

VISTAS

MONTHLY NEWSLETTER OF THE ELDORADO COMMUNITY IMPROVEMENT ASSOCIATION

1 La Hacienda Loop, Santa Fe, New Mexico 87508 • 505 466-4248 • www.eldoradosf.org

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Successful EACA Studio Tour Safely Returns

A beautiful autumn weekend greeted the return of Eldorado's premier Preview Gallery and Studio Tour. With the help of ECIA's General Manager, Julie Navarro and her responsive staff, the Friday, Oct. 22 Grand Opening Event came off without a hitch. The pandemic pause didn't stop more than one hundred amazing and diverse Eldorado artists and craftspeople from creating and presenting their best works.

Zina Hogan and Donna Boggins, Co-Chairwomen of this year's Preview Gallery, along with Gallery Overseers, Linda Armantrout and Cynthia Bargman and the entire Preview Gallery Committee, staged and presented a collection of quality artwork in two gallery spaces: Gallery One (The Railroad Room) and Gallery Two (The Classroom).



Donna Boggins, Cynthia Bargman, Linda Armantrout and Zina Hogan

Works ranged from skillful ceramics, eye popping jewelry, brilliant abstract and representational paintings, masterful stone and metal sculpture, stunning photographs and colorful textiles.

Karen Murry and her team arranged for prepackaged snacks and bottled water for everyone to enjoy. This masked indoor event was balanced with outdoor entertainment



The Santa Fe Wadaiko drummers perform at the Community Center.

in the courtyard located between the two galleries. Taiko drummers opened the early evening with a powerful performance and sounds of drumbeats resonated throughout the complex. Later indoors, performers delighted listeners with both song and soft instrumentals. All in all, it was an engaging evening bringing together both old and new friends. There was plenty of banter, serious critiquing and laughter, something we all needed.

An enormous turnout of art aficionados from near and far were eager to view and purchase inspired artworks. After the isolation of the pandemic, there was a wonderful feel of normalcy and festivity, missed for so long.

Big thanks go out to Julie Navarro, her staff and everyone involved at ECIA that made the Preview Gallery and the weekend Studio Tour such a huge success.

EACA Winter Show is slated for **Saturday, Dec. 4**, from 10 AM to 4 PM just in time for the holidays!

—Article by Donna Boggins, EACA Co-Chair, and Karen Murry, Preview Gallery Reception Chair
Photos: left, Andrea Sharon; above, Sue Drundstrom

Spooky and Spectacular Fun at Eldorado Stables



Left, Liz Matthews rides Mona, Amelia Adair rides Hershey; right, Mike Ault rides Molly

The Eldorado Community Stables welcomed everyone for an equine costume parade on Saturday, Oct. 30. Over 50 visitors enjoyed the festivities on a delightful New Mexico fall day. Fourteen horses in costume competed for silly awards and entertained the crowd. More than 20 members of the Stable community volunteered to support the event and offered trick or treating at their barns.

The judges were Karen McGuire-Look, James (Dusty) Caruso and Carol Sanguinetti.

—Photos by Jonathan Turkle

Board Actions and Summary November 16

THE ECIA BOARD OF DIRECTORS MEETING was called to order at 5:30 PM, held via Zoom and recorded. President Sal Monaco, Secretary Carol Sanguinetti, Treasurer Joseph Gutierrez, and Directors Erika Penczer, James Caruso, and Jonathan Turkle were present, and a quorum was met. Vice President David Sorkin was excused. HOAMCO staff included General Manager (GM) Julie Navarro, Assistant General Manager Jessica Collins, Operations Manager (OM) Mike Rogers, Compliance Coordinator Mark Young, and Operations and Compliance Assistant Jocelyn Rizo. President Monaco congratulated General Manager Navarro on becoming a Certified Manager of Community Associations (CMCA).

The Board issued a reminder that the CC will be closed the week between Christmas and New Year's, Dec 27–31. As usual, when we close, maintenance will be on call if snow removal or another emergency service is required. An after-hours phone number **844 744-4316** will also be provided on our web site should anyone need to contact our office staff.

Garret Vreeland, who is developing our new web site, spoke to the members and answered questions about the proposed launch that was scheduled for the weekend of Nov. 20–21.

The Consent Agenda items including the October Minutes were approved. Treasurer Gutierrez reported as of October 2021, our expenses are running under budget and there will be a year-end surplus.

