

Now's the time to stay alert

As frustrating as it is, scammers don't take a break for national health emergencies. In fact, it's quite the opposite: Fraudsters are using this time of uncertainty to take advantage of people now more than ever. We've got tips for how to stay vigilant so you can come through coronavirus unscathed.

Visit ubt.com/learning-center/coronavirus-IT-scams to learn more.



Greetings from Journey during this strange time

Dear Journey Travelers,

In this time of uncertainty, I wanted to let you know you are in my thoughts. I pray you and your families are healthy, that any surgeries and appointments have been scheduled, and that you are moving toward a new normal.

For me, it seems that these last few weeks have been a blur of cancellations and communication. COVID-19 has consumed our attention; many facets of our world have been fraught with change and uncertainty. However, this COVID cloud has had many silver linings for me; I hope it has for you, as well. Through the miracle of technology, I'm able to work from home and stay connected with coworkers. I have a bit of extra time and flexibility in my day; I've been able to spend more time with Paul and to actually slow down and have a conversation when one of you calls. I'm truly blessed to work for an organization that has demonstrated such caring concern for its employees and its customers. (We've been in the news, I'm sure you've noticed!)

I am disheartened that our trips and events through July had to be canceled. Many of you have expressed your disappointment, as well, but I think we all agree that staying home is a smart move. In the months to come, I know that we'll continue to rise to this challenge, to adapt, and to figure out new ways of connecting. Many of you have shared that you have become more comfortable with the internet and Facebook, and that's great! Those conveniences make many interaction and entertainment options possible. Please make certain we have a current email address for you so that we can share new opportunities for education, enrichment, and fun.

I have long admired many of you who I know have lived through some tough stuff, and it's reflected in your pleasant, gracious, accepting attitudes. I think this situation will churn out more of that type. Many of us will experience a shift in perspective. Moving forward, minor challenges will seem . . . well, pretty minor. We will value the smaller things and have a new appreciation for the relationships we've developed and those that make up our world.

I thank you from the bottom of my heart for the great honor of serving you, and I want you to know that I'm busy planning events to enrich, inform, and entertain until we can get on the road again.

Warmest regards,

Kelly Robare

We want to add you to our email list!

Be the first to learn of special Journey trips and events.
Email Ashley Howard at ashley.howard@ubt.com



It's a wonderful life (at home)

As most of us continue to proceed with caution where social interaction is concerned, we've compiled some suggestions for staying busy and connected, whether you're comfortable with technology or are more the traditional type. We've also included some self-care tips that go beyond washing your hands (although that certainly never hurts).

For the techie types. Entertainment, enrichment, and more are as close as your smartphone or computer. We offered several suggestions in our April e-newsletter, which you can read at ubt.com/journey-activities, but here are a few more to keep you clicking.

- Check out what's new at the Omaha Henry Doorly Zoo! They're featuring animal close-ups and interactive activities that are geared toward kids, but adults will like them, too. www.omahazoo.com/zoo-from-home
- The Great Plains Black History Museum has a collection of virtual tours available. www.nepris.com/Video/great-plains-black-history-museum-virtual-tour-71185
- The Hastings Museum is posting "Museum Minutes" on its YouTube channel. www.youtube.com/user/hastingsmuseum
- Morrill Hall at the University of Nebraska – Lincoln now offers hands-on activities, virtual field trips, digital learning sessions, and virtual planetarium shows. museum.unl.edu/education/home-activities.html
- Love to skate? The National Museum of Roller Skating has some historic retrospectives, complete with photos. www.rollerskatingmuseum.org/exhibitis
- The National Willa Cather Center has virtual tours of the author's landmark locations in Red Cloud, including her childhood home, the Red Cloud Opera House, the train depot, and the prairie. www.virtualcather.org
- The Strategic Air Command Museum offers sneak peeks of its exhibits on its website. www.sacmuseum.org/what-to-see/spacecraft
- Relax with the sea life at Monterey Bay Aquarium. www.montereybayaquarium.org/animals/live-cams
- Ellis Island provides an interactive 3D virtual tour created by the National Park Service. www.nps.gov/hdp/exhibits/ellis/Ellis_Index.html
- The National Museum of the United States Air Force offers free online tours. www.nationalmuseum.af.mil/Visit/Virtual-Tour
- The National Women's History Museum in Alexandria, Virginia, has a series of online exhibits. www.womenshistory.org/womens-history/online-exhibits
- Google's Open Heritage feature allows you to virtually visit historic sites from all around the world. This same site also allows you to explore museums and "attend" live performances. artsandculture.google.com/project/openheritage
- Anybody who is fascinated by the ancient Inca Empire will enjoy this virtual tour of Machu Pichu. www.arch2o.com/historical-sites-free-virtual-tours/arch2o-machu-pichu

For the tech-free. Even if you aren't plugged in, we have ideas for staying well, reaching out, doing good, and keeping busy.

