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Recharge with These 5 Self-Care Practices

Self-care practices to help you recharge

Taking care of your family and friends while handling the pressures of work will quickly deplete your internal battery. And when your energy is gone, everyone you love and everything you love to do suffers. The following self-care suggestions are intended to help you recharge so you have the stamina to live your life well.

Seek balance

Setting aside time each day or a few times a week, at least, to work out is a wonderful way to practice self-love. If you take a yoga class, you will not only challenge your strength but also your balance and flexibility. No matter what type of yoga you practice, it is an experience that requires your full attention, helping your mind to feel calmer and clearer with each pose. According to Gaiam writer Elizabeth Wellington, a regular yoga practice inspires a mind-body connection that supports your well-being.



Be still

The noise of life can overtake your thoughts, leaving you with cloudy thinking. Stifle the noise by seeking a quiet place where you can comfortably and calmly clear your mind with meditation, advises PopSugar writer Hilary White. A meditation practice doesn't have to be long to deliver benefits. Just one minute of mindful attention on your feelings, body and thoughts supported by deep breathing can start or end your day on a self-care note, according to spiritual director, writer, ministry planter and Huffington Post contributor Larissa Marks, who calls this practice a mini-meditation.

Look away from screens

Staying connected is easier than ever thanks to smartphones, home computers and laptops. What was supposed to help you find more freedom in your workday has turned your nine-to-five day into a 24/7 connection. It may feel like emails, texts, Tweets and posts, whether regarding work or between your friends, cannot wait, but they can. Co-founder and CEO of Kiip and Inc. contributor Brian Wong understands how taxing work responsibilities can force you to stay connected all the time. If putting your phone down strikes terror in your heart, Wong suggests starting slow by eating a meal sans phone or not checking communications on your way into the office.

Get creative

Putting pen to paper to keep a journal – for example, crafting a gratitude list -- is a wonderful way to see and chronicle the good in your life, writes Wellington. If journaling is not your thing, there are many other ways to stretch your creative muscles: Painting, crafting and drawing can reconnect you with your creative self.

Close your eyes

Sleep deprivation is a chronic condition for most adults, and it just makes everything more difficult. Getting a good night's sleep is one of the best ways to safeguard your health and practice self-care. Wellington challenges you to gift yourself a life-changing 10 hours of sleep each night.

Self-care is all about focusing on you and what makes you happy, and helps you feel re-energized and able to take on the rest of your day or the next. Your idea of self-care is as unique as you are.

Consider these suggestions as a jumping-off point to find the self-care activities that resonate most with you.

Disclaimer: The content in this article is for entertainment and general educational purposes only. It is not intended to replace the opinion, advice or instruction of a doctor/professional. If you have questions, seek the advice of your doctor or other health professional.

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Comings and Goings

With the New Year comes change and 2019 at Meadows Bank is no exception.

After over 48 years in banking, with 21 of those years in Pahrump, **Sue Bai**, Branch Relationship Manager, retired for a life of leisure and travel. Sue was recruited to open the Pahrump office of Meadows Bank in October 2009 and brought an outstanding team of qualified employees with her. She has been instrumental in growing the Pahrump branch over the past 9 years, building and maintaining quality relationships and delivering outstanding customer service. Her dedication to the growth and development of Meadows Bank, her commitment to serve the community of Pahrump, and her special way of making everyone feel valued and welcome truly makes Sue one of a kind.

With Sue's departure, we welcome **Bonnie Benevides** into the role of Branch Relationship Manager for the Pahrump office. Bonnie has been the Branch Relationship Manager in our Henderson branch for the past 6 years and has been in banking for over 35 years. As a Pahrump homeowner and part of the community for several years now, Bonnie will well represent Meadows Bank in Pahrump and shorten her commute!

In February, **Kari Golden** joined the Henderson branch team as Branch Relationship Manager. Formerly with JP Morgan Chase and Bank of America, Kari brings 27+ years of banking knowledge and experience to the Bank.

Alma Molina joined the Reno Downtown team as a Senior Teller. Formerly with First Independent Bank and Wells Fargo Bank, Alma brings 8+ years of industry knowledge and experience to the Bank.