The GM reported staff is working with the webmaster to assist in the roll-out of the new ECIA website. Residents can expect to receive their 2022 assessment letter in December. The OM reported the main area of the pool plaster has been removed and the contractors are now working toward the deep end; the demolition should be complete in the next week or two. The new plaster will be laid in April just before filling for the 2022 pool season. Proximity card reader systems have been installed at the tennis courts and basketball courts; the reader system is planned to go online in the first quarter of 2022. Three new security cameras are being installed by the front office door, the patio, and the breezeway.

The Board of Directors approved the following motions:

1. To adopt the 2022 Budget as recommended by the Finance Committee, incorporating an annual assessment of \$570.00 per lot—an increase in \$20. This assessment will remain for years 2022 and 2023.
2. To adopt the recommendation from the Finance Committee to instruct the ECIA's bookkeeper and auditor to use the amount transferred at the end of the Fiscal Year 2021 from the Operating Fund to the Replacement Reserve to adjust any remaining 2021 Operating surplus or deficit to \$0.

3. To approve the 2022 Nomination Petition as recommended by the Election Committee.
4. To approve a Geographic Information Systems (GIS) Planning Group to act as a task force to set priorities and goals for using the ArcGIS platform to develop an understanding of the ECIA community trail system.
5. To accept the changes to the Architecture Committee Charter, previously adopted on October 19, 2021.
6. To approve three additional staff paid holidays for 2021: December 28, 29, and 30.
7. To dissolve the Information Committee.

The Board of Directors approved the following motions on variances presented to the Board by Director Caruso:

1. 8 Camerada Road—to allow a new fence 5 feet into the 20 foot side setback on one end.
2. 81 Moya Road—to allow for a porch addition, with a tile roof, that does not match the existing roof style of the home.
3. 48 Verano Loop—to allow for the existing garage to not have a garage door.
4. 3 Conchas Place—to allow for a fence that was built with stringers on the outside to remain, with the requirement that the two areas that have visibility to the neighbors, that measure 12 and 18 feet in length, shall have vertical latillas added to these areas to hide the visible stringers.
5. 5 Palacio Road—to allow for a new shed at a height of 9 feet 8 inches above grade.

A variance for 3 Antigua Place—to allow for a new all glass (and commercial styled) garage door to remain on their garage with the addition of a tan cloth style shade that will cover the entire door was not approved.

New Business:

- Board Treasurer Gutierrez reviewed the Finance Committee's recommendation to consider whether adding the budget to the Assessment Package would make it too bulky and expensive to mail. He commented that including the budget only added one page and wouldn't change the mailing costs.

The Assessment Package will be sent out after Thanksgiving and payment is due **Feb. 15**.

- The Bylaws Review Committee Chair presented the Committee recommendations which can be located on the ECIA website: www.eldoradosf.org > Boards & Committees > ECIA Governing Board > Board Meeting Reports.
- Board Secretary Sanguinetti discussed the revision of Welcome Packet which includes fewer pages and a new format.

Continued on next page

Board Actions *(continued from previous page)*

Open Forum:

During the open Forum, Dan Drobnis and Pamela Henline addressed the Board. Dan expressed disappointment with some motions involving capital items which were late, the cost of the pool replastering project, and the way the budget process was executed. He also announced his resignation from the Finance Committee.

Pam expressed her disappointment that the Board decided to move all communications functions to the staff including *Vistas*. She expressed doubt that the professional HOAMCO staff could do an adequate job with this.

Director Caruso commented that he found Dan's comments unfounded and inappropriate.

President Monaco thanked them for their service and disagreed with their assessments stating they were inaccurate and mis-represented the facts but recognized their right to express their opinions.

The meeting adjourned at 8:56 PM.

The next Board Meeting will be held via Zoom on Tuesday, **Jan. 18** at 5:30 PM.

The Board wishes to express its gratitude to both Dan and Pam for their long and valued service to the Eldorado Community.

—Sal Monaco,
ECIA Board President



Resident Joel Pearson captures a magnificent Eldorado sunset.

2022 Assessment & Budget Letter Arrives this Month

Every two years, your ECIA Board of Directors reviews our financial outlook and looks ahead several years to ensure we will have adequate reserves to protect and care for our valuable amenities. The good news this year is that our Finance Committee has provided a forecast of our needs for the next several years and our reserves appear to be in excellent shape. Consequently, the Finance Committee has recommended, and the Board has accepted, a very modest increase of \$20 which will increase our annual assessment from \$550 to \$570 for years 2022 and 2023.

