



## 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.

**CONTINUED ON PG. 2**

## 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 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

### Healthy holiday habits

During the holiday season, it can be challenging to keep off those few extra pounds. The months are filled with sugary treats, lots of extra calories, and entire days dedicated to eating. This year at Touchmark, we are going to get healthy for the holidays with exercise classes, tips and tricks on how to relieve the stress that so often comes with the holiday season, as well as ideas on how to avoid weight gain. Do your best to stick to your routines. With a lot going on, it's easy to slip up on certain habits, but following your regular exercise program and eating healthfully (in moderation!) can help you continue to feel your best. Be reasonable with your schedule. Don't agree to attend too much if you think it will tire you, and be sure to keep up with your workout routine. Keep an eye out for our classes and events in November and December!



## Everyone's favorite pooch!

One resident's cuddly Shih Tzu is a beloved four-legged friend to all. Elm neighborhood staff and residents alike adore Stormy and have claimed him as their mascot.

- "I love him. I just love him."
- "He's pretty nifty, because he gets along with everyone."
- "Stormy is awesome! He's super cute and looks like a toy bear."
- "He's just a good little dog."



Life Enrichment/Wellness Coordinator Mary Aveard says Stormy is smart and affectionate. "This dog is the best! He allows anyone to pet him, and he'll sit in someone's lap for as long as someone wants."

During a recent conversation about "my mother's jewelry box," Stormy got into the spirit and donned some necklaces.

## Mad Hatter's Ball



*We dressed in our most authentic Alice in Wonderland-themed attire and danced the night away with friends and neighbors.*

## What others are saying ...

*"My family really enjoys the cards I make at our monthly card-making class. They are always impressed. I also host weekly bridge parties to help get new residents acquainted with our Touchmark community so they can feel like they're home again."*

*-Sebene Noble, resident*



# TEAM MEMBER

## *Spotlight*

**Name:** Michael McMullen

**Position:** Building Services Manager

**How would you describe yourself?**

I am hardworking, resourceful, and determined.

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

I grew up in Mississippi in the home of a pastor and wife who taught respect, love, kindness, and a strong work ethic.

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

I've been on 46 missionary trips—and counting—to Mexico and Central America.

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

I have worked for Touchmark for three months.

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

I appreciate having the resources to properly serve the residents.

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

I am a Giver. I want to give the residents the best possible service I can.

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

**Activities:** Surprise dates with my wife. Vacation or gatherings with my seven children. Playing with my seven grandchildren.

**Food:** Greek/Lebanese food, Mexican, and Cajun.

**Movie:** *The Shawshank Redemption*.

**Music:** English/Spanish contemporary gospel, country (not pop country), and classic rock.



*Communitywide events included the annual Wiffle Ball Golf Tournament, Oktoberfest, a Men's Dinner drag racing presentation, and bread making with Peter.*

# Save the date!

---

## VETERANS DAY PROGRAM

Friday, November 9 • 2 - 3 pm • Grand Hall

Join us for this special celebration in honor of veterans and their families. No cost.

## PRAIRIEVIEW THANKSGIVING DINNER

Wednesday, November 14 • 5 pm • Prairieview Neighborhoods

Please join us in celebrating Thanksgiving with family and friends! No cost.

## NIBBLE AND WOBBLE WITH KIP CURTIS

Friday, November 16 • 4 - 5 pm • Main Lobby

Kip Curtis will delight us with live piano playing as we enjoy drinks and pie tasting! Dancing is encouraged.

## TREE LIGHTING CEREMONY

Tuesday, December 4 • 6 pm • Main Lobby

We're going to kick off the holiday season with the lighting of the Christmas tree! Come enjoy seasonal treats and a special time with family and friends.

## FESTIVE HOLIDAY TEA PARTY

Tuesday, December 11 • 2 - 3 pm • Grand Hall

Share the spirit of holiday cheer with sips and singing! No cost. Call 405-340-1975 for more information or to RSVP.

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

---



*A group from the Prairieview Residences enjoyed a stroll through the Edmond Fine Arts Institute. Upon arrival, they were welcomed by a decked out scarecrow. This year the institute celebrated 33 years as Edmond's nonprofit community arts organization. They offer educational enrichment for adults and children in visual and performing arts.*

**TOUCHMARK AT COFFEE CREEK**  
*Full-service Retirement Community*  
2801 Shortgrass Road • Edmond, OK 73003  
405-340-1975 • Touchmark.com

