



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

Join us for a new class called Yoga for Osteoporosis taught by certified yoga instructor Ashley Trottier. The focus will be on safely building strength and flexibility to support bone health.



Residents have stayed active and gone on over 18 hikes this fall.

Elves at work to delight children

“The love and craftsmanship that went into the cradle were evident. I know it is a gift this little girl will cherish for many years to come.”

On Christmas Day, another 40 boys and girls will unwrap lovingly created, heirloom-quality Christmas gifts, thanks to a remarkable holiday project begun by residents.

More than 35 residents are now busy sanding and painting 20 airplanes and 20 cradles crafted by members of the Central Oregon Woodworkers Guild. Handmade quilts and pillows, along with dolls, are waiting to be placed into each finished cradle.

Leading the mission’s fifth year are Jack Keeney, who is heading up the airplane workshop, and Bob Ramsay, who is overseeing work on the cradles. The two also led last year’s effort.

Residents and woodworkers will gather December 11 to present the one-of-a-kind toys to the Deschutes Children’s Foundation, which will distribute them to CASA of Central Oregon, Head Start, Healthy Families of the High Desert, and MountainStar Family Relief Nursery. As a CASA caseworker noted last year, “Everyone needs angels, and you are theirs. Thank you so much.”





TEAM MEMBER

Spotlight

Name: Janet Kean

Position: Life Enrichment/Wellness Coordinator

How would you describe yourself? I have a huge heart and am always willing to give as much as I can and a little more. I laugh loud and often.

Share a bit about your family and growing up. I grew up in the San Francisco Bay area. My parents divorced when I was really young. I was raised by a mom that demonstrated what it was like to be strong and independent as well as compassionate, kind, and thoughtful toward all. My sister and I spent Sundays with our dad and his very large extended Italian family.

What are some of the most significant events in your life? I met my husband Larry at a New Year's Eve party. We knew within a week we would spend the rest of our lives together. That was 31 years ago! Becoming a vegetarian after reading *A Diet for a New America* in 1988. We don't have children but a great love for greyhounds. In 2006 we rescued our first and like potato chips, you can't have just one! We came to Bend in 2012 with six! We lost one to cancer, and in 2017 we lost four in a nine-month period. We

treasure Lola, our remaining companion and plan to adopt again once the heartache subsides.

How long have you worked at Touchmark? It will be five years in January.

What do you enjoy most about your job? I love getting to know the residents and making a difference in their day. No two days are the same, which I love.

What Touchmark value do you most closely relate to and why? Compassion, because that is who I am.

Outside of work what are your favorite ... Activities: Hiking, playing the piano, learning to speak Italian, and, most importantly, spending time with Larry and Lola.

Food: I'm Italian ... I love all food!

Movie: I don't watch too many movies lately, but my favorites from the past are *Shawshank Redemption*, *The American President*, and *The Lake House*.

Music: Everything except for country and rap.



This month the Brew Crew took a trip to Boneyard Beer; Women's Breakfast gathered at Foxtail Bakery; and we participated in the Walk to End Alzheimer's and the Parkinson's Resources of Central Oregon Walk.



Tumalo and Deschutes neighborhood residents enjoyed the last few weeks of sunny weather on the patio.



Save the date!

SNOWFLAKE BOUTIQUE SHOW

Saturday, November 3 • 12:30 - 4 pm

We are headed to the Deschutes County Fairgrounds for an arts and crafts show featuring upward of 80-plus consignors. Cost: \$3.50 per person, with the net proceeds being donated to the Family Access Network. Sign up at any front desk.

A SALUTE TO WORLD WAR II: REVISITED

Friday, November 9 • 1 - 2 pm • Terrace Lodge Forum

Touchmark resident Bill Matthias will once again host our special Veterans Day program. Watch a slideshow highlighting WWII while the Summit High School Choir performs. We will also have a special solo performance by resident Sigrid Lucas. All welcome.

VETERANS DAY PARADE

Sunday, November 11 • 9:30 am - 1 pm

Join us on the Touchmark bus to participate in the parade in downtown Bend, which begins at 11 am. If you are a veteran, we invite you to sign up at any front desk to join. Refreshments will be provided.

HOLIDAY POP-UP SHOP

Tuesday, November 13 • 10 am - 2 pm • Terrace Lodge Lobby

Get an early start on your holiday shopping at our Holiday Pop-up Shop featuring local art, crafts, and seasonal gifts created by residents, staff, and local merchants.

HEART HEALTH PRESENTATION

Tuesday, November 20 • 2 - 3 pm • Terrace Lodge Forum

Join Heart Nurse Navigators Amy Reed and Amy Chadwick from St. Charles Hospital cardiac department for this one hour presentation. All welcome.

CULINARY CORNER: MINI PUMPKIN PIES

Tuesday, November 20 • 3 - 4 pm • Clubhouse

We'll be making mini pumpkin pies to enjoy on Thanksgiving! No cost.

CHRISTMAS UKULELE CONCERT

Monday, December 17 • 2 - 3 pm • Forum

Join us for a fun, interactive holiday celebration with The Christmas Ukulele Orchestra directed by Cinda Johnson. No cost.

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



Touchmark at Mount Bachelor Village was awarded second place for most money raised for the Alzheimer's Association, Oregon and Southwest Washington chapters The Longest Day event. Our COLOR{FULL} Run was the star event of the day.

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