

TOWNE CRIER
MARCH 2021

TOWNE PARK HOMEOWNERS ASSOCIATION
Est. 1984

425 Towne Park DR NE
Albuquerque, NM 87123

2021 BOARD OF DIRECTORS

OFFICERS

Helen Martin
President

James Gilliam
Vice President

Jolene Ellerton
Secretary

Glenn Herrington
Treasurer

DIRECTORS

Pauline Saunders

Building and Grounds Manager

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

Pauline Saunders
ACC Comm. Chair

James Gilliam
Maintenance Comm. Chair
Security Comm. Chair

PRESIDENT'S MESSAGE

Another Annual meeting is in the books. This past year just flew by for many of us. Most want to say good riddance to 2020 but at least here in Towne Park we've still managed to accomplish some very good things.

We did have a quorum for our annual meeting and 25 residents were able to attend online this year. Towne Park is doing very well financially despite all of the unexpected expenses last year from the weather. Our latest weather related incident was the blowing snow got packed into the control box for the east exit gate and shorted out the control board. Of course Jim was prepared for this and had another board on hand to switch it out rather quickly. The wind really wreaks havoc on the gate motors so sometimes you'll notice them locked open until the wind calms down.

All of the paths in Towne Park were repaired last month and the east and west park paths received a fresh layer of asphalt. Hopefully this year we will be able to give the rest of the paths a fresh overlay as well. It's only money right?

Jim and Joe have done an amazing amount of remodeling and painting in the Clubhouse this winter and hopefully we'll get to use it this year for birthday parties and other family functions.

This is my last report as president as I have come to the end of my term. It's been a pleasure to serve this fine community and look forward to serving again in the future.

Tim Walker, Past President

MANAGER'S CORNER

Hello Towne Park,

I want to thank everyone that attended the Annual Meeting via Zoom or submitted your proxy so that the community could make quorum for the meeting. It was a great meeting and appreciate those that had questions as well as ideas for solutions.

As we hate to see board members go we are also excited about our newest board members Jolene Ellerton and Pauline Saunders. Welcome to the Towne Park Board of Directors.

There were 3 lots sold in **January 2021.**
We have a total of 263 lots that have been sold in the Towne Park community.

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





TPHOA Board of Directors Meeting
Tuesday, March 16, 6:30 PM

SOCIAL COMMITTEE UPDATE

Will we ever get back to social events in Towne Park or even globally where people can once again enjoy activities outside of your home……that day will come folks and we will have some fun times again……but for a minute let us take a glance at what we have done the last year to keep busy and somewhat happy!

Seeking solace in the grocery store when your turn comes up in line and spending time at items in the aisles you normally don't. Taking your pet on a walk admiring a beautiful park, zoo or mountain slope, visiting a family or friend through a glass window just to let them know you care. Getting on "You Tube" to learn how to cut hair and not make a mess, continue on "You Tube" to see wonders of the world that maybe you haven't seen in person and hope these places, you can see again!

Keep wearing those masks, wait in line for your vaccine and dream that maybe in March your turn will come true……..Blessings Everyone

Jeanne Breck
Social Committee

NEIGHBORHOOD WATCH

Another month and we await word from the Health Dept. for some relief to this isolation. It's difficult to keep focused on community affairs when we hardly stick our noses out the door. We're doing so much better, so we must keep it up if we are ever to regain our ability to go back to normal.

We had some harsh winter days recently and I hope every one did well dealing with the cold. We're headed for some warmer weather so people will be out and about and this is when we need to keep our eyes open. Seems to be an abundance of people getting into trouble. Do not be one of those who get careless with their belongings. Remember, only you can protect the things you feel mean something to you. Lock your cars, better still, put them in your garage and lock them. Close your garage doors, put your bicycles away, don't leave things in your yard that you value.

If you need assistance for suspicious characters, call 242-COPS or if urgent call 911. Everyone, please keep safe.

Helen Martin

271-4847

HOAMCO

FINANCIAL SUMMARY
January 31, 2021

TOWNE PARK HOMEOWNERS ASSOCIATION

TOWNE PARK HOMEOWNERS ASSOCIATION

ASSETS		
Cash in Bank - Operating	$	17,859.53
Cash in Bank - Reserve	$	450,458.20
Cash in Bank - Land Lease	$	26,368.64
TOTAL CASH	$	494,686.37
Accounts Receivable	$	51,208.43

	Current Period	Year to Date	YTD Budget	Variance
Income	$ 98,390.05	$ 98,390.05	$ 109,648.40	$ (11,258.35)
Expenses	$ 55,992.36	$ (55,992.36)	$ (120,996.62)	$ 65,004.26
Reserve Transfers	$ (37,156.50)	$ (37,156.50)	$ (35,556.44)	$ (1,600.06)
Net Profit/Loss	$ 117,225.91	$ 5,241.19	$ (46,904.66)	$ 52,145.85

Do you have a Towne Park question?

