



## 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 neighbour 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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## CONTINUED FROM PG. 1

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 favourite 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

## Staying healthy over the holidays!

The holiday season is supposed to be a time for celebration, togetherness, and joy! But for some, the season can be challenging both physically and emotionally. Here are a few things we can do to stay on track, enjoy ourselves, and still be healthy and happy.

**Eat well:** Know which foods are high in calories and low in nutrition. Eat smaller meals throughout the day to avoid overeating at dinner.

**Stay active:** Keep up with your regular fitness routine. Don't let the business of the holidays interfere with your exercise, and be sure to include a little extra cardio.

**Prevent illness and accidents:** Protect yourself from cold and flu by getting your flu shot and washing hands regularly. Encourage those around you to do the same. Dress warmly in cold weather and wear appropriate footwear when venturing outside to reduce the risk of falling on the ice.

**Minimize stress:** It can be stressful planning for the holidays. Watch for signs of depression in yourself and others around you. Helping others and volunteering is a great way to bring joy to yourself and those less fortunate. Donate to the food bank, organize a holiday basket for a family in need, or drop a toy off at your local Santas Anonymous.

**Treat yourself:** The holiday spirit is about giving to others, but don't forget about yourself! Do something that makes you happy, such as getting a manicure or that new book you've wanted to read, or taking the day to rest!



## Winter stay at Touchmark



Do you know someone who would be a good fit at Touchmark? Encourage them to book a short-term stay this winter! It's snowy and cold, but someone else has already shoveled the driveway, put on a pot of coffee, and planned their favorite activities with friends before they even get out of bed. At Touchmark, every day is a fun snow day. Invite them to come and stay with us to discover the joy of a warm maintenance-free winter.

Just like you, they will enjoy entertainment, Life Enrichment/Wellness events and activities, chef-prepared meals, the Health & Fitness Studio, scheduled transportation, housekeeping, and much more. For more information and to reserve their spot, have them call 780-577-5000.





# TEAM MEMBER

## Spotlight

**Name:** Trina Brown

**Position:** Front Desk Concierge

**How would you describe yourself?**

I am very personable, caring, and outgoing.

**Share a bit about your family and growing up.**

I grew up in Sylvan Lake and have three brothers and two sisters. I love having a big family, and we are very close. I moved to west Edmonton when I was 7 years old.

**What are some of the most significant events in your life?**

I love travelling and learning about new cultures and history. I have travelled to several places around the globe and look forward to seeing more.

**How long have you worked at Touchmark?**

I have worked at Touchmark since October 2017.

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

I very much enjoy chatting with the residents and helping them with anything they need.

**What Touchmark value do you most closely relate to and why?**

Compassion, because I feel I am a very compassionate person and I have a big heart.

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

**Activities:** I love, love swimming and biking in the summer.

**Food:** Italian..

**Movie:** Romantic comedies.

**Music:** I love all music!





Communitywide events included a Speakeasy Murder Mystery Dinner, honouring retired teachers on World Teacher Day, a Bleacher Brigade hockey outing to see the Oilers Rookies play the NAIT Ooks and MacEwan University Griffins, and a fun trip to Fable Gardens in Morinville.



In the Sapphire and Emerald neighbourhoods, we enjoyed a trip to St. Albert Botanical Park and lunch out to Sir Winston's Fish & Chips!



# Save the date!

## ARABIAN NIGHTS

**Friday, November 23 • 4 pm • Grande Foyer**

Come in from the cold for a traditional Middle Eastern performance with sheer veils and flowing scarves by the Shimmy Goddess Annyse, professional belly dancer. Think magic carpets, desert, pillows, and rich colours. Cocktails served during the show, followed by dinner at 5:30 pm. RSVP by November 19.

## ANNUAL HOLIDAY VENDOR SALE

**Wednesday, November 28 • 10 am - 2:30 pm • Grande Foyer**

Get some holiday shopping done early without going to the mall. Vendors will include Voxx Socks, G & G Jewelry, Lindt Chocolates, River City Soups, and 5th Avenue Jewelry.

## THE RICHARD EATON SONGSTERS PERFORMANCE

**Sunday, December 2 • 2 pm • Grande Foyer**

This group of 12 choristers will entertain us with a selection of holiday music.

## HOLIDAY WREATH MAKING: REDUCE, RESTORE, REUSE, REJOICE!

**Thursday, December 6 • 2:30 pm • East Activity Room**

Do you have some special ornaments that you can't bear to throw out or give away, but don't have the space to keep? Use them to make a new holiday wreath! RSVP by November 26. Watch our calendar for all of our festive holiday events.

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

## Supporting CNIB



*Ray Poyser let Our Lady of the Prairies students dye his hair pink and blue in celebration of surpassing his fundraising goal.*

## What others are saying ...

*"I moved here with my husband 4 1/2 years ago to a house that he was able to move around in with no stairs. I found that everyone was very friendly, and I was able to join in the coffee group and have been able to continue with activities, such as sewing and scrapbooking. After my husband passed away, the friendships meant a lot to me as some had already gone through this phase in their lives. I love the freedom of joining in on many activities here at Touchmark. I have always felt very welcome!"*

*-Muriel Buchkowski, bungalow resident*

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