

STARS & STRIPES

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JIM HENDERSON: ON DECK

I write this from the most unique perspective of my life: two weeks into the convalescence from the total replacement surgery of my right knee. I have never had such a long time of inactivity and opportunity for self-examination and assessment of my life to date and projection of it moving forward.

Coming as it does with my 70th birthday on the horizon, it makes me especially introspective and appreciative of what I've had, what I have, and what I have left.

I have had a wonderful life to date, filled with experiences, opportunities, and friends I would never have dreamed of growing up as a self-described "cherry-picking kid from the shores of Lake Ontario."

I have been blessed by the unwavering love and support of a wonderful wife and family. Losses have been few along the way. Gains have been many. I look around at the special people I've lost before their time and those who arrive like me at this juncture of life far more scarred than the 21-staple line drawn down my right knee and it humbles and inspires me.



continued on page 2

If my current state of inactivity and dependency is only a preview of the remainder of my life, I'm newly convinced I can handle it, only one's attitude can be controlled and this newly confirms mine: that this is not a setback but a challenge. Over-coming this one will require diligence and competitiveness. Having always thought of myself as competitive I compete now against the timetable set by my surgeon and doctors. So far I am remarkably ahead of schedule and have set daily goals to remain so.

When next you are kind enough to read my thoughts in this space, I promise you they will be less of me but from a me who is more...grateful to have had this sojourn in my life and the opportunity to define and re-define it.

God bless,

Jim Henderson

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7 Tips for Hurricane Preparedness



In recognition of Hurricane Preparedness Week, which begins May 25, ABA is encouraging consumers to prepare for hurricane season by assessing their home's risk and developing emergency plans to protect against a potential storm.

★ Know your risk. FEMA's map service center will show you the flood risk for your community, which helps determine the type of flood insurance coverage you will need since standard homeowners insurance doesn't cover flooding.

★ Assemble an emergency kit. The emergency kit should include first aid supplies, a flashlight, extra batteries, at least three days of non-perishable foods and water, towels and a supply of any necessary medications. Stay informed of the storm's path and progress by monitoring Wireless Emergency Alerts via text message and having a battery-powered radio or TV available.

★ Develop a family communications plan. Know how you will contact one another; how you will get back together, if separated; and what you will do in different situations. Having a plan can eliminate some of the stress and confusion.

★ Establish an evacuation route. Prior to a storm, contact your local American Red Cross to locate the shelter nearest you or download their Shelter Finder App. Identify the safest route to get there. Be sure to check if your local emergency shelter allows animals and family pets.

★ Secure your home. Outdoor furniture and other objects can pose a potential hazard. Turn off propane tanks and other utilities if instructed to do so by emergency personnel.

★ Protect financial documents. In the event of a disaster, you will need identification and financial documents to begin the recovery process. Safeguard important documents in a bank safety deposit box, computer storage devices (USB drive, CD/DVD), and/or waterproof storage containers, including:

- Personal identification (driver's licenses, birth certificates, military Ids, passports, etc.)
- Financial account information (checking, savings, retirement and investment accounts, credit/debit cards).
- Insurance policies on all personal property, including appraisals and lists and photos of valuable items.
- Ownership or leasing documentation for homes and vehicles (deeds, titles, registrations, rental agreements, etc.)
- All health and medical insurance documentation.

★ Know the details of your insurance policy. Talk with your agent to determine if you have adequate coverage or if you need to reassess your plan. This is especially important if your property's flood map has changed.

The FEMA website, [Ready.gov](http://www.ready.gov), offers tips on preparing for an emergency. FEMA offers a free app that is available for download through your smart phone. For more resources, visit the FEMA site: <http://www.ready.gov/hurricanes>.

Source: <http://www.aba.com/Consumers/Pages/HurricanePreparedness.aspx>

In observance of the upcoming holidays, all offices will be closed on: ★ ★ ★

Labor Day
Monday, September 5th

Columbus Day
Monday, October 10th

Veterans Day
Friday, November 11th

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Congratulations to the winners of the
Quarterly Stars and Stripes Drawing!

Mary Gautreaux of Gramercy
Betty Baker of Hahnville
Lana Taylor of Gonzales

Each won a \$50 Visa Gift Card by entering last issue's contest drawing.

Thank you for reading this publication of Stars and Stripes!

To register for a Visa Gift Card from First American Bank, please complete the information below and return to any First American Bank office or mail to:

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Please return by July 31, 2016 to be eligible for this drawing.
Winners will be announced in the next quarterly publication of Stars and Stripes.