

• EVENTS • EDUCATION • ACTIVITIES • OMNIBlue Outlook

APRIL - JUNE 2024

Personal Safety and Awareness

Sherry Gibbon
Community Relations
Manager



While senior citizens may not be the *most* victimized, according to an article by the Maple Valley, Washington Police Department, ***“seniors exhibit the most fear of crime.”***¹ We have discussed, many times, cybersecurity and safety online,

but we have not had an in-depth talk about **“Personal Safety and Awareness.”** Personal safety can cover many areas of our daily lives, from shopping, walks, parking our cars, or even making our homes safe and secure. My hope is that you will put into practice some of the helpful tips I have found and become more aware of your daily activities.

How many of you go out for morning or evening walks? Now that we are observing daylight savings time we can enjoy those evening walks more frequently. The following is a list of ways we can protect ourselves as we take advantage of the spring weather while taking a walk:

- Stay alert to your surroundings and walk confidently with your head up
- Make eye contact with individuals as you approach them
- Have a companion accompany you
- Walk in well-lighted areas
- Have your key ready when approaching your front door

An area of personal safety I need to be more diligent about is how I carry my purse when I am out shopping, especially during the holidays. When I travel, I am more cautious. I wear my passport pouch around my neck, with my identification, credit cards, and cash inside, and then I tuck it inside my clothing. The following are a few tips to think about when completing your weekly shopping:

- **NEVER** leave your wallet or purse unattended
- **DO NOT** display large sums of cash
- **DO NOT** carry your purse on your shoulder, carry it close to your body

- Place your wallet inside your front pants pocket, or inside a coat pocket
- **DO NOT** carry all your credit/debit cards in your wallet, carry only the ones you need
- Park as close as you can to the store entrance, or have someone from the store escort you to your car, if you need assistance

Spring is an enjoyable time to open up the windows and front doors to allow the fresh air and sunlight into your home. With today's technology advancements, such as Ring® doorbell and cameras, we have the advantage of monitoring our front doors and yards from our digital devices at all times. The tips listed below are just a few ways to stay safe and protect our homes:

- Keep the door from the garage into your home locked
- Vary your daily routine
- **DO NOT** leave notes on the front door when going out
- Use a timer to turn lights on automatically when you are away for an extended period of time
- Inform neighbors when you leaving on vacation
- Place your mail on hold while you are away from home for any length of time and stop your newspaper delivery
- **DO NOT** place outgoing mail in your mailbox, take it directly to a blue USPS collection mailbox or to the post office

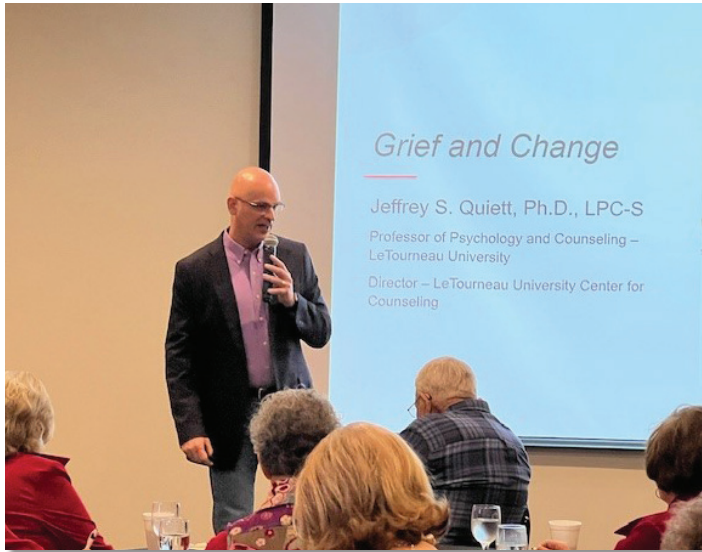


Save The Date: LUNCH-N-LEARN

There are so many more personal safety tips that could be mentioned here, and I am sure you have suggestions of ways we can be safe and aware of our surroundings, yourself. But, if you want to learn more and share with other **OMNIBlue** members, make plans to attend one of our May Lunch-n-Learns scheduled for **Friday, May 10, at the Hideaway Lake Clubhouse**, or **Thursday, May 23, in Longview**. We will have a representative from the local police departments speak on **“Personal Safety and Awareness.”**

1. <https://www.maplevalleywa.gov/departments-services/police-department/crime-prevention-tips/senior-safety-and-awareness>

In Case You Missed It

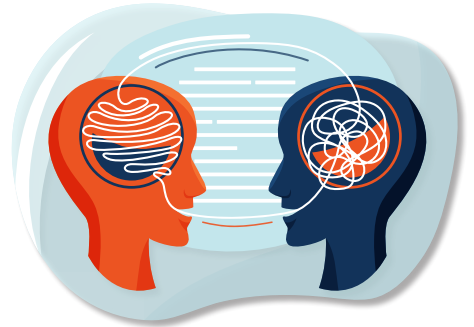


In February, Dr. Jeffrey Quiett, from LeTourneau University, spoke at our lunch-n-learns on **"Grief and Change."**

We all deal with change in our life, and with change may come grief. *How we deal with change is what matters.* I did not understand this until I heard Dr. Quiett explain that changes in our life, such as the loss of a loved one, retirement, moving to another town, or change in our financial situation can all bring some type of worry or stress.

Dr. Quiett gave us not only healthy and unhealthy ways to react to change, but also ways that we can help others.

