



## Creating a “slice in time”

A Christmas gift in the eighth grade molded Bob Finch's life. “I got a small Kodak and started taking pictures. It was fun!” His next-door neighbor noticed Bob's fascination and offered to sell his used Rolleiflex. “I mowed a lot of lawns to pay the \$90 for it, but that changed things forever.”

In high school, Bob joined the school Photography Club and learned how to develop film and print pictures in the darkroom. “To earn money, I dropped my after-school job bagging groceries and started working at a camera studio that took most of the high school yearbook photos.”

Bob says his best experience was as a sophomore covering the football games. “It opened up a

whole new era for me. In my junior year, I got a job at the local paper selling sports photos—\$25 per picture.”

### **Immersed in photography and love**

Upon acceptance to the University of Iowa, Bob learned he wouldn't be able to take photography classes until his sophomore year. So he began freelancing for the United Press International and Associated Press. “I sent photos to them for the *Daily Iowan*; every time one was picked up, I earned \$40.”

He also worked for a camera store and would cross the street to get a soda. “That's where I met Marge. She was the soda jerk, and it was pretty much love at first sight.” The two dated and upon graduation, married.

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Bob was the first student to earn a degree in photojournalism. At 23, he held credentials as a national press photographer and worked for the *Daily Herald*, the third largest paper in Illinois. His job was interrupted when he was drafted and sent to Fort Campbell, Kentucky, home of the 101st Airborne. After two years serving as an Information Specialist, he returned to the *Daily Herald*, launching a 40-year career with the paper.

### Memorable photos

Over the decades, Bob held a number of positions, retiring as Vice President of Process/Productions. Yet taking photos gave him the greatest pleasure. He lists his most memorable experiences:

1. Shooting the 1968 Democratic National Convention and ensuing riots in Chicago.
2. Being strapped into a helicopter and shooting photos from the air while in the Army.
3. Capturing images of a farmer perched on the back of his tractor for a story about his farm being condemned.
4. Doing a series of photos in 1969-70 about the Black Panthers.

His favorite photo? A black-and-white picture of an antique chair sitting in a Chicago street. “I liked the juxtaposition of this stately chair amidst the rundown street and debris.”

### Capturing everyday moments

Decades after opening that fateful Christmas present and just weeks after getting his latest digital camera, Bob still relishes taking street photography. “There’s no planning. You capture images of something or someone you’ll never see again. It can be as simple as people drinking coffee at a table. Or clouds. I do love the clouds.”

Bob is documenting his and Marge’s first year at Touchmark. “I am so impressed with Touchmark and the people we’ve met. I love our community, and I take my cameras (a wide angle and telephoto) almost everywhere.” Over a few weeks, he shoots about 1,200 photos. Sitting at his computer, he reviews the photos, cuts about half, and puts the rest into chronological order.

Summing up life at Touchmark and creating “slices of time,” Bob says, “It’s just fun! It’s always new!”



Wendy Schrag  
Vice President, Clinical  
Operations

**“If your compassion does not include yourself, it is incomplete.”**

**– Jack Kornfield**

In general, the winter holidays are a special time of year that

bring people together

through family traditions, recalling old memories, and creating new ones. This time of year can also be overstimulating without adequate time for intentional self-care. Holiday stress is draining both mentally and physically and can lead to an increased risk of injury or sickness. Use these tips to stay healthy this winter so you can enjoy all that the holiday season brings.

First, permit yourself to do only what you can reasonably manage, and encourage others to do the same. Don’t be afraid to ask for help, and let those close to you contribute if they offer. Be honest about any limitations or needs, such as keeping a daily routine. Sticking with normal habits will help prevent the holidays from becoming too tiring or disruptive.

Be sure to plan downtime between events. You should also resist the pressure to attend everything to which you are invited. If you wish to see friends but don’t want to go to a big to-do, host a small and quiet informal get-together with just a few in the daytime instead. If you are typically the primary planner or cook for family gatherings, ask for help from your younger relatives. Teaching them how to orchestrate your family rituals will be meaningful for all of you and reduce the amount of effort that falls solely on you.

Above all, give yourself the physical and emotional space for the self-care that we all need and deserve. You will appreciate it!



## Health & Fitness Studio

### Expresso HD Dragon Hunter Team Challenge

Active Aging Week at the end of September provided a wonderful opportunity for everyone to get more familiar with the Expresso HD stationary bike available in the Health & Fitness Studio. The bike was in the lobby for one week, which allowed for everyone to cheer each other on and get registered as part of our team.

Team Touchmark on Saddle Drive earned 58,017,530 points for the month of September competing in the Dragon Hunter Challenge! The goal was to earn 2,000,000 points or more, and we certainly did that. Out of the 14 team participants, our top four point earners were Steve Minich, Alicia Ketchum, Cory Budak, and Fran Waddell. Our team placed 15th nationwide out of 2,757 teams participating. The first place team was a YMCA in Virginia with eight bikes and 110 riders.

We look forward to competing in the next challenge and having more people learn about and enjoy exercising on the Expresso HD.