- Plan an indoor garden from seeds or a kit, or head outside to clean up your beds.
- Break out the adult coloring books and color yourself happy! Watercolors or other art supplies are also great for channeling your inner muse.
- Enjoy nature's television! Hose out your birdbath and stock your birdfeeder to give your feathered guests a reason to linger.
- Pick up a new book. Lincoln City Libraries are currently offering curbside pickup — simply call to reserve a new book, movie, or the like, then set up an appointment time to pick up your selection.

- Invite neighbor kiddos or visiting grands to practice an instrument outside your window at a prearranged time for a private concert. Or, take advantage of opera, concerts, and other cultural events aired on PBS, A&E, and other network channels.
- Have a knack for sewing? Volunteer to sew masks for one of the many organizations that have expressed a need. Just be sure to check and see which pattern they would like you to use.
- Be a voice of support! Whether it's a note of encouragement to a Matt Talbot guest as part of their "Bold Hope" campaign (send your notes to Matt Talbot Kitchen & Outreach, 2121 N 27th St., Lincoln, NE 68503), a care facility resident who's feeling disconnected (Tabitha and Southlake Village are two communities who have been requesting cards), or a friend or family member who just needs some extra TLC, send a card or letter to show you care.
- Start a fun (or necessary) home project, or even clean out some clutter.
- Engage your neighbors! On a small chalk or dry erase board, start a game of tic-tac-toe or hangman, wipe down the marker or chalk, and set it outside for a neighbor to take a turn. Safer yet, just write a cheery message to place outside your door, or leave sidewalk chalk for the grands or neighbor kiddos to decorate your driveway.
- Whip up gifts of salad dressing, baking mix, or even bath scrub to give to neighbors or those who are running your errands.
- Try your hand at puzzles and games! Break out the old board games, like Battleship or Operation, or tackle some brainteasers: puzzles, crosswords, sudoku, and word searches are all great options to pass the time while also keeping your mind sharp.
- Sort through old photos and create a scrapbook or other photo archive that you can share with your family once you're together again.
- Put together keepsake boxes for kids and grandkids with meaningful photos, treasured tchotchke, cherished books, or favorite recipes. Tuck in a heartfelt note — or a joke, if that's more your style.
- Order dinner by phone from your favorite restaurant or takeout joint. Many are even offering delivery options.

The importance of self-care

Below are 10 general tips (plus a couple bonus ones!) for being kind to yourself during this time, passed on from other wise individuals at UBT.

1. **Practice goal power.** Make a list of five things you'll accomplish today, no matter how small — then do them!
2. **Keep a routine.** Wake up at the same time, have your meals around the same time, adhere to your usual bedtime regime.
3. **Do one nice thing for yourself every day.** Read (or listen to) a great book, enjoy a cup of fancy tea or coffee, cook something delicious and set the table, or bake just to enjoy the smell. You're worth it.
4. **Reach out.** Call or email at least one friend or family member a day. Chat about how things are going and share a laugh. Alternatively, break out the fancy stationery and send a letter!
5. **Take a break from the news.** Staying informed is important, but if you're feeling overwhelmed, try to limit your social media intake to a couple times a day and use trusted news sources.
6. **Get some fresh air.** Take a walk, even just to the mailbox.
7. **Show gratitude.** Write a note of thanks to those who are out there on the front lines during these challenging times: healthcare workers, law enforcement, store clerks, food service, postal workers, and pharmacists, just to name a few. Or, show support for our military through Operation Gratitude.
8. **Change your perspective.** Go for a short drive, perhaps to the lake or dog park, or cruise by a friend's house and honk your horn.
9. **Move your body.** Take a walk, rent a fitness DVD, or even dance in your kitchen! Or, head to <https://youtu.be/OYmnBcuszB4> for a workout from UBT's own Sam Dolezal.
10. **Look ahead.** Plan a trip or small get-together for the post-social-distancing future. What's one thing you can't wait to do?