



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.

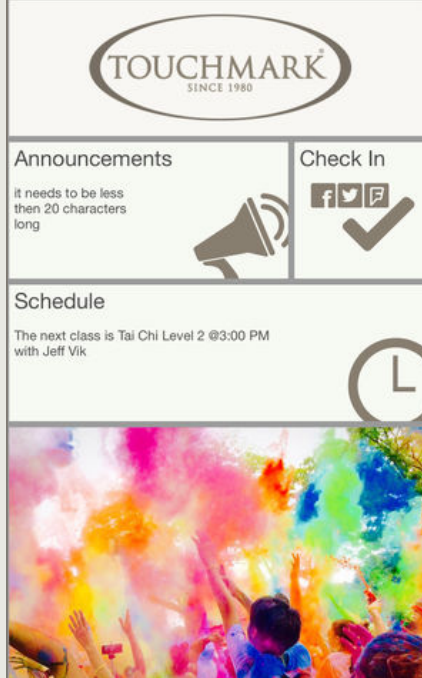
First, permit yourself to do only what you can reasonably manage, and encourage others to do the same. Don’t be afraid to ask for help, and let those close to you contribute if they offer. Be honest about any limitations or needs, such as keeping a daily routine. Sticking with normal habits will help 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

Did you know that Touchmark Health & Fitness now has a mobile app? If you have a smartphone, download it today! You can find up-to-date schedules for classes on the app. If you have questions on how to do this, please talk to a Club team member. Also, if you haven't already, please stop at the desk to update your current contact information (phone, address, email, etc.) to make sure that all of your information is current in our system.



Date		Activities					Re
June							
S	M	T	W	T	F	S	
24	25	26	27	28	29	30	
			*	*	*	*	
Thursday							Jun 28
3:00 PM		Tai Chi Level 2					
55 min		Jeff Vik					
4:00 PM		(POOL) Aqua Zumba Level 1 & 2					
50 min		Lysvette Henderson					
4:00 PM		Tai Chi Level 3					
55 min		Jeff Vik					
Friday							Jun 29
9:00 AM		(POOL) Aqua Pilates All Levels					
50 min		Lysvette Henderson					
9:00 AM		Balanced Body Level 1 & 2					
45 min		Martha Hopper					
10:00 AM		(POOL) Arthritis Flow Level 3					
50 min		Lysvette Henderson					

Congratulations to Renda Brooks, who was the winner of our Espresso HD Bike challenge. We were hoping to bike across the state of North Dakota for Active Aging Week and came up short overall, but Renda rode 6.16 miles, which was the longest ride of the week. Her prize was choosing where Touchmark donates \$100, and she chose the Abused Adult Resource Center. Thank you, Renda, for your hard work and participation!

At your service!

Touchmark has just launched a Concierge Services program, which takes maintenance-free living one step further. Resident Services Manager Galen Hanson, who oversees all of the front-desk services—and makes everyone smile with his Joke of the Day—is heading this new offering.

“My favorite Touchmark value is I am a Friend. Each day, I try to bring laughter, wear a positive attitude, and share memories with our Touchmark community,” says Galen. “The culture here is rich with people who are allies, friends, and givers. It’s so rewarding to provide Concierge Services by someone they know and trust, especially when providing drop-off and pick-up at the local airport, where timing is essential.”



Galen says the new service is intended to provide even greater convenience and flexibility to residents. Along with personalized transportation assistance, the range of service offerings include support for technology, pet care, household chores, and medical and personal aid. “Almost anything people would like help with, I’m here to work with residents and families to make that happen,” says Galen. For more information, including service hours and fees, visit the concierge office in the main lobby or call 701-323-7000.



TEAM MEMBER

Spotlight

Name: Gail Aamold

Position: Administrative Assistant,
Assisted Living

How would you describe yourself?

Easygoing, friendly, love to talk.

Share a bit about your family and growing up.

I grew up in Alaska where I learned to hunt and fish and pan for gold. I have one sister, a husband, two daughters, one son, and four grandchildren. Last but not least, I have three little dogs.

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

Becoming a mother was a significant event for me, of course. Getting hired at Touchmark was another.

How long have you worked at Touchmark?

I have worked for Touchmark for 1 1/2 years.

What do you enjoy most about your job?

I like seeing the residents smile and hearing their wonderful stories. They have plenty of stories to share.

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

"I am a friend." I practice this value every day in the way I communicate with the residents. I am genuinely interested in each and every resident and all they have to share with me.

Outside of work what are your favorite ...

Activities: Bowling, fishing, watching Chicago Bears football.

Food: Sugared doughnuts.

Movie: *Jurassic Park*.

Music: Kenny Rogers.



Fun community events: “bucket list” hot air balloon ride, a trip to the pumpkin patch, the first Community Ambassadors meeting and lunch out, the Walk to End Alzheimer’s, and a pickleball lesson as part of Active Aging Week.



In the Pembroke, Yorkshire, and Devonshire neighborhoods, residents had a fantastic time at Papa’s Pumpkin Patch, where they enjoyed a train ride and picking out a pumpkin to bring home.

Save the date!

HEALTHY FOR THE HOLIDAYS

Tuesdays, November 6 and 20; December 4 and 18 • 6 pm • Kingsley Lounge

Be the best *you* this holiday season! Join us for this series on how we can stay healthy for the holidays! Along with physical health, we will explore mental, environmental, and other dimensions of wellness. The holiday season can be tough to get through, so come and learn tips to make it a swell season.

VENDOR SHOW

Thursday, November 15 • noon - 5 pm • Lobby

We will be hosting another vendor show this year and we'll have a plethora of goodies to buy. From jewelry and nail care to local sweets and treats, we'll have it all just in time for the season of gift-giving! If you have a specific craft or product you'd like to sell, call us and we will try to add you to our vendor list. Limited space available.

PURPLE TIE EVENT

Thursday, November 29 • 6 pm • Lobby

Bring out the purple! We are hosting our second annual Purple Tie Event and will celebrate our Fragrance in Frames program by enjoying food, drinks, and a silent auction of the wonderful paintings created by residents living in the Pembroke, Yorkshire, and Devonshire neighborhoods. Our Fragrance in Frames program is used as a tool to help residents with dementia and the outcome is beautiful both on the page and emotionally. All proceeds benefit the Alzheimer's Association! Call 701-323-7000 for more information.

BREWERY PASSPORT DESTINATION #6: LAUGHING SUN BREWING CO.

Friday, December 14 • 4 pm

The next brewery on our passport tour is an exciting one! You may have heard of Laughing Sun Brewery in Bismarck, offering a fun, relaxing atmosphere often accompanied by live local music and stellar beer. They have opened a second location on Front Avenue and we're going! Enjoy your favorite local beers in a new location, or try one of their seasonal brews.

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

What others are saying ...

"I've lived here for nine years. I like what I do; I like my cottage; I like the people here. Everything is what you make of it. You can join in on as much as you'd like or have some alone time if needed. I'm happy to live here."

- Edith Ripplinger, resident since 2009

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