

A newsletter for Union Bank & Trust's FAIR Members:  
where we're going, what's going on, and what you need to know.

# FAIR Share

Financial Assistance In Retirement | Summer 2019

**UBT**  
Union Bank & Trust<sup>®</sup>

FAIR PROGRAM

## Greetings from FAIR!

Dear FAIR Friends,

Summer is finally upon us! There are certain things one always associates with summer: freshly mowed grass, ice cream, reading a good book in the shade...I enjoy a good book year-round, actually, and I'm constantly on the lookout for more. Sometimes I consult various published lists for inspiration, but those compilations are not foolproof. I have seen "uplifting" book suggestions that I thought were incredibly depressing, and a volume ranking quite high on a list of must-reads for seniors gave my both sister and her friend nightmares (both are retired teachers, not scared of a soul). Even Oprah, dare I say it, can pick a dud every now and again. Therefore, it was with some trepidation that I started my most recent read, even though it has been around awhile (first published in English in 2012, followed by a film version and a sequel, of sorts). Sorry, I tend to digress, but I take my reporting to you folks very seriously, even if a book review hadn't been my original intention.

So, I was late to the party discovering this beauty, and dubious, but I was not disappointed. The book is *The Hundred-Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson, and it's fantastic! The central character, Allan Karlsson, is in good health, and, after an eventful life, is celebrating his 100th birthday in a retirement community. The folks at the "home" would like Allan to act his age; Allan prefers a more stimulating environment, not to mention his vodka, so he climbs out the window and embarks on a seemingly endless string of hilarious adventures. The result is an action-packed and laugh-out-loud read that can only be described as Forrest Gump-meets-any-Elmore-Leonard-crime-novel-meets-The Traveler's Gift.

The book, while incredibly far-fetched, makes a valid point: it's too easy for us to reduce a care facility resident to the sum of their parts. The character in this book was well, a character, with a rich past, a penchant for adventure, and a propensity for being in the wrong place at the wrong time. While reading, I was reminded of how we sometimes play "Two Truths and a Lie" on the coach – you, know, the ice breaker where we write two facts and one big fib about ourselves on paper and try to guess the lie based on the person. Often, the big whopper is hard to identify. We have had motorcycle riders of both sexes, spelunkers, bull riders, politicians, musicians, and what have you, yet we always assume that an activity outside our perception of that person is the falsehood. Fun game, and fun book, I recommend you giving it a try. And, if you are looking for ice cream, don't forget to come to our Summer Social on July 26 (details can be found in this issue)!

Kelly Robare, FAIR Program Manager

## We want to add you to our email list!

Be the first to learn of special FAIR trips and events.

Email Ashley Howard at [ashley.howard@ubt.com](mailto:ashley.howard@ubt.com)



For event registration, trip reservations, or questions regarding our services, please contact the FAIR Program at:

**Kelly Robare at 402.323.1877 or [kelly.robare@ubt.com](mailto:kelly.robare@ubt.com)**

**Ashley Howard at 402.323.1123 or [ashley.howard@ubt.com](mailto:ashley.howard@ubt.com)**

The UBT FAIR Program is located at 3643 S. 48th St., Lincoln, NE 68506. You may also visit us at [ubt.com/FAIR](http://ubt.com/FAIR).

## Upcoming Day Trips:

### You Won't Believe These Farms!

Wednesday, August 14, 2019

From Wessels Living History Farm in York, to the fragrant fields of Country Lavender Farm in Hampton, to the colorful Harmony Daylily Farm in Benedict, we'll enjoy an interactive tour, wagon rides, a make-and-take project and a cool treat on this amazing summer tour. We'll have a catered lunch on the farm in York and a delectable dinner in McCool Junction. Everyone loves a field trip - why not bring along a friend?

