



## 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

November is National Diabetes Awareness Month. In the U.S., approximately 29 million people are living with diabetes, and an additional 86 million adults are prediabetic. For the entire month of November, we'll take a page from Adam Brown's best-selling book *Bright Spots and Landmines: The Diabetes Guide I Wish Someone Had Handed Me* and turn our focus to simple things we can do each day to healthily manage diabetes. Bright Spots include information about food choices, positive mindset behaviors, exercise tips, and information on sleep patterns, which have the most significant impact on managing diabetes. Each week, the Club will focus on one of these four strategies to reduce stress, guilt, and burn out. By identifying what is working and finding ways to do those things more often, we can all live healthier, happier, and more hopeful lives.



## Touchmark names new Executive Director



Tim Cross has joined Touchmark as the new Executive Director. For several weeks, he worked with Ellery Bennett, who retired in October.

Tim brings more than 20 years of experience in banking, leadership, and relationship management to Touchmark. For more than half of his career, he has served as a Vice President with different banks, most recently as Vice President of Business Development at Meadows Bank. Over his career, he headed bank branches and commercial banking teams.

"I am thrilled to be working with all of the allies, friends, and givers at Touchmark," Tim says. "I have admired Touchmark and all it does, and it's exciting to be a part of this great community."

A Vancouver resident since 2002, Tim has been active in the community, including volunteering and serving on a number of boards. Five years ago, the *Vancouver Business Journal* recognized his community involvement and named him one of its Accomplished and Under 40 citizens. Currently, he serves as Secretary on the Share Board Executive Committee as well as serving on the Finance Committee. He is a member of the Leadership Clark County Board and has been a mentor for the program since graduating in 2011. He has also mentored students from Washington State University's Mentor and Analysis Program since 2011. He earned his bachelor's degree in Business Administration from Warner Pacific University and graduated from the University of Washington's Pacific Coast Banking School graduate program.

When not working, Tim likes to spend time with his wife and three sons hiking, traveling, and just hanging out and watching movies.

Ellery has led Touchmark for the past eight years, sharing his 40-plus years of experience in hospitality, restaurant management, and retirement communities. In his own retirement, he is looking forward to spending more time with his wife, their children, and their 23 grandchildren and is planning a two-year mission trip. Stefanie Thune-Barnes, Vice President and Regional Director of Operations, says, "We extend our deepest gratitude to Ellery for his leadership and guidance and wish him a fulfilling retirement!"





# TEAM MEMBER

## Spotlight

**Name:** Melissa Ellen Kangas  
**Position:** Resident Care Manager,  
Assisted Living

**How would you describe yourself?** I would describe myself as friendly, compassionate, and ambitious.

**Share a bit about your family and growing up.** I am an identical twin. I have a large family with seven nieces and nephews. I enjoy spending time with them (most of the time) and love them all.

**What are some of the most significant events in your life?** The most significant events in my life have been when I graduated from nursing school and the birth of my niece, Jessa Ellen.

**How long have you worked at Touchmark?** I have been at Touchmark for four years. I started as a caregiver and then went on to be a med-aide. I recently became a resident care manager.

**What do you enjoy most about your job?** I love how friendly and inviting the Touchmark

staff and residents are. I never dread coming into work. I have met some wonderful and inspiring people here. Also, everyone has been a huge support in my pursuing a nursing career. It was touching how many people congratulated me. I couldn't have done it without you guys!

**What Touchmark value do you most closely relate to and why?** I relate to the Touchmark value "I am a friend." I strive to be a friend to everyone. I want to be approachable and known for listening and being able to help others. It is the reason why I decided to become a nurse.

**What are your favorite ...**

**Activities:** I love to travel. I also enjoy the outdoors, whether it is hiking, skiing, or sitting outside with a cup of coffee.

**Food:** I love to eat breakfast, especially French toast.

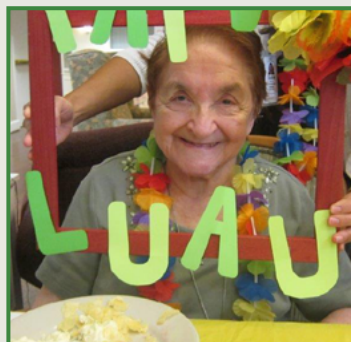
**Movie:** I do not have a favorite movie although I enjoy reading mystery novels.

**Music:** I like all types of music.





*Around the community we had fun at the Tahitian Luau, our first Color Walk, and an afternoon dunk tank fundraiser for Parkinson's and Alzheimer's awareness.*



*The Pembroke and Devonshire neighborhoods enjoyed a game of cards, a luau, the Color Walk, and a visit from some furry friends.*

# Save the date!

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## **DOG GLAMOR SHOTS**

**Thursday, November 8 • 3:30 - 4:30 pm • Fireside Room**

Bring your pooch in to get a glamorous makeover! Plenty of bling will be available to dazzle your pooch for the photo shoot! While your furry friend is being pampered, let us pamper you with a glass of champagne or sparkling apple cider so you feel fabulous too! No charge. Call 360-254-2866 to reserve a spot.

## **VETERANS DAY PROGRAMS**

**Monday, November 12**

**11 am:** Flag Raising Ceremony hosted by a local Cub Scout troop. Select residents and special guests will have the opportunity to release doves.

**1:30 pm:** Honoring our Veterans Pinning Ceremony featuring the Prairie High School ROTC and drill team. Join us as we honor resident and guest veterans and their families.

## **MEDICARE ASSISTANCE WITH KAREN**

**Wednesdays, November 14 and 28 • 1 - 4 pm • Lobby**

Karen Therese Moore has been helping residents and guests of Touchmark for years with their Medicare questions. No RSVP needed.

## **ANNUAL HOLIDAY BAZAAR**

**Saturday, December 1 • 10 am - 2 pm**

Over 30 vendors will be selling unique homemade creations that make great gifts. Some favorite offerings include the inexpensive handmade birdhouses, gourmet chocolates, dog beds and clothing, and much more! If interested in being a vendor, contact Lori Enger at 360-254-2866.

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

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## **What others are saying ...**

*"To the Touchmark family: It was such a pleasure to work here with all of you! You are an incredible bunch of people and taught me so much in the short time that I was here. From my first day, you welcomed me and made me feel like I had been working here for years. You always brought a smile to my face and made me laugh. Every day I worked here I grew to love the residents, team members, and community more and more! I am so sad to leave, but I promise to come back and visit! Thank you for everything and this incredible experience! I wish you all the best!"*

*- Kara Klaus, day shift at the front desk and returned to school*

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