

• EVENTS • EDUCATION • ACTIVITIES • OMNIClub *Outlook*

JANUARY - MARCH 2024

Mental Health Check-Up

Sherry Gibbon
Community Relations
Manager



Happy New Year! As we start a new year, there are many things that we have on our checklist we want to accomplish each year, to include reviewing our financial documents and visiting our primary care physicians. We prioritize our financial and physical health, but how many of us take the time to take to really evaluate our **mental health**? When you think about it, physical health and mental health go hand-in-hand.

I remember when I went through my divorce and my father died all within three months of each other. As, I look back on that year, I know I was struggling mentally -- I lost weight, cried at the drop of a hat, and was taking care of three young sons who were also struggling with the change in our lives. *"Did I ask for help?"* No, I did not. I thought it would show a sign of weakness and that I wasn't strong enough to handle the situation. I look back now and wish that I had received counseling to get through that difficult time.

Asking for help does not mean we are weak. It demonstrates that we are aware of what is happening with our bodies. Mental health is important at every stage of life. As we age, we may experience life changes that impact our mental health, such as coping with a serious illness, losing a loved one, or moving to assisted living or in with one of our children. Some people adjust to these changes with ease, and some may experience feelings of grief, isolation, or loneliness. When we experience these feelings, it can lead to mental illness, such as depression and anxiety.

There are steps we can take to boost our mental health:

- Staying active is good for the brain and body. Regular exercise or activity can have a major impact on our mental and emotional health, relieve stress, improve memory, and help with sleep.
- Interacting with family, friends, and neighbors on a regular basis, whether in person or over the phone, can energize us and keep us connected.
- Playing games or working puzzles keeps the mind sharp and helps with problem solving and our vocabulary. (I love playing Sudoku, working crossword puzzles, and putting jigsaw puzzles together.)
- Eating a healthy diet.
- Getting plenty of sleep can recharge and rejuvenate your body and mind.
- Asking for help if you need it. There are many programs and resources available at our fingertips.

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To learn more about the importance of mental health, make plans to join us for our February **OMNIClub** Lunch-n-Learns in **Longview, Wednesday, February 14**, and in **Hideaway Lake, Friday, February 16**. **Dr. Jeffrey Quiett, Professor of Psychology and Counseling at LeTourneau University** will speak on the topic of mental health, focusing on **"Grief and Change."**



According to the University of Utah School of Medicine, ***"As many as one in five older adults experience mental health concerns that are not a normal part of aging. It is estimated that up to 63% of older adults with a mental health problem do not receive the services they need."***

In a recent article, dated October 20, 2023, the World Health Organization issued the following key facts:

- ***By 2030, one in six people in the world will be aged 60 years and over.***
- ***Loneliness and social isolation are the key risk factors for mental health conditions in later life.***
- ***Approximately 14% of adults aged 60 and over live with a mental disorder.***

Fraud Alert!

TEXAS BANK AND TRUST

Customers are receiving fraudulent TEXTS and links to SPOOFED SITES!

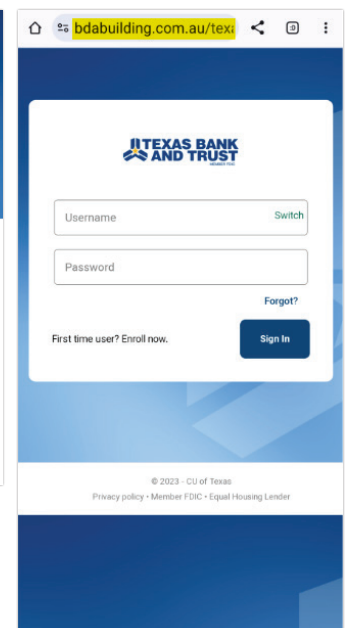
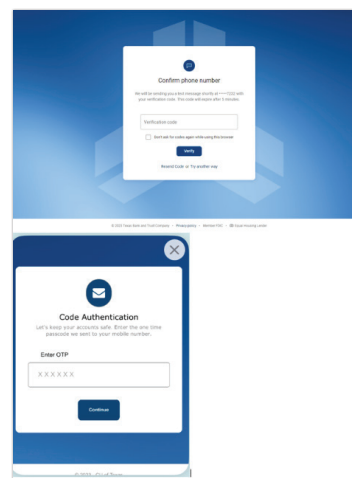
In recent days, fraudsters reached out to multiple customers at various banks trying to fraudulently gain access to their digital banking accounts. Some customers received texts purporting to come from banks that they do not have accounts with, which shows that the texts were widespread and fraudsters were just hoping they would hit some customers with the same bank name in the text as the bank that they do business with.