## What others are saying ...

*"This is such a wonderful place to live. You move in and have instant friends. As long you get out of your apartment and meet people, you are never lonely!"*

-Jeannie Barker, resident

## Honoring Veterans



We invite you to join us on **Saturday, November 10 at 10 am** to celebrate the many sacrifices our nation's veterans and their families have made to protect our independence and freedom. For Veterans Day this year, Touchmark has invited members of the Daughters of the American Revolution to host our commemoration. Everyone is welcome to share in this special event, complete with a program featuring a guest speaker, patriotic music, and a special gift to all veterans in attendance.



# TEAM MEMBER

## *Spotlight*

**Name:** Dan Wirak

**Position:** Touchmark Driver

**How would you describe yourself?** I am cheerful and outgoing. Committed to following Jesus.

**Share a bit about your family and growing up.** My family moved to Ekalaka, Montana, when I was in the second grade. While the van was unloading our family possessions, my brother and I started a “dump” in the borrow pit by the hospital. A group of other kids soon joined us and we were making grand progress until the sheriff showed up. Yep, we had to pick it all up.

**What are some of the most significant events in your life?** Forming a relationship with Jesus, graduating from college, and having a wonderful wife and family.

**How long have you worked at Touchmark?** January through May in 2017, and I came back in January of 2018.

**What do you enjoy most about your job?**

For sure the residents. What a source of knowledge and joy they are to me.

**What Touchmark value do you most closely relate to and why?** “I wear a positive attitude and maintain a sense of joy.” It is my desire to be cheerful and full of life to everyone, every day.

**Outside of work what are your favorite ...**

**Activities:** Kayaking Montana rivers and finding whitewater. Riding my mountain bike and staying in shape. Enjoying a craft beer at the local brewery. Time with family, mostly my wife. Griz football.

**Food:** I love the wonderful meals my wife makes for me.

**Movie:** *Hoosier* with Gene Hackman, as it reminds me of playing basketball in Ekalaka.

**Music:** Soft jazz and Christian tunes.





*Community events included Birthday Month Dinner with sweet treats and roses for the honorees, the Walk to End Alzheimer's, and Senior Fitness Testing during Active Aging Week.*



*Residents of the Sapphire and Garnet neighborhoods enjoyed parachute games and an ice cream social.*

# Save the date!

## **BRUSHES & BREWS PAINTING PARTY**

**Wednesday, November 7 • 1 pm • Forum**

The painting class with a splash! Enjoy a glass of beer (or wine) and some afternoon snacks while experiencing a different kind of art class. We provide everything: aprons, canvas, easel, paint, and step-by-step instructions from local artist/former art teacher Karen Sturm. RSVP. Cost: \$10.

## **CRAFT AND VENDOR SALE**

**Friday, November 9 • 2 - 5 pm • Forum**

A chance to shop at home! Browse through the items offered by Premier Jewelry, Paparazzi Jewelry, Avon, Scentsy, Arbonne, Silpada, and a variety of other homemade craft goods.

## **VETERANS DAY PROGRAM**

**Saturday, November 10 • 10 am • Forum**

See page 3.

## **BRAWL OF THE WILD**

**Saturday, November 17 • noon • Forum**

Watch the intrastate football rivalry between the University of Montana Grizzlies and the Montana State Bobcats on the big screen! We will serve a tailgate lunch of pulled pork sliders, coleslaw, chips, fruit, cookies, soda, and beer. RSVP.

## **BLOOD DRIVE**

**Friday, November 23 • 12:45 - 5 pm • Forum**

Everyone is encouraged to sign up to donate blood. The need for blood is constant, and volunteer contributions are essential for a healthy and reliable blood supply. Sign up at the front desk.

## **CRÈCHE COLLECTION EXHIBIT**

**Tuesday, December 4 - Friday, December 7 • The Balcony**

View a variety of nativity tableaus from tiny to large, folk art to fine crystal, whimsical to traditional.

## **EVERYTHING BUT THE KITCHEN SINK VARIETY SHOW**

**Thursday, December 6 • 6:30 pm • Forum**

Do you have a hidden talent nobody knows? Perhaps singing, dancing, juggling, or being able to balance plates? If so, sign up for the variety talent show! Poetry, comedy, magic, playing an instrument ... all will be appreciated by our audience.

## **HOLIDAY OPEN HOUSE**

**Friday, December 7 • 3 - 5 pm • Forum**

Join us for a Holiday Open House and enjoy live music, cocktails, and traditional Christmas cookies and treats.

## **NEW YEAR'S EVE DINNER & DANCE PARTY**

**Monday, December 31 • 5 pm**

Join us for a wonderful buffet dinner followed by live music and a chance to show off your moves on the dance floor! Wrap up the night with a champagne toast at 8 pm. Cost is \$15 per person/\$25 per couple. RSVP. Call 406-449-4900 to RSVP or for more information.

*[View our {FULL} Life calendar online for a complete list of events: TouchmarkHelena.com](http://TouchmarkHelena.com)*

**TOUCHMARK ON SADDLE DRIVE**  
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