



*Fleur de Lis*



# Sentinel

DECEMBER 2022

FOR OUR COMMUNITY

## Speaking from Personal Experience, An Attitude Adjustment Can Result in **Genuine Gratitude**

by **Jamie Shinabarger**, *President & CEO*

Just coming off Thanksgiving, hip deep in preparation for Christmas, and about a month from a New Year... it's a hectic time of the year! The parties, the food preparation, the shopping, money pressures, family gatherings and the like can all be overwhelming.

With each new year that rolls around and the joys that accompany aging, I'm reminded of the necessity of taking myself to the woodshed pretty frequently for a good old-fashioned "talking to." Instead of an attitude of looking at everything to be accomplished as a chore ("I have to..."), I am trying to train myself to adopt the mindset, "I get to..." Rather than, "I have to take those tubs up to the attic..." it's "I'm grateful that I have the physical ability to take the tubs up to the attic."

Instead of, "I have to give to this charity or my church..." it's "I'm grateful for the financial blessings I've received which equip me with the financial ability to help others less fortunate."

As opposed to, "I have to call an aged loved one, or lonely friend..." it's "I'm grateful I can make someone's day by remembering them. The day may come when I'm the aged loved one or the lonely friend."

**“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”**

*- Author, Melody Beattie*

You've likely heard it said that gratitude starts with your attitude. I can attest to that in my own life. I need God's help to adopt and maintain an attitude of gratitude. When I do that successfully, the physical task – the giving, the phone call, the whatever – flows much more freely with much less friction, anxiety, and dread. Give it a try and see if living life doesn't become a little easier for you as well, particularly at this time of the year!

*Merry Christmas  
and Happy Holidays  
to all!* - *Jamie Shinabarger*

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**Welcome**

**Andrea L. Fritz**

Personal Banker  
Jasper Main Street Banking Center  
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the newest member of our  
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Personal Banker  
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# Springs Valley Donates to Orange County Habitat for Humanity

Springs Valley is proud to donate \$2,500.00 to the new worksite trailer for the Orange County Habitat for Humanity!



Pictured L to R: Kathy Edwards, SV Personal Banker; Ayla McIntire, SV Personal Banker; Tina Roach, SV Universal Banker; Tom Motsinger, OC Habitat for Humanity Board President; Jamie R. Shinabarger, SV President & CEO; Brandon Query, OC Habitat for Humanity Program Director; Nikita Brown, SV AVP & Banking Center Manager



*Year after Year, Springs Valley has worked with a collaborative, committed, and caring mindset. We are genuinely focused on our PURPOSE - the difference we are all trying to make to our customers and communities.*

*Our Mission Statement speaks to how we go about fulfilling that purpose: "We will enhance the quality of life in our communities by focusing on you!"*

*Thank you for being along for the ride! We are truly grateful for **you!***

# Happy Holidays!

*May you have a joyous Holiday season and blessings for a prosperous 2023!*

The Directors, Officers, and Staff of Springs Valley Bank & Trust Company