



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

Mark your calendar. Our **100-Day Challenge, 7 Components to Total Wellness** will begin in January. Keep an eye out for the sign-up sheet, as space is limited.

Yoga continues to be incredibly popular, so join Donna on Mondays and Wednesdays at 9 am for this inspiring class!

Winter hours will begin on November 1.

Monday - Friday: 6 am - 7 pm

Saturday: 8 am - 2 pm

Sunday: Closed



"We have been using the Health & Fitness Club for about three months, five or six times a week. The facilities are great; the staff is friendly, knowledgeable, and helpful! The Club is more than bikes and weights; it is the doorway to healthy aging." - Drexel Jones, resident

What others are saying ...

"I have never been so excited to join a health club!"

- Bette Borst, RN, with 54 years of experience in nursing and frequent 'Ask the Nurse' presenter

Grand Lodge Opening



Things are progressing rapidly as we place thousands of items in the Grand Lodge in anticipation of our first residents. It's an exciting time for team members and residents alike!



A portrait of Richard Reed, a man with a mustache and goatee, wearing a blue polo shirt, standing in front of a stone wall.

TEAM MEMBER

Spotlight

Name: Richard Reed

Position: Resident Services Supervisor

How would you describe yourself? I'm pretty easygoing. I do my best to be a friend to everyone. I see the world from a particular vantage point. When someone else sees things differently, it's an opportunity to see the world from a different perspective.

Share a bit about your family and growing up. I grew up in Kansas and Oklahoma mainly. My parents and grandparents were all religious, and I've continued in my life with similar values. My childhood was a lot of bicycles and skateboards. I was a Boy Scout and loved going to space camp.

What are some of the most significant events in your life? Marrying my wife of 18 years and finishing my first marathon. I participated with One Run For Boston to raise money for the Boston Marathon bombing victims. My involvement in that community is what ignited my love of running.

How long have you worked at Touchmark? One year.

What do you enjoy most about your job? Being part of a community of both residents and team members. I often have the opportunity to have a positive impact.

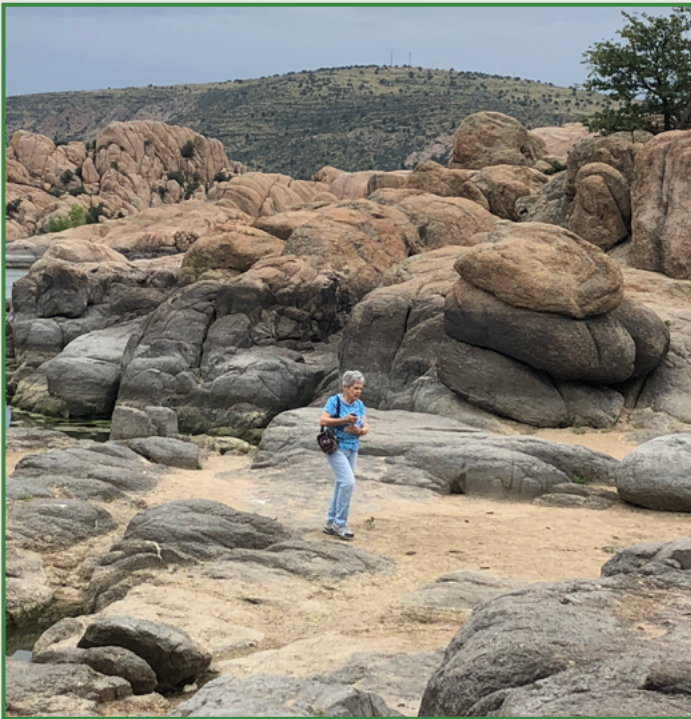
What Touchmark value do you most closely relate to? "I am a Friend," and "I consider adventure and fun essential to well-being." I often take big leaps in life. For a few years, I worked in makeup effects in Hollywood. I managed a small manufacturing company in Missouri. I once spent six weeks supporting a cross-country running relay. Adventure is a big part of what makes me feel alive, and I hold dear all the friends I've made.

Outside of work what are your favorite ...
Activities: Hiking, biking, camping, and adventure.

Food: Pizza, and more pizza!

Movie: Big film fan; it's hard to pick a favorite. Big science fiction fan.

Music: I enjoy most genres, have mostly attended rock, alternative rock (is it still called that?), and classical concerts.



Communitywide events included visiting with neighbors at the International Food & Drink Festival, a Photography Club outing to Watson Lake, a visit from Arizona Governor Doug Ducey, going to Yavapai College to attend the Osher Institute for Lifelong Learning Orientation, and a tour of Arcosanti.

Save the date!

WINE & PIE PARTY

Tuesday, November 13 • 4 - 5 pm • Grand Lodge

We will have various wines for tasting and pies for sampling! Join us and find your new favorite pairing as we kick off the holiday season. We will also enjoy live music by Ed Cornett. Space is limited. Call 928-632-7800 to RSVP by November 5.

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

New beginnings



As preparations for the Grand Lodge continued, we celebrated the groundbreaking of Bob and Lynne Hellmers' future home on Lot 8 and welcomed Paula Fenzel to her new cottage home.

TOUCHMARK AT THE RANCH
Full-service Retirement Community

3150 Touchmark Boulevard • Prescott, AZ 86301
928-632-7800 • Touchmark.com

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