



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 Club

Tips to stay fit this holiday season

We all tend to enjoy our pumpkin spice and peppermint goodies and the endless supply of treats but fail to keep up our exercise regimen. You can start now to stay healthy and combat the seasonal weight gain with these tips:

- Schedule your exercise date and times in writing or digitally.
- Recruit an exercise buddy or join a group.
- Use body weight exercises. A 20-minute workout using just yourself on the living room floor can be just as effective as working out at a gym.
- Indulge your sweet tooth, but in moderation.
- Drink lots of water. Being mildly dehydrated can impair energy levels, mood, and brain function. Instead of reaching for the sugary drinks, grab a glass of water instead.



Family Swim Night:

Friday, November 30 and December 28 from 5:30 - 7:30 pm. Open to all ages to swim and enjoy goodies from the bistro. Call the Member Services desk to RSVP.

Holiday hours will be:

Thursday, November 22: Closed
Friday, November 23: Open 8 am - 3 pm
Monday, December 24: Open 8 am - 3 pm
Tuesday, December 25: Closed

Fall farm-to-table dinner



A portrait of a man with a beard and mustache, wearing a light blue button-down shirt over a white t-shirt. He is standing in front of a green plant on the left and a framed picture on the wall on the right. The text "TEAM MEMBER" is overlaid in large white letters, and "Spotlight" is overlaid in large green cursive letters.

TEAM MEMBER *Spotlight*

Name: Joe Draz

Position: Administration-Payroll Coordinator

How would you describe yourself? Honest and by the book.

Share a bit about your family and growing up. I am married and have a 23-year-old married daughter. I grew up in Hells Canyon, Idaho, which is about 200 miles northwest of Boise/Meridian and did a lot of hunting and fishing as a kid with my friends. I still drive up there to camp at Oxbow several times a year and visit my mom who still lives there.

What are some of the most significant events in your life? Getting my Harley Davidson; oh, and my daughter! She is my only child, and she is a great kid! She also worked in a retirement community for a time. Now she works for one of the local hospitals.

How long have you worked at Touchmark? Almost three years.

What do you enjoy most about your job? I like to help people. When I can answer questions and help solve a problem it makes me feel good. Touchmark is a great place to work because team members are so nice and friendly. It makes my job more enjoyable.

What Touchmark value do you most closely relate to? Take responsibility and do not compromise your integrity. Why? Because I feel it is important to be trusted, especially in my position.

Outside of work what are your favorite ... Activities: Riding my motorcycle; working with wood.

Food: I love macadamia nut cookies!

Movie: *National Lampoon's Vacation*.

Music: Country and blues.



Communitywide events included the FitOne Race, a UMLV Reptile Class, Boise Bike Tour, and a tour of JUMP Boise (Jack's Urban Meeting Place).



Residents of the Owyhee Lodge enjoyed a picnic in the park and a tailgate lunch to kick-off the fall football season.

Save the date!

A DAY AT THE DERBY

Friday, November 2 • 2 pm • Coeur d'Alene Room

Experience the excitement of a day at the track with this fun, interactive, and exciting horse racing game! The track's friendly and helpful pari-mutuel clerks will be on hand to assist you with any questions and help you place your bets. There will be 10 professionally taped horse races from the country's largest tracks, master of ceremonies to announce races and rules, official programs with handicapping information, betting slips and funny money, cocktails, appetizers, and prizes!

Call 208-888-2277 to RSVP by October 29.

SENIORS VS. VARSITY: DUEL IN THE LODGE

Tuesday, November 20 • 2 pm • Grand Lodge

We will be holding our 5th annual "Duel in the Lodge" with the Mountain View High School boys' varsity basketball players! Teams will compete in beanbag baseball, pingpong, and nine-ball billiards. We are forming our teams in these events, so please plan to join us or just stop by and cheer us on. Let's keep the trophy for another year!

ANNUAL ST. NICK PARTY

Saturday, December 8 • 2 pm • Coeur d'Alene Room

Invite the grandkids and great-grands to come and visit Santa and Mrs. Claus! He will check to make sure they have been on good behavior this year and will listen to their wishes. We will have refreshments, lots of music, and fun!

MOUNTAIN VIEW HIGH SCHOOL JAZZ & CHAMBER CHORUS CHRISTMAS PROGRAM

Tuesday, December 18 • 7 pm • Coeur d'Alene Room

You will not want to miss this beautiful holiday program performed by the talented jazz and chamber chorus from Mountain View High School. This is their first visit to our campus, and we want to give them a warm welcome!

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

What others are saying ...

"Everything here is so good, so special—from staff to residents—that Touchmark gets a 10+ from me."

- Maxine Cummins, resident

TOUCHMARK AT MEADOW LAKE VILLAGE
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