We all experience life changes, and hearing Dr. Quiett's presentation gave us valuable information on how we react and how we can help others.



Healthy Reactions to Grief and Change:

- Emotional Integration
- Flexibility
- Worldview Review and Challenge
- Consistent Self-Care
- Patience and Refusal to "Box In" Process
- Growth Orientation (Identity Growth)
- Tolerance for Complexity



Unhealthy Reactions to Grief and Change:

- Denial
- Isolation
- Projection (taking out your grief on someone else)
- Neglecting Self-Care
- Excessive Guilt
- Rigidity (Refusal to Change)

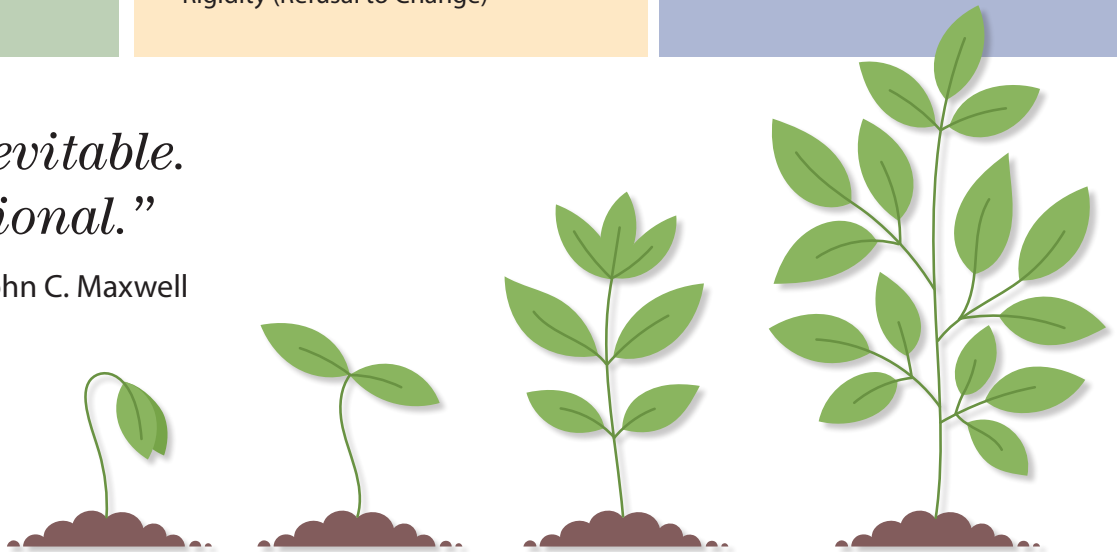


Helping others through Grief and Change

- Being present and listening
- Attention to Self-Care
- Avoid Platitudes
- Avoid "Fixing"
- Be Aware of Your Own Issues
- Comfort with Complexity

*"Change is inevitable.
Growth is optional."*

- John C. Maxwell



Upcoming Events

Dates to Remember

- APRIL 22** Earth Day
MAY 2 NATIONAL DAY OF PRAYER
MAY 10 OMNIClub Luncheon, Hideaway Lake
MAY 12 Mother's Day
MAY 23 OMNIClub Lunch-n-Learn, Longview
MAY 27 Memorial Day (Bank CLOSED)
JUNE 14 Flag Day
JUNE 16 Father's Day
JUNE 19 Juneteenth (Bank CLOSED)
JUNE 20 Summer Begins
JULY 4 Independence Day (Bank CLOSED)



Lunch-n-Learn

“Personal Safety and Awareness”

- **FRIDAY, MAY 10, Hideaway Lake Clubhouse**
101 Hideaway Lane Central | Hideaway
11:30 a.m. - 1:00 p.m.
- **THURSDAY, MAY 23, Longview**
Hazel Hickey Community Room
301 East Whaley Street | Downtown Longview
11:30 a.m. - 1:00 p.m.

To learn more about personal safety and awareness, make plans to join us for our May **OMNIClub Lunch-n-Learns in Hideaway Lake, on Friday, May 10, and in Longview, on Thursday, May 23.**

Representatives for our local police departments will focus on personal safety in our daily lives, from shopping, walking in our neighborhoods, to being safe in our homes. This is a luncheon you do not want to miss!



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

Introduction of the *Community Relations Team*

Well, the time has come for me to start my next season of life. I am retiring at the end of June and wanted to express my sincere appreciation to each of you for the support you have given me over the past 12 years as your **OMNIClub** liaison. I am thankful for the connections and friendships, and I will cherish the memories we have made and shared. Before I leave, I want to assure you that you will be in qualified hands. Since the first of January, I have been training my successor.

That being said, I would like to formally introduce you to **Sabrina Dickerson, Assistant Community Relations Manager**. Sabrina will assist you with **OMNIClub**

questions and host **OMNIClub** events. Sabrina has been with the bank for more than 10 years, and previously worked on the Retail Team as Operations Manager at the Pine Tree Lobby.

Community Relations Specialist, Sarah Rector, will continue in her role to assist with OMNI events. You have seen Sarah over the years at our lunch-n-learns and the Christmas Open Houses. These two ladies will continue serving you with *excellence, hospitality, and knowledge*.

I have truly been blessed to work for such an amazing organization and for the friendships I have made.



Sabrina Dickerson
Assistant Community
Relations Manager



Sarah Rector
Community Relations
Specialist

Gratefully,
Sherry Gibbon

OmniClub Outlook

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