Rather than asking on Social Media, send it to one of the following :

Cherish Jaramillo: CJaramillo@hoamco.com

Jim Smith: Jimsmith@towne-park.com

Towne Park Website: towneparkabq.com/contact/

Looking to Buy or Sell?



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(505) 379-0704

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- Military Relocation Professional
- Resort & Second Home Property Specialist
- RENE / PSA

Glenn Sveum

(505) 281-3119 Office

GlennSveum@gmail.com

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REAL ESTATE PROFESSIONALS

I'm a Towne Park home owner!

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ADDRESSING DEPRESSION

Depression is one of the most common mental disorders in the U.S.. National estimates say that two-thirds of the people needing help with depression are not seeking treatment. The majority of Americans believe depression is a sign of weakness. On the contrary, crying and other ways of allowing ourselves to experience emotions without censoring them is not a sign of weakness or poor coping, but it's actually the way we are "programmed" which helps us get through the difficult times. At one point or another in our lives, we have all been depressed. The problem arises when the depression is ongoing.



WARNING SYMPTOMS that indicate depressive illness include:

- Persistent sad, anxious or "empty" feelings
- Feeling tired despite adequate rest
- Changes in sleeping and eating patterns
- Anger and/or agitation
- Frequent or unexplainable crying spells
- Loss of interest or pleasure in hobbies, activities or sex
- Feelings of guilt, worthlessness and/or helplessness

Because depression can result in an independent psychological problem, doctors and therapists are realizing it must be properly addressed in order to manage patients and, especially, ones with any involved pain. Adding depression to pain can become a serious situation. The main causes of depression may include faulty mood regulation by the brain, stressful life events, medications and medical problems. Other contributory factors include abuse, conflict, death, loss or serious illness. Realize that depression can also be caused by lack of an essential thyroid hormone or missing nutritional needs.

TREATMENT allows many choices for handling depression, and experts agree that being strong is important, but know when to seek professional assistance. Talk with your family doctor. He may refer you to a professional for answers. Even though different strategies work for different people, many times combining methods is more effective than using a single approach. For example, depression often responds quickly to the combination of antidepressants and psychotherapy, like: *Cognitive Behavioral Therapy* – this teaches us to recognize and change self-defeating patterns of thinking/behavior. *Interpersonal Therapy* – focuses on improving relationships with others. *Psychodynamic Therapy* – deals with deep-seated (usually unconscious) emotional conflicts caused by early childhood experiences.

SELF-HELP techniques that work well with professional treatment can be:

- Get involved in others' lives as a helper or problem-solver to forget about your own problems
- Find safety valves to relieve the pressure such as crying, pounding a pillow, running or even writing in a diary
- The Bible and other literature will help you understand and learn more about depression. The Bible has a lot to say about this: *Come unto me, all ye that are heavy laden, and I will give you rest. Take my yoke upon you and learn of me, for I am meek and lowly in heart; and you shall find rest unto your souls. For my yoke is easy and my burden is light.* Matthew 11:28-30, II Corinthians 4:8-9, 16-18, Philippians 4:8, Isaiah 40:29-31, etc.
- Find ways to improve interpersonal relationships
- Exercise even if it is only a short walk every day. This helps the brain produce good endorphins
- Change your perspective with thoughts like, "This too shall pass" or "Things will be better tomorrow"
- Use humor and laughter: read cartoons, watch a funny movie or just simply laugh at yourself
- Join a support group to bond with others who have similar feelings
- Call your Mental Health Association to find out about programs (individual and group) that may also be of assistance.

Remember, depression is not something to be ignored. Don't be afraid or too proud to get help. You are worth it!

© 2021 by Sharon Carr. All rights reserved. *For over 30 years, Sharon 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 Fellowship group each week at the clubhouse where everyone is welcome.

NOTE change in weekly meetings:

Day: Fridays starting Mar. 5th

Time: 11:00 a.m. at the Clubhouse

Bible-Based Fellowship

Come one, come all !!

Grow spiritually and socially with us!



Towne Park Calendar of Events

March 2021

Spring Forward
DAYLIGHT SAVING TIME

Sunday, March 14, 2021
Daylight Savings Begins

Wednesday, March 17, 2021
St. Patrick's Day



TPHOA BOARD OF DIRECTORS MEETING
Tuesday, March 16, 6:30 pm

Clubhouse Exercise Classes

Masks required at all times. Groups of ten max with 6 feet distancing. Also, only 2 in the gym at a time.

Exercise Group: Mon & Wed, 9:15 - 10:00 AM

Gentle Exercise: Mon, Wed, Fri, 10:00 - 10:45 AM

All adult residents will be welcomed to exercise with either group. It's a way to safely meet neighbors and get a little more fit too.

Due to the ongoing Governor's Public Health Order, the Clubhouse will not be available to rent.

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

All business done via phone, email, or by appointment

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

Tim Walker
Chris Farmer
Bill Bottorf



To our outgoing Board of Directors members, we thank you for your years of service to the community!

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