



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.

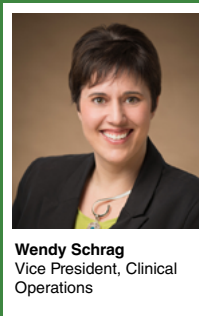
His favorite photo? A black-and-white picture of an antique chair sitting in a Chicago street. “I liked the juxtaposition of this stately chair amidst the rundown street and debris.”

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 Studio

Strong Bodies

Join us for Strong Bodies, formerly named Strong Bones, on Monday, Wednesday, and Friday from 9 - 10 am. This class is a simple scripted, evidence-based program designed for participants 55 years and older. It is geared to help you increase bone density, reduce falls, improve arthritis symptoms, increase flexibility, and boost your mood. Jan Voeks will lead the class.



What others are saying ...

“Being a resident at Touchmark affords one a myriad of opportunities, including a wide range of cultural activities like theater, musical events, and bus trips to see sites and take in other activities in the area. It also offers in-house lectures, virtual travel, exercise programs, and more. Touchmark opens itself to suggestions from the residents—we have residents guiding trips, as well as giving lectures and presentations. Some of the ideas are just fun, like a suggestion for zip lining, which we did! Because of the wonderful exercise programs offered, I suggested that we put together a calendar using residents to show off some of the various ways we exercise and keep fit here at Touchmark. It’s called “Calendar Girls,” and the women involved had a blast doing it. All of these things and more make Touchmark a step above the rest!”

- Marge Willis, Touchmark resident since 2015

Touchmark names new Executive Director



A new ally, friend, and giver has joined our team! Kevin Booth started October 22 as the new Executive Director and is bringing tremendous hospitality experience to Touchmark. “I am excited to join the Touchmark family,” says Kevin. “I was attracted to the company when I saw how genuine and true everyone is to the mission statement.”

Most recently, he was Director of Food and Beverage for the AAA four-diamond Grand Geneva Resort and Spa at Lake Geneva, Wisconsin. There, he was responsible for mentoring 250 associates and overseeing three full-service signature restaurants, seven food and beverage outlets, and 74,000 square feet of convention and meeting space.

As Hotel General Manager with American Cruise Lines, Kevin oversaw all food and beverage, housekeeping, sales, marketing, maintenance, shore excursions, and marine operation departments. In Hawaii, he served as Rooms Division Director for the 307-room Aston at the Waikiki Banyon in Honolulu after launching his hospitality career as Banquet Director for the Kalahari Resorts in Sandusky, Ohio.

While living in Oahu, Kevin took up scuba diving and still dives as often as possible. A graduate of the University of Wisconsin-Oshkosh, he holds a Bachelor of Science in Economics and is excited to be working and living near Fond du Lac, where he was born and raised. If you haven’t met Kevin yet, he encourages everyone to stop by and say hello.



Name: Melissa Poulsen

Position: Retirement Counselor

How would you describe yourself? I am friendly, outgoing, and quick with a smile.

Share a bit about your family and growing up. Tom and I have been married for 13 years; we have two wonderful boys, Henry (9) and Drew (4). Our newest addition is Khaleesi, a little red Lab. I grew up in Dale, Wisconsin. My grandfather had planes, and we would fly them from my backyard! Family trips, boating, and softball were a huge part of my life as well as show choir. I think I spent most of my summers mowing lawns, at the batting cages, or in the water.

What are some of the most significant events in your life? Meeting Tom (my complete opposite), watching my families' faces the first time they met my little ones, and checking off a bucket list item for my sister and witnessing the entire Timber Rattlers stadium cheer her on as she shared her story of courage.

How long have you worked at Touchmark? I've been here 5 1/2 years. My grandmother-in-law Jean Poulsen lived at Touchmark, so I would visit her since a year or so after Touchmark on West Prospect opened.

What do you enjoy most about your job?

I love seeing residents grow. As the retirement counselor I have the honor of building the first relationship, and then I get to hear team members and residents tell me how awesome that new resident is. Walking down the hall and greeting everyone by name is a delight.

What Touchmark value do you most closely relate to and why? I wear a positive attitude and maintain a sense of joy. I don't take life for granted. My little sister is battling terminal cancer, and I lost my best friend a few years back. I choose to live each day with gratitude. If I don't see a smile on someone's face, I choose to give them mine.

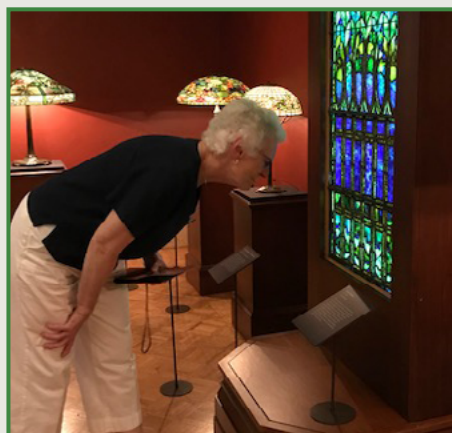
Outside of work what are your favorite ...

Activities: Long walks through Target, family day trips, boating in the summer, spontaneous happy hours with friends, Breast Cancer fundraising walks, and home projects.

Food: My husband's scallops, chips and dip, and Vande Walle's Peanut Butter Meltaways.

Movie: I'm not a movie buff, but I love TV series like *Grey's Anatomy*, *This is Us*, *Game of Thrones*, *Wheel of Fortune*, and HGTV on the weekends. I love fall for all the new shows.

Music: The '80s. Singing with the best of them!



Fun community events included the popular 9-hole Hula Hoop Golf Tournament, a trip to the Paine Art Center, Cuban Sandwich Cooking Class, feeding the animals at Safari Lake Geneva, a Harvest Love Tea, pickleball at Carter Woods Park, the Sock Hop with Elvis John, the Microbrew Club outing to Hinterland, and the Walk to End Alzheimer's with the Touchmark Golden Steppers.

Save the date!

FOX POINTE HOMES NEIGHBORHOOD BLOCK PARTY

Tuesday, November 13 • 5 - 6:30 pm • 2572 Touchmark Court

Join us for a Fox Pointe Neighborhood Block Party featuring homemade soups that will warm the soul! Visit with neighbors and friends, and learn what the {FULL} Life is all about! Tours of available homes upon request. No cost to attend; seating is limited. RSVP by November 7.

AN OLD-FASHIONED CHRISTMAS

Monday, November 26 • 2 pm • Chapel

Join us for a peek into Christmases past by author Rochelle Pennington. She captures the spirit of the bygone holidays between 1930 and 1960. Her presentation is filled with history and humor, with vintage photos and images that bring back memories of a time when Christmas feasts were prepared from canning jars lining pantry shelves, and holiday shopping meant a Sears & Roebuck catalog.

LUNCH & LEARN: THE IMPORTANCE OF HOBBIES

Wednesday, November 28 • 11 am - 12:30 pm Garden Dining Room

Is there a hobby you enjoy or are looking to start? Annie Vlach, Touchmark's Life Enrichment/Wellness Director, will explain how hobbies allow the mind and body to rejuvenate. Annie will also showcase hobbies and creations of current residents. No cost to attend, seating is limited. RSVP by November 23.

CHRISTMAS AROUND THE WORLD

Wednesday, December 5 • 2 pm • Lobby

Join us as we travel around the world to experience the different traditions of Christmas!

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



In the Meadows neighborhood left to right: Jeannette measured her wingspan at the Menominee Park Zoo in Oshkosh. Ken had fun at the Gridiron Glory Packer exhibit, and Florus enjoyed the Wisconsin Museum of International Wildlife.

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