We would be remiss however, not to recognize that the Finance Committee provided a caveat that a higher than anticipated level of inflation (which increases the cost of

replacing and maintaining our amenities) might require a more substantial increase when our assessment is reviewed again for 2024–25.

This month, you should receive an assessment letter along with a budget summary outlining the 2022 budget which holds the line on spending. For 2022, operational expenses total \$1,303,237 which is a \$25,000 reduction from the 2021 budget. The letter will also outline the various ways you can make your assessment payment which will include dropping your payment off at the Community Center office.

—Sal Monaco,
ECIA Board President

ECIA BOARD & MANAGEMENT

Board: President **Sal Monaco**, Vice President **David Sorkin**, Treasurer **Joseph Gutierrez**, Secretary **Carol Sanguinetti**, Director **James Caruso**, Director **Erika Penczer**, Director **Johnathan Turkle**.

Management: The ECIA is managed by HOAMCO. General Manager **Julie Navarro**, jnavarro@hoamco.com
Monthly report available at www.eldoradosf.org under Resident Resources.

ECIA office open for business. Community Center closed for activities. For info call 505 466-4248.

2021 Pool Season Wraps Up with a Splash

In past years, the ECIA pool has had trouble opening on time for the start of the season, though not inherently anyone's fault. This year, residents expressed their deepest gratitude for the Memorial Day opening. The regular lap swimmers were overjoyed at their new three hour time allotment. Families and kids eagerly awaited the end of lap swim to be able to make a splash.

Swim lessons took place almost every day, providing an enjoyable challenge for the kids of the community as well as for the lifeguards.

The Fourth of July celebration was well-attended—more patrons than we have seen in years. From water balloon fights to volleyball and games for prizes, the Fourth was just as entertaining for the patrons as it was for the pool staff.

There were some hurdles to overcome though... peeling plaster, a slippery deck, thunder ruining almost every afternoon and too close for comfort lightning strikes. While chilly weather and a lack of staff did lead to shortened hours toward the end of the season, it did not dampen the number of residents who enjoyed the Doggie Splash Day. Dogs and doggie parents came in droves to enjoy the official last day of the season. Complimentary hot chocolate, coffee, lemonade and popcorn were offered. As we wrap up the pool season, the old plaster is coming off and the new plaster is set to be poured in the spring so the pool is ready for the 2022 season.

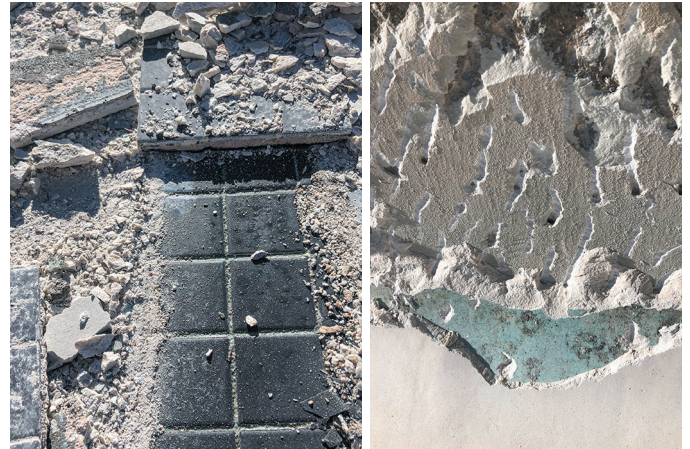
—Kevin Raphael,
Pool Manager

Eldorado Pool Plaster Remediation Continues

Over the past few years, the ECIA Adult Pool has had several repairs made to the plaster. In 2020, six repairs were performed with one as large as 20'x40'. In 2019, a repair of approximately 12 sq. ft. was completed. Though there were many repairs to the pool area in 2019, plastering the entire pool was not one of the items.

The reason for these frequent repairs is due to the plaster in the pool not being removed properly in previous repairs in order to prepare the surface for new plaster. Once our contractor began the work of removing the plaster on the walls of the pool, they discovered four separate layers of plaster. The same is true on the bottom, with four layers of plaster and three layers of tile.

