



1010 W. St. Germain Street
Ste. 150
St. Cloud, MN 56301



Visit our website:
FalconNational.com

Like us on Facebook:
Facebook.com/FalconNationalBank

Gold Club Mission
To create a membership that is focused on life-long relationships that are mutually beneficial to educate, involve, and thrive!

Gold Club Benefit
Take advantage of a free 3x5 safe deposit box or a \$30.00 discount off a larger box (if available).
See your St. Cloud, Foley, Richmond, Isanti, Ham Lake or Maple Grove branch for details.
See more benefits at FalconNational.com/GoldClub

GREETINGS!

Can you believe we're well into July already?!

Thank you to everyone who joined us in our spring events such as the Paint and Sip and the Twins Game. It was great to see the talent and imagination of our members that went into their painting. And who doesn't love a great baseball game - GO TWINS!

Check out the rest of the newsletter to see what's planned for the remainder of 2022!

Ann Thelen | Gold Club Program Director
athelen@falconnational.com | 320.223.6300



THE GOLD CLUB IS GOING GREEN!

Start receiving our quarterly newsletter via e-mail by providing an updated email address. E-mail or call Ann Thelen with your e-mail address or fill out our newsletter form at FalconNational.com/GoldClub.

Have no fear, those without an email address will continue to receive our newsletter in the mail!

Better Business Bureau Tip: Protect Yourself from “Storm Chasers”

'Tis the season for storms! Natural disasters like storms, tornadoes and flooding often bring out the best in people, as strangers reach out to help others in need. Unfortunately, the aftermath of a crisis also brings out contractors taking advantage of those who have already been victimized. Better Business Bureau is warning homeowners affected by these natural disasters to beware of “storm chasers”. Although not all storm chasers are scammers, they may lack the proper licensing for your area, offer quick fixes, or make big promises they can't deliver.

Here are a few tips for victims of natural disasters:

- Contact your insurance company
- Do your research
- Resist high-pressure sales
- Be especially careful of door-to-door contractors
- Don't sign over insurance checks to contractors
- Be wary regarding places you can't see



Read additional tips and things you should do when hiring a contractor:

<https://www.bbb.org/article/tips/1489-bbb-tip-protect-yourself-from-storm-chasers-after-a-natural-disaster>

HEALTH & WELLNESS

Chances are you or someone you know is suffering from tingling, numbing, and weakness in the wrists and hands. This can be the beginning stages of Carpal Tunnel Syndrome. Here is a list of stretches you can do to help. Visit: <https://www.webmd.com/pain-management/carpal-tunnel/best-exercises-carpal-tunnel> to learn more about properly executing each stretch.

1. Wrist Rotations
2. Finger Stretch
3. Thumb Stretch
4. Prayer Stretch
5. Wrist Flexor Stretch
6. Wrist Extensor Stretch
7. Medial Nerve Glide
8. Tendon Glides



Safety Considerations:

A gentle pulling feeling is okay, but you should not feel any sharp pain when performing these exercises. If you do feel a sharp pain, stop doing that exercise immediately and contact your doctor or physical therapist.

UPCOMING 2022 EVENTS

Wicked Musical

Thursday, August 18 - 7:30 PM

Orpheum Theatre - Minneapolis

Enjoy this amazingly popular musical with us! Cost is \$75 per person (includes ticket and bus ride). Bus will leave St. Cloud branch at 4:15 PM. We will also be making a pick up at our Maple Grove branch at 5:15 PM (bus will leave there around 5:30 PM). RSVP to Ann Thelen by August 11th at 320.223.6300 or athelen@falconnational.com.

Fall Celebration

Thursday, September 15 - 5:00 PM - 7:00 PM

Jack and Jim's - Duellm

Let's celebrate! Enjoy dinner, dessert, drinks, music and prizes. \$10 per person. RSVP to Ann Thelen at 320.223.6300 or athelen@falconnational.com.

Pigeon Forge and Smoky Mountains Show Trip with Diamond Tours

Saturday, October 1 - Sunday, October 9

This trip is SOLD OUT!

Fraud Seminar

Thursday, November 17 - 5:00 PM - 6:30 PM

St. Cloud Branch

More details to come!

Irving Berlin's White Christmas Play

Saturday, December 10 - 7:30 PM

Paramount Center for the Arts - St. Cloud

Fall in love this holiday season and find joy with the luscious melodies of Irving Berlin. Based on the 1954 film, Irving Berlin's White Christmas is a joyful holiday tradition. Tickets are \$30 per person. RSVP to Ann Thelen at 320.223.6300 or athelen@falconnational.com.

Stay tuned for details on more events in 2022.

What's Cookin' in the Kitchen? Strawberry Cheesecake Salad

Ingredients:

- 1 box cheesecake pudding mix
- 12 oz whipped topping
- 3 (60 oz) containers of strawberry yogurt
- 1 lb fresh strawberries
- 3 bananas (don't slice until just before adding them or they will brown)
- 3 cups marshmallows (optional)



Directions:

1. Place whipped topping, pudding mix and yogurt into a large bowl and whisk together. Cover and place in fridge until just before serving (let sit for at least an hour in the fridge).
2. When you are ready to serve, slice strawberries and bananas.
3. Remove mixture from fridge and gently stir in strawberries, bananas and marshmallows.
4. Serve!