



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 Club

The Touchmark Health & Fitness Club is excited to welcome Pilates instructor Annette Herwander to the team. She is currently offering a Beyond Pilates: Strength, Endurance, and Pelvic Floor Support class, and will be offering many other specialty class series in the months to come. Watch for flyers showing her upcoming series, including:

- Connecting the Core with Pelvic Floor
- Core and Balance Dynamics for Spinal Health
- Balancing the Abdominals: Functional Pilates for Better Movement
- Pilates Class: Strengthening the Body for Healthier Joints
- Pilates Class: Structural Balance and Joint Support for Osteoporosis



Annette is a certified Pilates instructor, dance instructor, and craniosacral therapist. She specializes in neuromuscular re-patterning and the progression for specific, intrinsic strengthening through movement. Annette has extensive experience working with clients before, during, and after surgery; joint replacement; pregnancy; scoliosis; osteoporosis; and other complex or chronic conditions. She brings a creative, contemporary approach to detailed Pilates sessions. Clients appreciate her attentive, curious, and engaged manner complemented by her gentle personality.

Fall artistry on display



Birds and deer love the grapes growing in the vineyard bordering Touchmark, which drove Winemaker Matt Vuylsteke to suggest a scarecrow-making activity. Several teams constructed one each and competed for the best scarecrow, which the Sales team won. They have all been placed strategically throughout the vineyard and successfully scaring off hungry eaters!





TEAM MEMBER

Spotlight

Name: Eric Cornelius

Position: Building Services Director

How would you describe yourself?

I am level headed, a natural born leader, and an excellent problem solver. My personality fits my job well because I never know what each day will bring, and I enjoy that challenge.

Share a bit about your family and growing up.

I grew up on a farm in Corvallis, Oregon and I am married to an absolutely beautiful woman. We have been married for 22 years and have two daughters.

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

The most significant event in my life was when my daughter Maggie was born.

How long have you worked at Touchmark?

Since June 12, 2017.

What do you enjoy most about your job?

Every day is an adventure with new challenges to overcome.

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

I cannot choose because they are all equally important to me.

Outside of work what are your favorite ...

Activities: I love to garden, landscape/design, and visit Disneyland.

Food: I like steak, pepperoni pizza, Coke, and Disneyland Monte Cristo sandwiches.

Movie: *Somewhere in Time* and *A Christmas Carol*.

Music: *Miss American Pie* and *Cannon in D*.



Communitywide events included a performance by Cosmo's Dream Folk Band, chair tap-dancing, bocce ball class, pickleball class, and the Fall Festival.



Left: Terrace Lodge residents enjoyed learning various watercolor painting techniques.

Save the date!

MINDFULNESS PRACTICE: EMBRACING GRATITUDE AS RITUAL

Friday, November 2 • 4 pm • Patton Room

Join wellness experts Dr. Yasodha Gopal, MD and Kate Donchi, MS for this mindfulness practice heading into the Thanksgiving season. Learn how best to bring gratitude in your own life; hear about tools for living in the moment; and discover how gratitude can give you greater satisfaction, joy, and resilience! Happy hour with snacks, beer, and wine.

VETERANS DAY LUNCH & LEARN: AUTONOMOUS VEHICLES

Monday, November 12 • 11 am • Patton Room

On Veterans Day, Gordon Hoffman shares his family's history in WWI and WWII and how it is woven into his career in the advancement of autonomous vehicles and the technology behind them. Join us for lunch. No cost.

WINE DOWN WEDNESDAY WITH THE OREGON ZOO

Wednesday, November 28 • 4 pm • Swede Hill Public House

Bullets, treadmills, and the power of a good banana. Are we gaining ground in the battle to save endangered species? Are today's zoos making a difference? Learn where the Oregon Zoo is seeing success and where it will focus efforts in the coming years. Dr. Don Moore, Oregon Zoo Director, will share stories of three of the zoo's very different approaches to saving endangered species using tools uniquely available to zoos.

HOLIDAY TEA

Tuesday, December 11 • 3 pm • Swede Hill Public House

Join us for a traditional holiday tea with delectable delights and stimulating conversations.

HOLIDAY FESTIVAL

Thursday, December 20 • 3 pm • Multnomah Great Room

Enjoy live music and festive beverages; celebrate the holidays with us!

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

What others are saying ...

"If you aren't happy at Touchmark in the West Hills, you would not be happy anywhere!"

- Ethel Henry, resident

TOUCHMARK IN THE WEST HILLS

Full-service Retirement Community

840 SW Touchmark Way • Portland, OR 97225

503-954-1640 • Touchmark.com