The pool was last plastered in 2011, and if it had been done correctly, it should have lasted at least ten years—it began failing after only eight years. The plaster has been delaminating from the older layers of plaster. Chipping away the older layer of plaster creates a rough surface for the new plaster to bond to. Our vendor is performing the demolition this fall and will correctly plaster the pool in April 2022 when the temperature is in the fifties.



Demolition reveals layers of tile, left; and layers of plaster, right.

The ECIA is looking forward to a beautiful, newly plastered and tiled pool for residents to enjoy in May of 2022. The Kiddie Pool will have a surprise awaiting the kiddos!

—Article and photos by Mike Rogers,
Operations Manager

SF County Resources Aid Seniors During Closures

Santa Fe County Senior Centers are closed until further notice. The Santa Fe County Community Services Department is providing home delivered meals in lieu of congregate dining to seniors. We will continue to provide transportation services to those with serious medical conditions. Santa Fe County Senior Services will initiate a system of “caring contacts” to continue regular communication with our senior residents.

MEALS ON WHEELS

Santa Fe County is proud to deliver meals to qualified

homebound seniors. Seniors interested in receiving home delivered meals should call **505 992-3069**.

TRANSPORTATION

Santa Fe County provides a reliable and affordable mode of transportation. Our drivers provide transportation to medical appointments, grocery shopping, volunteer projects, and miscellaneous errands.

To schedule transportation please call **505 992-3069**. For additional information, https://www.santafecountynm.gov/community_services/seniors.

ECIA Board Candidate Nomination Petitions



Board members are elected through the voting process which begins early January and culminates at the ECIA Annual Meeting of Members on **May 2, 2022**.

Two Board of Director positions are open for election, each with three-year terms expiring on May 5, 2025.

To be a candidate for election to the Board, the ECIA Bylaws require all the following criteria be met: Petitioner must be a Lot Owner of Record: (1) whose 2022 assessments are paid in full and have been received and credited to the Association's financial account as of Mar. 1, 2022; (2) whose rights and privileges are not suspended, and (3) who resides full-time in Eldorado.

Each proposed Candidate must submit a completed and signed Nomination Petition to the ECIA office with the required twenty-five (25) signatures which are valid, one signature per Lot. More than 25 signatures are recommended. To be valid, a signature must be of a Lot Owner of record whose 2021 assessments have been paid in full and have been received and credited to the Association's financial account

when signing the Petition and whose rights and privileges are not suspended as of the date of signature.

Signatures may be obtained in two ways: (1) Lot owners may sign the Nomination Petition in person or (2) Lot owners may send their support via an email to the proposed Candidate. The email must contain: name, Eldorado mailing address, date and a statement of support (e.g. "I Jane Doe, support the candidacy of Mack Smithy for the 2022 ECIA Board of Directors election"). If an email is submitted in lieu of physical signature, each individually supporting email must be attached to the Nomination Petition (there may be multiple sheets).

The completed and signed Nomination Petition, a biographical and goals for the community statement not exceeding a total of 400 words, and photo must be submitted to the ECIA office no later than **5 PM, Mar. 1, 2022**.

Nomination Petitions will be available after **Jan. 4**, at **www.eldoradosf.org** > Resident Resources > Forms and Applications > Board Nomination Petition. Copies will also be available at the ECIA office. All information and instructions are included with the Nomination Petition.

If you have any questions, call or email the ECIA office: Julie Navarro, **505 466-4248** or **jnavarro@hoamco.com**.

—ECIA Election Committee

Bylaws Review Town Hall Welcomes Resident Input

The ECIA's Bylaws Review Committee has been working hard since July, reviewing suggestions made by community members for changes to the ECIA Bylaws. The Committee has been meeting at least twice a month on Thursdays via Zoom. The goal of the Bylaws review process is to ensure the governing structure of our community is continuously improved and updated. The Committee convenes every two years to recommend amended Bylaws, if necessary.

Another significant opportunity for community input in the Bylaws review process is the town hall meeting for

members. The town hall has been scheduled for **Jan. 13, 2022**, at 6 PM. At least ten days before the town hall, the draft amended Bylaws will be posted on the ECIA's website and will be publicized so members will have the opportunity to review the suggested changes. At the town hall, the Committee will answer member questions and hear feedback about these suggested changes.

After considering feedback from the town hall, the final draft of the proposed Bylaws will be presented to the members for a vote as part of the annual election in May, 2022.

