professionals and constant prayer, my stress and pain battle was achieved. I was determined to not be a statistic! Decades later, my TM joints are my trigger when overdoing or forgetting to take care of myself. There is no "cure" for TMJ disorder, only management. What's your trigger for stress? Find ways to control it so it doesn't become a health problem.

MANAGEMENT STRATEGIES include getting enough ***sleep*** for restoration, practicing ***meditation*** for relaxation, journal ***writing*** for clearing your head, ***prayer*** for guidance and ***nutrition*** to feel your best. Take care of yourself and know that you CAN cope with stress. Here is just one of the many Bible verses that helped me:

Isaiah 41:10 Fear not for I am with thee. Be not dismayed for I am thy God. I will strengthen thee; yea, I will help thee. I will uphold thee with the right hand of my righteousness.

In Part II next month, we'll discuss the best ways to handle stress.

For over 30 years, Sharon Carr has been a professional writer. She is a published author on TIME, STRESS, CUSTOMER and DOMESTIC MANAGEMENT. If there are topics you would like addressed in this newsletter, e-mail her: sharon@onthewritepath.biz. Sharon also attends the Towne Park Bible Fellowship group on Mondays where everyone is welcome.



Towne Park Calendar of Events

August 2020

August 7 - 9: Dumpster in the Clubhouse Parking Lot

The Clubhouse, Library and Gym are open during regular business hours.

All Other Events Canceled until further notice...

Water Authority customers are reminded that time-of-day watering restrictions are in effect April 1 - Oct. 31. No sprinkler irrigation is allowed between the hours of 11 a.m. and 7



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Towne Park Homeowners Association

Towne Park Clubhouse Hours
Monday - Friday 7:00 AM - 4:00 PM
505-291-8379 Office

Homeowners Association Management Company (HOAMCO)
Community Association Manager:
505-888-4479 Ext. 2125
Email: cjaramillo@hoamco.com

HOAMCO CLUBHOUSE OFFICE HOURS
Tuesdays 10:00 AM - 1:00 PM

COMMON AREA EMERGENCIES :
Monday - Friday: 505-417-0031

AFTER HOURS AND WEEKENDS
Contact HOAMCO: 844-744-4316

EMERGENCY 911 OR 242-COPS

SIGNAL 88 SECURITY
Non-Emergency Dispatch Center # 855-789-1761

TOWNE PARK WEBSITE AND FACEBOOK GROUP

Check out the Towne Park Homeowners Association Website at www.towneparkabq.com.

If you are a Facebook user, check out the link to our Facebook Group: https://www.facebook.com/groups/towneparkabq/

For suggestions and comments, please contact:
Claire Shuford
Webmaster/Social Media Manager
claireshuford@gmail.com
(505) 610-1816

Towne Crier
Notifications and Classified Ads

Please send materials in jpg or pdf format
To: Jim Smith at Jimsmith@towne-park.com

Deadline for Crier submissions is the 20th of the month

ADVERTISING RATES:

Business Card $45	**Quarter Page $75**
Half Page $125	**Full Page $210**

Advertisement payments should be sent to:
Jim Smith
425 Towne Park Drive NE
Albuquerque, NM 87123