**\$154 - includes lunch and dinner** (\$77 deposit due with reservation, final payment due July 15)


### Eisenhower's Abilene

Wednesday, October 9, 2019

Join us on a trip that would do Ike proud! We will experience the best of this Kansas cow town in the Eisenhower Presidential Library, Museum, and boyhood home and the architecturally stunning Seelye Mansion. We'll ride the famously fun Abilene & Smoky Valley Railroad, have lunch in Old Abilene Town, and dine at the renowned Brookfield Hotel before heading home.

**\$152 - includes lunch and dinner** (\$76 deposit due with reservation, final payment due August 30)

## You're Invited to the FAIR Program SUMMER SOCIAL



Create your own sundae, socialize with fellow travelers and enjoy both musical entertainment and bingo at this much-anticipated event. Bring along a friend who might be interested in our program. Just let us know when you register that you're bringing a guest (running out of ice cream makes a bad first impression)!

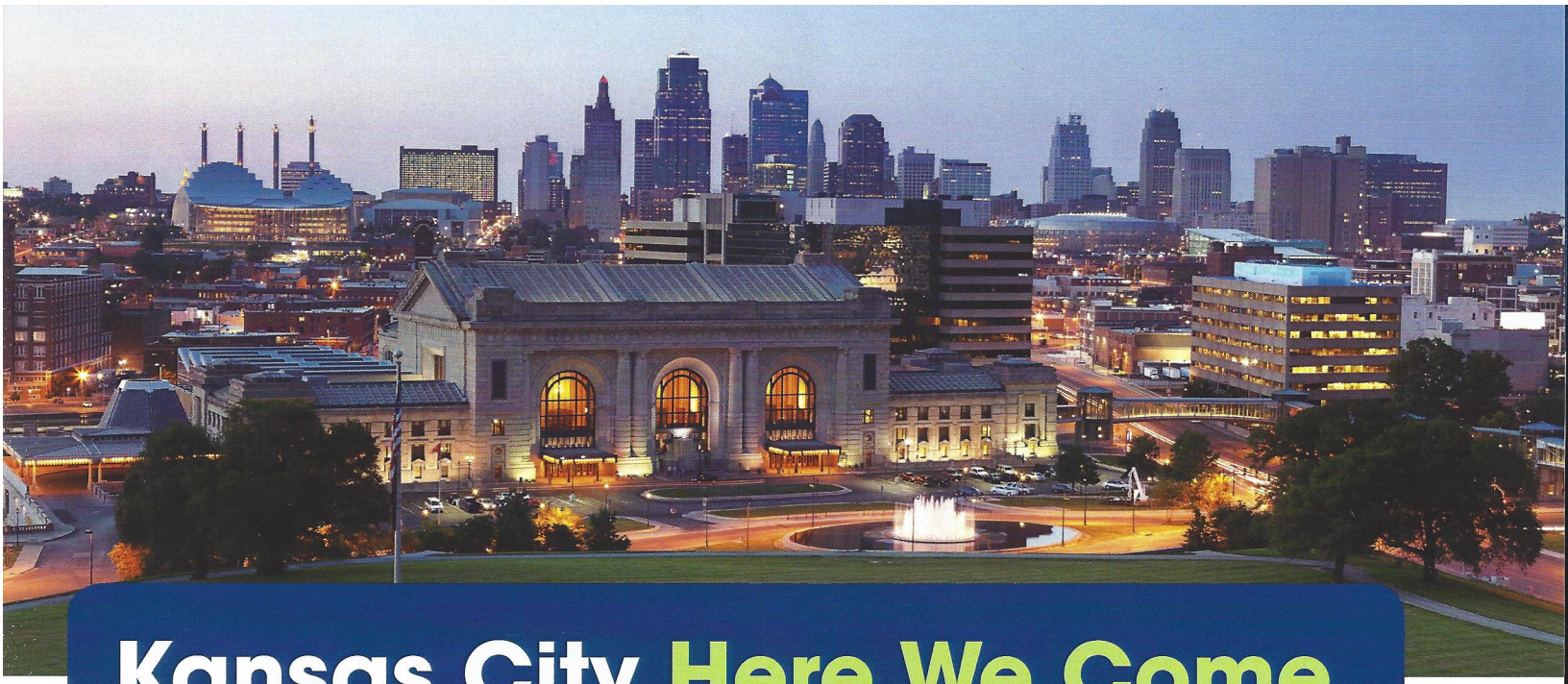
Friday, July 26, 2019, 2:00pm – 4:00pm

4732 Calvert St., Lower Level  
Lincoln, NE 68506

Seating is limited. Please register by June 17.