—ECIA Bylaws Committee

Community Center Security Gates Planned for 2022

In recent months, we have seen an increase in crime in our community, which is a growing concern for everyone. In 2019, during pool renovations, we experienced vandalism in the construction zone. This caused construction delays, therefore impacting residents' ability to enjoy this amenity. Since then, we have seen sporadic events of vandalism at various community amenities including: a shed damaged beyond repair, torn nets, damaged courts, broken and/or damaged pool furniture and most recently, a broken shade structure at Compadres Park. This has cost the association thousands of dollars in repairs, and moving forward we are taking steps to prevent additional damage. As a way to ameliorate this situation, the Board of Directors has approved electronic gates

at the entrance to the Community Center. This project is expected to be completed by the first quarter of 2022. The gates will be closed from 5 PM to 8 AM, although the Community Center will be accessible to residents by key card during those hours. The Board and staff are working together to ensure all amenities are cared for, as well as to prevent additional and unnecessary expenses.

As we transition into a new year, we hope to continue to come together to ensure the safety of the residents in Eldorado and the well-being of our wonderful community.

—Julie Navarro,
General Manager

Managing Our Open Spaces for a Sustainable Future

I don't know about you, but when I first moved to Eldorado, I often gazed out my living room window at the Greenbelt below and wondered, how far does my property extend into that big open space? Is that trail below on my property, or is it part of the common property? When I walked the Greenbelt, I wondered if the erosion from our recent monsoons had spread to the private property above. The run-off gully formed just above the train trestle and by the rail trail bike path. Is that drainage the community's responsibility, or does the county or railroad have jurisdiction over that piece of land? What if a moving train created a spark near the tracks and ignited a fire in the Greenbelt?

I suppose by now, you can see why I became a board member.

During a site survey of the Greenbelt with the Conservation Committee, it became apparent why it is challenging to manage the Greenbelts. The county's maps, the primary determinant of legal boundaries points, it turns out, are not all that accurate; the original plat maps of the community are old and nearly illegible; it is almost impossible to accurately identify where you are standing on the Greenbelt in relation to its boundaries.

The Conservation Committee recently requested funds to locate the property markers in the Pueblo Canyon Park area east of Gavilan Road. Collecting and mapping those marker locations are critical first steps to identifying those boundary

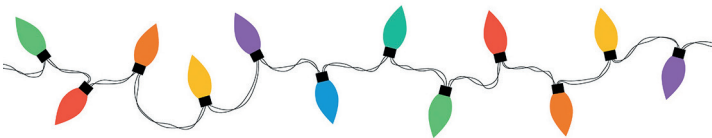
lines in the field with a GPS device and determining a remediation plan.

Based on the Committee's report, the board authorized this request and is taking advantage of that request to launch the use of a technology called Geographic Information Systems (GIS) within Eldorado. This technology can potentially change the way we monitor, analyze, and manage our open space areas to create a more sustainable future. Data already exists about this land that we can import into the GIS platform to help map our erosion and wildfire potential. That information, along with our own data, will help us analyze and predict where potential problems exist so we are not being caught off-guard.

The collection of the property line data from the Pueblo Park Canyon survey is just the start of a long-term effort to update and map the entire Greenbelt open space area. The GIS software tool used to do this will enable our HOA to create a living reference and historical record of everything we do in these areas. The truth is, determining the boundaries in our Greenbelts is just the tip of the potential for this technology in our community. With the tools available in GIS, and a dedicated effort, we can be more proactive and better prepared to respond to and anticipate the challenges of managing our greatest asset, our land.

—Jonathan Turkle
ECIA Board Director

Lighting the Way to a Resplendent Holiday



While exterior holiday lighting is allowed in Eldorado, we want to remind all residents that ECIA has guidelines for exterior lighting as part of the Guidelines for Protective Covenants and Building Restrictions. These guidelines are detailed on page 15 of the Architectural Guidelines on the ECIA website at www.eldoradosf.org > Governing Documents > Architectural Guidelines, and were updated in 2017 to include Section 5.4.9, which allows for Christmas Holiday Lighting from **Thanksgiving to Jan. 15**.

Some key points residents should keep in mind when planning their exterior decorating include:

- Avoid using any bright-colored spot lights or unshielded bulbs over 75 watts.
- Be sure any larger lights (such as colored spot lights) are downward shielded and are not bare bulbs shining out toward neighbors.
- Be sure if you are illuminating any outdoor features, your lighting is not shining up in the air, but rather more

toward the base and make sure you are using LED lights to save energy.