The fraudsters spoofed our digital banking number used from text messages and sent out a text with a link. The link led to a fraudulent website that was created to look like Texas Bank and Trust. Customers should pay close attention to the link, as it was coming from 'bdabuilding.com.au/texasbank'. The fraudsters asked for digital banking credentials and for their secure access code. The reason it was asking the customer for the secure access code was a device that was not recognized was trying to log into their digital banking.

PLEASE NOTE:

- Customers should **NEVER** provide their digital banking credentials or their secure access codes to anyone.
- Please remember, banks have their information, they are not going to reach out to the customer to solicit their credentials or secure access codes.
- We **DO NOT** call, text or email customers and ask for their credentials!
- Please notify Digital Banking (digital@texasbankandtrust.com, ext. 3115) if a bad actor does gain access to digital banking and attempts to transfer funds.

REAL EXAMPLES



Sheri Parish
Executive Vice President and
Chief Information Officer

Upcoming Events

Dates to Remember

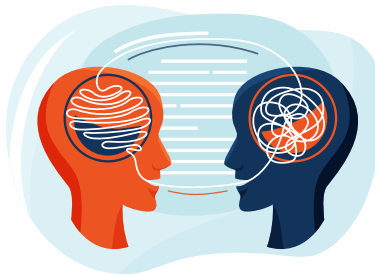
- JANUARY 15** Martin Luther King, Jr. Day (Bank CLOSED)
- FEBRUARY 14** Valentine's Day
- FEBRUARY 14** OMNIClub Luncheon – Longview
- FEBRUARY 16** OMNIClub Luncheon - Hideaway
- FEBRUARY 19** Presidents' Day (Bank CLOSED)
- MARCH 10** Daylight Saving Time begins
- MARCH 17** St. Patrick's Day
- MARCH 19** Spring Begins
- MARCH 24** Palm Sunday
- MARCH 31** Easter
- APRIL 1** April Fools' Day



Lunch-n-Learn

Grief and Change

- WEDNESDAY, FEBRUARY 14, Longview**
Hazel Hickey Community Room
301 East Whaley Street | Downtown Longview
11:30 a.m. - 1:00 p.m.
- FRIDAY, FEBRUARY 16, Hideaway Lake Clubhouse**
101 Hideaway Lane Central | Hideaway
11:30 a.m. - 1:00 p.m.



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Register online for either session @ www.texasbankandtrust.com or contact Sherry Gibbon at 903-237-5568

Christmas Open House



OMNIClub members were treated to the annual **OMNIClub** Christmas Open House on Thursday, December 7, in the Hazel Hickey Community Room, Downtown Longview.

As the guests arrived they were treated to valet parking and greeted by bank officers and employees. The members enjoyed angelic music by harpist, Cherith Hendrich, and a buffet of food that included roasted prime rib, seasoned pork loin, seasonal fruit, cranberry chicken salad, chocolate mousse, lemon squares, and much more. The room was decorated with beautiful floral arrangements on each table, with red roses, greenery, and touches of gold.

Bank staff was available throughout the event to assist our guests with seating and serving, if needed. As a parting gift, **OMNI** members were provided both the **OMNI** 2024 pocket calendar and the 2024 TBT Collector's Calendar, featuring winning photos from the bank's 2023 Photography Contest held in June.

This festive event is a way for Texas Bank and Trust to say "Thank You" for being our customer and for your loyalty.

OmniClub Outlook

Membership in **OMNI CLUB** is easy. Simply maintain a minimum \$5,000 balance in any account with Texas Bank and Trust.

MEMBER FDIC

INSTANT
ISSUE

New Look. New Features.

Classic Style!



BLACK STAR



TBT CLASSIC

Introducing the **Classic Collection** of Visa® debit cards.

Walk In and Walk Out TODAY with your new TBT debit card, **now with Tap 'n Pay!**)))

Ask a Branch Services Rep for more details TODAY! Other designs available.