



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

Holiday hours

Thursday, November 22: Closed

Monday, December 24: 6 am - 3 pm

Tuesday, December 25: Closed

Monday, December 31: 6 am - 3 pm

Tuesday, January 1: Closed

Join us for family swim

Club members bring your children, grandchildren, and great-grandchildren! Snacks and refreshments will be provided. Times: 7 - 8:30 pm on Friday, November 16 (RSVP by 11/14) and Friday, December 21 (RSVP by 12/19).

Healthy choices for the holidays

The holiday season may extend over a few months, but that doesn't mean a change in your health and activity has to! Here are a few ways to keep feeling your best:

- Plan ahead for exercise. Try to fit in 30-45



minutes each day whether you go to a class or work out on your own. Break up your exercise into three or four 10-minute segments if needed.

- Party planning is important. Follow the 80/20 rule. Eat 80% "good-for-you" foods and 20% special holiday treats.
- Schedule a personal training session to hold you accountable. We can tailor a workout to your needs and plan fun, exciting sessions. Cost: \$30 for 30 minutes; \$45 for one hour.

Staycations are popular options

Whether it's to escape winter's harsh conditions or the desire to spend more time with family and friends, a number of people are choosing to stay at Touchmark for a few months.

Margaret Sellin has spent two winters at Touchmark. Last winter, she stayed in a fully furnished home across from her sister LaVerne, who has lived here for 10 years. A self-described avid traveler, Margaret laughs and says she decided to take a trip to Fargo, 25 miles from her home in Hawley, Minnesota. "It was a nice one-bedroom home, and I stayed from December to March. I only brought the clothes on my back. I can't say enough how great the staff are."

North Dakota's temperate summers attracted Nancy and Butch Kjelgaard to spend summertime in Fargo — a welcome change from their home in Sun City West, Arizona. The retired Fargo teachers' son suggested they look into a short-term stay at Touchmark. "We had friends who lived there year-round," says Butch, "and we liked what they had to offer, but we had no idea we could choose to live here just part of the year. We just wrapped up our first summer, and we loved the experience!"



The close access to a golf course, Touchmark's swimming pool and fitness center, and large choice of daily activities were all pluses. "For us, it's been a great fit."

"It doesn't matter how long someone plans to stay with us," emphasizes Touchmark Executive Director Kari Dick. "We offer a full range of on-site amenities, services, meals, and more, all designed to encourage an active, carefree lifestyle. We are here to help map out a short- or long-term stay."

A portrait of Ashley Thompson, a woman with long brown hair, wearing a white chef's coat, smiling at the camera. The background is a textured, mottled grey.

TEAM MEMBER *Spotlight*

Name: Ashley Thompson

Position: Sous Chef

How would you describe yourself? I am a huge multitasker. Being a mother of two young children and a chef, all I do is multitask! I am driven and very goal-orientated. I strive for success at home and at work.

Share a bit about your family and growing up. I grew up in West Fargo and graduated from West Fargo High. I started working at Fargo Holiday Inn when I was 14 as a housekeeper. Then at 18 I went up to the kitchen and started cooking. My dad was the Executive Chef, so I had an in! I stayed there for 13 years until my husband got a job opportunity, and we moved to Bismarck. I started working at Touchmark in Bismarck until we moved back to Fargo. It's been all Touchmark since then!

What are some of the most significant events in your life? Being married; we just had our sixth anniversary! Also, the birth of my two children. Lucy is five, and Cooper is two.

How long have you worked at Touchmark? Over six years. For two-and-a-half years I was

the assistant director of dining service in Bismarck. Then we moved to Fargo, and I've been the morning cook for four years.

What do you enjoy most about your job? I love the new fresh menu items we are starting. I am seriously learning new things every day! I have been cooking for almost 17 years, and some days I think I know it all and then a new idea comes along. It's great! Keeps me on my toes!

What Touchmark value do you most closely relate to? Hospitality. I try to anticipate the residents' needs. Making sure the food is hot and fresh and preparing everything to perfection is my goal each and every day.

Outside of work what are your favorite ...

Activities: Being a mother of two toddlers doesn't leave me with a whole lot of time. I do love rummage sales and simply playing with my children.

Food: Chinese.

Movie: Romantic comedies.

Music: I listen to all types of music, but mostly rock and country.



Community fun included College Night, MSUM Gerontology class, Active Aging Week with local students, Wood Carvers class, Bergeson Gardens, and pumpkin decorating.



In the Pembroke and Devonshire neighborhoods, we enjoyed a trip to the zoo, painting shelves, and music on the patio.

Save the date!

WORLD WAR II MOORHEAD GERMAN PRISONER OF WAR CAMP

Friday, November 2 at 3 pm • Auditorium

During the later years of World War II, many rural areas experienced a severe labor shortage after local young men joined the war effort. To help ease the pressure, the federal government shipped prisoners of war (POWs) to the United States to work as laborers. One such location was Moorhead, Minnesota. Mark Piehl, Senior Archivist with the Clay County Historical Society, will share the history and stories behind this forgotten chapter.

VETERANS DAY PROGRAM

Friday, November 9 at 1:15 pm • Auditorium

Join us for a special ceremony to honor veterans.

12 DAYS OF HOLIDAY SHOPPING AT THE BLUE BIRD COFFEEHOUSE & MARKET

Monday - Friday, November 29 - December 14 • 10 am - 2 pm • Blue Bird Coffeehouse & Market

Are you ready for a holiday shopping experience in our newly opened Blue Bird Coffeehouse & Market? A variety of goods from local vendors will be on display. Check out our Facebook page for a full list of vendors or call for more details.

PINE SWAGS WITH MARY JO FROM CROOKED LANE FARMS

Wednesday, December 12 at 4 pm • Cottage 3428

Here is an opportunity to add color to your door this holiday season! This class is a chance to make a pine swag that will last through the season or the winter. We will have an abundance of pine and embellishments that will encourage your creativity. Cost: \$25/person. Call 701-476-1200 to RSVP.

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

What others are saying ...

"Touchmark has created an atmosphere that allows me to continue growing intellectually and emotionally. We are all fortunate to have Touchmark in our lives."

-Don Hogenson, resident

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