



## 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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## 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

Water-based exercise has many of the same advantages as land-based activities, but with fewer downsides regarding muscle and joint fatigue. Did you know:

- Warm water increases blood flow and circulation to reduce swelling or muscle inflammation from daily stress.
- Water offers a tremendous advantage because it reduces the effects of gravity, allowing for less stress on joints, such as knees and ankles.
- Exercising in water is a great way to improve balance, as the water's buoyancy provides more time to react and decrease the risk of falling.
- Water exercises offer all the benefits of regular exercises for promoting health, strength, and balance.



Join us for one or several available aquatic classes:

**Aqua Yoga:** Monday, 5:45 - 6:30 pm

Water-based yoga class designed to enhance mobility, stretch muscles, increase flexibility, and connect the body to mind. Instructor: Amy

**Aqua Fit:** Tuesday, 5:30 - 6:15 pm

This class targets all aspects of physical fitness through movement in the water. The class includes low-impact cardiovascular conditioning and toning exercises utilizing aqua bells, noodles, and other aquatic equipment. Instructor: Jayde

**Aqua Aerobics:** Tuesday and Thursday, 1:30 - 2:15 pm

Increased muscle strength, fat loss, and greater flexibility are just a few of the benefits you'll enjoy from water aerobics. Instructor: Lauren

**Aqua Dance:** Thursday, 5:30 - 6:15 pm

Join the ultimate "pool party!" Perform dance moves modified for water. Enjoy music to make your workout energetic and calorie-burning. Instructor: Jayde

## What others are saying ...

*"I feel like Alice in Wonderland! I've stepped into a whole new world and I find it delightful."*

- Lenora Bezpaletz, new resident

## Winter Stay at Touchmark



Less stress. More happiness. Imagine it's snowy and cold but someone else has already shoveled the driveway, put on a pot of coffee, and planned your favorite activities with friends before you even get out of bed.

At Touchmark, every day is a fun snow day. Come and stay with us to discover the joy of a maintenance-free winter. We are Sioux Falls' full-service retirement community and we want to get to know you!

Enjoy entertainment, Life Enrichment/Wellness events and activities, chef-prepared meals, classes at the Health & Fitness Club, scheduled transportation, housekeeping, and more. Book a stay for your perfect winter getaway. For more information and to reserve your spot, call 605-335-1117 today.



# TEAM MEMBER

## *Spotlight*

**Name:** Tiffany Nave

**Position:** Server, Dining Services

**How would you describe yourself?**

I am an outdoorsy and independent person.

**Share a bit about your family and growing up.**

I was born in St. Louis, Missouri. At age 3, I moved to Sioux Falls, South Dakota, to live with my aunt and brothers. Growing up, I enjoyed being outside, riding bikes, and playing with toys. I was outside every day. I have worked as a dishwasher at Safari Bar and Grill, and pizza baker at Food and Fuel, Milbank, where I lived for a year. Moving back to Sioux Falls, I now live with my sister Melissa and her children. I graduated from Lincoln High School in 2017. I enjoy spending time with my nieces and family on my days off.

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

Raising myself to be the person I am today!

**How long have you worked at Touchmark?**

Since June 25, 2018.

**What do you enjoy most about your job?**

I get to see residents each and every day and provide them with the service and excellence to feel at home.

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

All of the values. I spend my time going above and beyond for all residents and staff whenever I can.

**Outside of work what are your favorite ...**

**Activities:** Listening to music, writing, and shopping.

**Food:** Chinese food.

**Movie:** I loved the *Twilight* series; *Halloween* and scary movies, especially *A Quiet Place*.

**Music:** All genres! Everything from classics, to pop, to R&B.





*We enjoyed the Women's Brunch Garden Party and the Literary Luncheon.*



*We celebrated monthly birthdays with a Wizard of OZ themed dinner and later in the month enjoyed a Fall Festival Costume Party.*



*Fall fun continued with a trip to the pumpkin patch and a tailgate dinner where we wore gear from our favorite team—NFL, college, or high school!*



# Save the date!

## **BEST FRIENDS APPROACH PRESENTATION**

**Wednesday, November 7 • 3 pm • North Dining Room**

In honor of National Alzheimer's Awareness Month, Mary Derby, Health Services Director, and Gretchen Jensen, Memory Care Life Enrichment/Wellness Coordinator will present on the Best Friends™ Approach. Both are Certified Best Friends Master Trainers. They will discuss the approach, its benefits, and how we use it with residents.

## **VETERANS LUNCHEON**

**Monday, November 12 • 11 am - 1 pm • Imperial and North dining rooms**

We invite veterans from all branches of the U.S. Military to a luncheon in your honor! You may also write a letter of sentiment to be delivered to veterans at the VA hospital that afternoon. No cost to attend. Seating is limited. RSVP by Friday, November 9. Parking available in guest parking located on the far west side of our driveway.

## **HOLIDAY SOCIAL**

**Sunday, December 9 • 11 am - 2 pm • Imperial and North dining rooms**

Join us for our annual holiday celebration: hors d'oeuvres, treats, and drinks galore along with live music, a visit from Santa, and games for the kiddos! No cost. RSVP by Friday, December 7.

## **CHRISTMAS TREE SHOWCASE**

**Friday, December 14 • All day**

We will feature over 20 Christmas trees, each with a custom decorative theme. Enjoy hot cider, cookies, and sing carols as you make your way around the community to view the holiday decorations. No cost. RSVP by Thursday, December 13.

Best Friends™ is a trademark of Health Professions Press, Inc.

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



*Left to right: Sister Donna enjoyed one last ice cream before it gets too cold; Phyllis and Ruby used Q-tips as a painting technique to create beautiful fall pieces of art; and Ada indulged in a piece of sour cream raisin pie on an outing to the Fryn' Pan.*

**TOUCHMARK AT ALL SAINTS**  
*Full-service Retirement Community*

111 W 17th Street • Sioux Falls, SD 57104  
605-335-1117 • [Touchmark.com](http://Touchmark.com)