Kelly Robare • 402.323.1877 • [kelly.robare@ubt.com](mailto:kelly.robare@ubt.com)

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# Kansas City Here We Come

## And We Have a Seat for You!

Friday, August 30 – Sunday, September 1, 2019

It's all about options on our Kansas City Weekend tour! A roomy Arrow Stage Lines' Ultra Luxury coach takes us to the Paris of the Prairie in comfort and style, arriving Friday in plenty of time to sightsee in the historic River Market area. After a visit to the unbelievable Arabia Steamboat Museum, we'll check in to Sheraton Suites, a boutique hotel on Country Club Plaza. Explore this incredible area on your own before experiencing an authentic KC barbeque dinner with your travel mates.

Booneville's Warm Springs Ranch, home of the Budweiser Clydesdales, kicks off day two, then customize your afternoon by visiting either the American Jazz Museum or Negro Leagues Baseball Museum before we head back to the hotel to freshen up for the evening's outing. Choose your favorite activity to make this tour your own: root for the Royals at a night game or explore some of the city's culinary gems on the Taste of KC Foodie Tour (a guide will accompany both excursions)!

Sunday will find us on a guided Plaza Statuary tour and in the exquisite Kauffman Gardens before a visit of respectful remembrance to the incredible World War I Museum and Memorial. Its one-of-a-kind exhibits and collections and state-of-the-art facilities make up the only museum in America dedicated to our first world war. On the way home, we will stop in Weston, Missouri, voted best day trip and best small town by local publications. You'll love the variety this pre-Civil war town has to offer; there's shopping galore, and a local guide will take us on a short historical tour.

We have room for you on this unique, have-it-your way weekend, and we'll have you home in time to rest up for Monday's picnics (or sales).

**\$654 per person - double occupancy\*** (payment due with registration, please)

\*Prices based on double occupancy. Cost of trip includes ultra motor coach round trip transportation, hotel stay, guided tours, admission to planned activities, sightseeing, 3 meals, baggage handling, services of a professional tour director, bank group leader, snacks and entertainment on coach and all gratuities.

**FAIR PROGRAM**

P.O. Box 82535  
Lincoln, NE 68501-2535  
402.323.1123

Join us for a FAIR Forum:

**Simplify Your Life: De-Stress and De-Clutter!**

Tuesday, August 6, 2019, 10:00am – 11:30am

4732 Calvert St – Lower Level  
Lincoln, NE 68506

According to an article published in the Journal of Neuroscience, a cluttered and chaotic environment competes for your attention and restricts your ability to focus and process information. Further research has shown that daily practice of stress reduction techniques can enhance brain clarity, boost the immune system, and improve circulation. Our experts will give tips on clearing clutter and enhancing mental acuity using ancient practices and modern applications. Learn about purposeful placement; honoring memories while letting go; and tapping, zipping, brushing and breathing your way to better health (be stress free in ten minutes a day!).

**Guest Presenters:**

**Patricia Flodman**, Feng Shui Consultant

**Melinda Stone**, Director of Sales – Eastmont Towers Retirement Community

**Tracie L. Foreman**, Community Health Educator/CPT – Aging Partners

Members of our Customer Support Team will be available to answer UBTgo questions – bring your device!

Light refreshments will be served.

**Seating is limited. Please register by July 31 with** Kelly Robare • 402.323.1877 • kelly.robare@ubt.com  
or Ashley Howard • 402.323.1123 • ashley.howard@ubt.com