- Consider putting a timer on exterior lights which will turn off your lights at a reasonable hour to save energy and not bother neighbors in the late evening hours.
- Consider creative and reflective decorating. Not everything is about strands of lights. Colorful ornaments, ribbons, wreaths, garland and tinsel can be very attractive and use no electricity.

Further information on energy saving lighting can be found on these websites:

<https://www.homeselfe.com/guide-energy-efficient-christmas-lights-just-time-christmas/>

<https://www.eei.org/resourcesandmedia/energynews/Pages/Bright%20Ideas%20for%20Safe,%20Energy-Efficient%20Holiday%20Lighting.aspx>

If you have questions regarding exterior or holiday lighting, feel free to call me at **505 466-4248** or email me at myoung@hoamco.com.

Wishing you and your entire family a most enjoyable holiday season!

—Mark Young
ECIA Architecture and Covenant Compliance Coordinator

December Meetings—Community Center Closed*

*Meetings may be suspended, held via Zoom, and/or in-person: please check eldoradosf.org.

ECIA Committee	Architecture Committee	Tuesday	14	3–5 PM <i>CFR & Zoom</i>	Katherine Mortimer	architecturechair@gmail.com
	Board Meeting	No Meeting in Dec.			ECIA Board	505 466-4248
	Bylaws Review Committee	Thursday	9	3:30–5:30 PM <i>Zoom</i>	Amelia Adair	bylawsreviewchair@gmail.com
	Conservation Committee	No Meeting in Dec.			Paul Butt	conservationchair@gmail.com
	Election Committee	No Meeting in Dec.			Bette Knight	electionchair1@gmail.com
	Facilities & Grounds	Wednesday	1	10 AM–12:30 PM <i>Zoom</i>	Kathy Ritschel	fandgchair@gmail.com
	Finance Committee	No Meeting in Dec.				financechair1@gmail.com
	Road Committee	No Meeting in Dec.			James Mason	roadchair1@gmail.com
	Stable Committee	No Meeting in Dec.			Amelia Adair	stablechair1@gmail.com
Monthly	Eldorado/285 Recycles	2nd Tuesday	14	4–6 PM <i>Zoom</i>	Karen Sweeney	505 466-9797
	Eldorado Book Club	3rd Wednesday	15	3–5 PM <i>Patio</i>	Pam Henline	phenline@comcast.net
Weekly	Eldorado Hikers	Tuesdays		8:30 AM <i>NE corner CC Pkg.</i>	Terry Gibbs	505 466-6914 trgbbs@comcast.net
	Knitting Club	Tuesdays		10 AM–Noon <i>CC Patio</i>	Joyce Hanmer	505 466-3018 joycehan@msn.com
	Overeaters Anonymous	Tuesdays		10 AM <i>CC Patio</i>	Barb	505 954-1533

Zoom meeting information is online at www.eldoradosf.org > News & Events > Zoom Schedule

Calendar info collected and verified by ECIA office, GM@eldoradosf.org. Sign up for ECIA Newsbriefs, jcollins@hoamco.com to be notified of changes.

CFR: Conference Room; CR: Classroom; CC Patio: Community Center Patio; CC Pkg.: Community Center Parking Lot

News Corral

ECIA'S NEW WEBSITE NOW LIVE



ECIA OFFICES HOLIDAY CLOSURE

The ECIA offices and Community Center will be closed **Dec. 24–Jan. 3**. In the event of an emergency: **844 744-4316**.

DECEMBER AT THE VISTA GRANDE PUBLIC LIBRARY

Dec. 1–Dec. 30 Library Art Exhibition

Dec. 3 Art Exhibition Reception: 3:30–5 PM. Artists include Chris Cashiola—“A Tribute to Paul Cezanne” Original Oil Paintings, and Sandra Young—“Christmas in Miniature” Dollhouse Miniature displays.

Dec. 20 Board Meeting, 5:30 PM in the Meeting Room.

Dec. 24, 25, 31, and Jan. 1: Library will be closed for holidays.