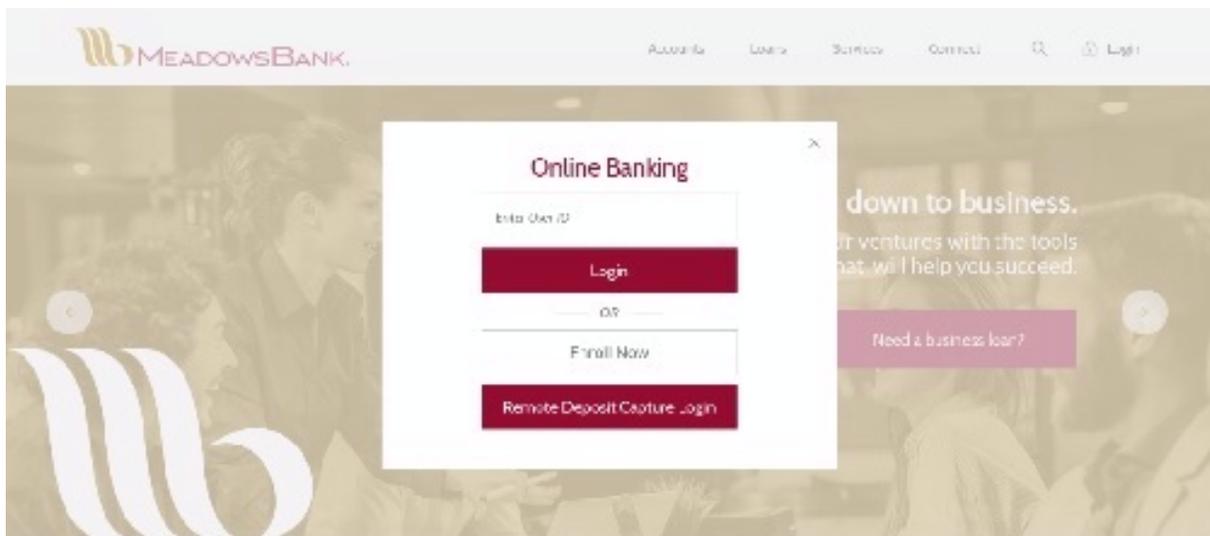
Susan Thompson rejoined the Pahrump branch team as Senior Teller. She just couldn't stay away and we are excited to have her back with us. Needless to say, Susan is very seasoned in her banking history and will be a most re-welcome addition to us.

Counting Down the Weeks

The new website will boast a clean design with simple navigation making it easier than ever to find the information you need. It will be fully responsive with mobile devices, offering a more consistent experience whether you visit the website from your desktop, smartphone or tablet. You will still be able to get to online banking directly from the top right of the home page.

We're excited and we know you will be as well. Feel free to let us know what you think when it goes live by sending us an email at jehall@meadowsbank.com.

Here is just a little preview of what the new site with your Online Banking Login will look like!



.BANK - What does it mean for you?

With the number of businesses registering for and creating an online presence, the .COM space has, like many large metropolitan cities, become overcrowded in recent years. In the midst of this congestion, banks have found it difficult to differentiate themselves from other businesses online.

Thus, in 2015, the new .BANK domain was launched. This new domain opened up much needed real estate on the internet for banks and allowed for certain advantages including security, marketing and branding.

FEATURES AND BENEFITS

The .BANK domain has a higher level of required security than any other domain and must follow security standards developed by banking industry experts. In addition to stringent registration requirements, the .BANK domain helps to improve the cybersecurity posture of participating banks. For instance, it reduces the chances of online users from being redirected to fake bank websites, makes it more difficult for fraudsters to phish and spoof emails from a .BANK domain and requires strong encryption. These and other features boost customer confidence in banks using .BANK in a time when cybersecurity threats, using Artificial Intelligence (AI) and Machine Learning (ML), are on a steady increase.

All .BANK domains are required to meet rigorous security technologies and practices, and only verified members of the banking industry can register a .BANK domain. Thus you can be assured that a financial institution that uses .BANK has a trusted, verified and more secure location for your online banking services.

MEADOWS BANK .BANK

Meadows Bank considers cybersecurity and the protection of our client's confidential information to be paramount. Thus, in 2015, at the sunrise of the .BANK domain, we registered our official website with the more secure domain www.meadowbank.bank. Therefore, visitors to our home page gain the benefits mentioned above. In the future, we will convert our email addresses to .BANK as more email services recognize this extension. Until then, we continue using meadowbank.com as our email address domain.

Taking on the arduous task to acquire and maintain this Top Level Domain is just another way for us to invest in the protection of your privacy. Meadows Bank is here for you.

Online Bill Pay Makes Life Easier

Meadows Bank Bill Pay makes it easy to pay bills to individuals or businesses.

- Pay bills from multiple accounts
- Send single or recurring payments
- Pay bills now or schedule future payments
- Make person-to-person electronic payments quickly and easily
- Send money to individuals via text and/or email
- Initiate expedited payments
- Pay your bills anytime, anywhere from any secure internet connection
- Track your account balances and payment history quickly
- Get helpful text alerts and payment reminders

Get started today by logging in to your Online Banking account through a personal computer or through the Meadows Bank Mobile App on any smartphone or tablet.

If you are not yet signed up for Online Banking, contact the bank to get started. Please call your Relationship Manager, contact us at hereforyou@meadowsbank.com or call us at 702-471-BANK.