ADAM & KIM'S CHRISTMAS TREES AND MORE

Adam & Kim's Christmas Trees lot is now open in the north parking lot of La Tienda. The Eldorado-owned and operated business will offer quality, fresh-cut Christmas trees from Oregon—Douglas fir, Grand Fir and Noble Fir. Wreaths, garland, and chili ristras will also be available. A portion of proceeds is donated to El Dorado Volunteer Fire & Rescue. COVID-safe practices have been implemented to maintain health & safety at the tree lot. In addition, we offer online sales with curbside pick-up, drive-thru shopping and local delivery. Check us out at **ChristmasSantaFe.com** or follow us on Facebook: AdamKimsChristmasTrees.

COVID-19

New Mexico's COVID-19 positivity rate is 12 percent at the time of *Vistas* publication. Hospitalizations as a result of COVID-19 are at numbers almost equal to this time last year. Booster shots are now available to New Mexicans age 18 and older if you received the Johnson & Johnson vaccine more than 2 months ago, or if you completed the Pfizer or Moderna vaccine series more than 6 months ago. Vaccinations are now available for those age 5 and older. For more information, **vaccinenm.org** or call **1-855-600-3453**.

POWER OUTAGE ALERTS

Sign up for power outage alerts with PNM at **<https://www.pnm.com/0316-ew-outage-alerts>**. You will get periodic texts letting you know the new time that your power is expected to be restored,

*Winter settles in.
Festive gatherings bring hope—
a new year of joy.*

Mission Statement The mission of the monthly newsletter, *Vistas*, is to inform members of the ECIA about issues before the Board of Directors, various committees, and the office staff. Any interesting events happening in Eldorado or the surrounding areas may be included. The publication seeks to foster increased neighborhood pride and community participation in the decision-making process.

Editorial Policy *Vistas* welcomes factual and objective submissions, which will be selected and edited at the discretion of the Board of Directors. Community announcements, photos, and articles of interest to homeowners are welcome. Submissions are due on the 5th of the month preceding publication. Submissions may be submitted to articles@eldoradosf.org. For help with any article, see the *Vistas* Style Guide: www.eldoradosf.org > News & Events > *Vistas* Newsletters.

Self-Care Guide for a Happy & Healthy Holiday Season

The holidays can be a time of excitement, joy, love... and anxiety. The impact of the fear of not being good enough, lack of income and loneliness can drive



depression and anxiety. Due to the pandemic, now more than ever, we need to attend to our mental, emotional and spiritual well-being. It has been long

discussed that symptoms of mental illness increase during the holidays. However, with the added impact of the stressors of the pandemic, the increase in adverse mental health conditions, violence, substance abuse and suicidal ideation may be even more significant this holiday season.

In order to ensure a season of excitement, joy and love, it is essential to care for self and others. Maintain awareness of thoughts and emotions and consider practicing some of these daily healthy habits to maintain well-being:

- Take steps to stay COVID-19 safe
- Accept your needs (Be kind to yourself.)
- Write a gratitude list and offer thanks (Think positive—Law of Attraction.)

- Manage your time (Easy does it.)
- Be realistic (Recognize your limits.)
- Set boundaries (It's OK to say no.)
- Practice relaxation (YouTube has many wonderful guided meditations.)
- Exercise daily
- Prioritize self-care
- Eat well
- Get enough sleep
- Avoid alcohol and drugs
- Spend time in nature
- Volunteer
- Find support
- Keep up with or seek therapy

MENTAL HEALTH SUPPORT TELEPHONE NUMBERS

If you are in a life-threatening emergency, call **911**.

24/7 Crisis and Access Line: **1-855-NMCRISIS** (662-7474)

The New Mexico Healthcare Worker and First Responder Support Line: **1-855-507-5509**

Peer-to-Peer Warmline: **1-855-4NM-7100**

(Call 7 AM–11:30 PM or text 6 AM–11 PM)

For Speech and/or Hearing-Impaired callers: TTY Line:
1-855-227-5485.

—Jessica Collins



NEWSBRIEFS: For the latest information from ECIA, please sign up for newsbriefs, (ECIA's electronic mailing system) by contacting jcollins@hoamco.com.



RECYCLE: Help ECIA go green! Save on paper and mailing costs by opting out of receiving a mailed copy of *Vistas*. To sign up, email jcollins@hoamco.com. You will be sent an email once a month with a link to the next issue of *Vistas* on the ECIA website, in pdf format, ready to view and print at home. Past issues are also available online. This paper is recyclable. Please recycle after use.