



THE Connection

EMBRACING TECHNOLOGY AFFECTS QUALITY OF LIFE?

Many of you who read this might roll your eyes and say, “I’m not techy—I don’t work for a tech company—this is too hard for me—or I don’t understand technology!” All valid points, but the person writing this does not claim to be techy and sometimes shies away from using technology. However, after a couple of real-life experiences this past December and January, the writer believes having an open mind and embracing technology could give many of us and our loved ones a better quality of life!

A quick google search defines quality of life as the degree to which an individual is healthy, comfortable, and able to participate in or enjoy life events—which lead to greater safety, security, and freedom. When reflecting on this definition of quality of life, a couple stories employees shared after the holidays highlighted how technology can have a positive impact when used in the right ways.

One employee shared the story of their grandparents, who are very active in the community, live at home, and are 80+ years old. They get around great, but sometimes the simple task of getting in the corner of the living room and reaching up under the lampshade to turn the light on and off has become more difficult. With the addition of “smart plugs” and pairing them with “echo dots” the grandparents already had, they can operate the lamp simply by saying “Alexa, turn the lamp on; Alexa, turn the lamp off.” The grandparents also now love asking Alexa for the daily weather, cooking recipes, and reminders to take their daily medications!



“Having an open mind and embracing technology could give many of us and our loved ones a better quality of life.”

5 Ways to Utilize Technology for a Better Quality of Life

1. Connecting with Friends and Family

Video chatting services give you face-to-face conversations, even from a thousand miles apart! Text messaging allows you to send pictures, videos, and messages to and from loved ones.

2. Improving Safety

Video doorbells that run off of Wi-Fi let you check your doorbell no matter where you are. Devices like smart watches can detect falls and crashes. Location tracking apps provide real-time locations of family members, helping everyone stay safe.

3. Providing Convenience

Smart plugs, robot vacuum cleaners, online grocery shopping... technology makes it easier than ever to accomplish daily chores and tasks!

4. Offering Entertainment

There are countless forms of entertainment you can access through technology. Online games, digital books, streaming music, and streaming TV (our favorite, of course, is GBT's StreamIT TV!)

5. Improving Health and Wellness

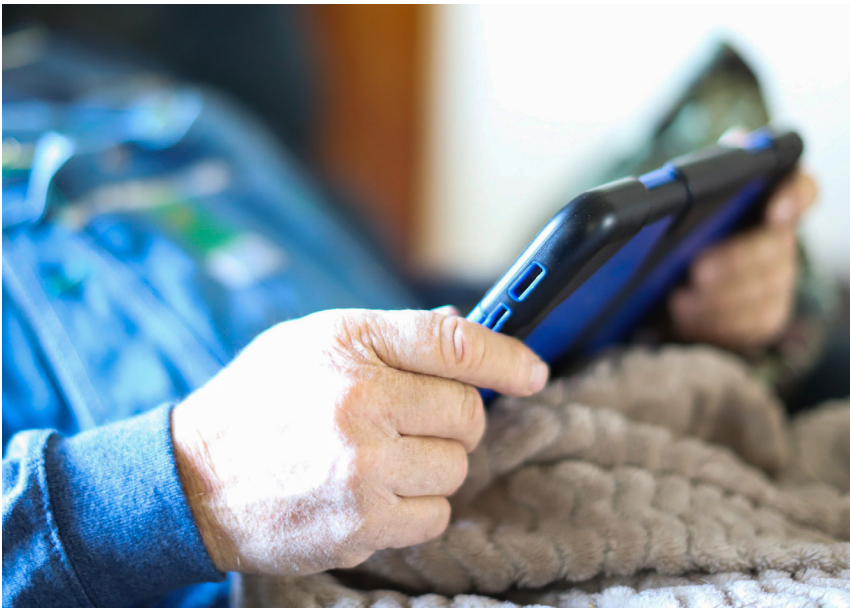
Countless exercise apps and online exercise videos, health monitoring watches, setting reminders to take your medicine, video chatting with doctors while never having to leave the house – just a few ways technology can help your overall well-being!



Pg 1. Continued -

Another employee explained their mother, who lives at home by herself, had expressed sometimes getting nervous about who is stopping by or knocking on her door when she's not expecting anyone. Since the home already had a great Wi-Fi network, they bought their mom a motion light with a built-in camera and connected it to her home Internet network. Now anytime someone stops by, it dings her phone so she can see who is there. She can even control the light from her phone, allowing her to turn it on or off. This 70-year-old grandmother has said numerous times how much she loves her camera and light, and how it makes her feel safer knowing who is at the door before she unlocks it!

With February here, often many of us think about our loved ones. We hope these two real-life stories have sparked ideas on how you can assist in introducing technology to those who might fear it, showing them how it can be utilized as a tool to improve their quality of life. Both the shared stories are households that did not grow up with technology; but now they say they don't know how they ever lived without it!



A Monumental Milestone

GBT would like to commemorate James A. Jecha for 35 years of service to the GBT Board of Directors. Jim joined the Board in 1987, representing District 5 – Albert, Bison, Otis, and Timken. He brings much knowledge and insight, and has served as Board President for the past 14 years. Thank you, Jim, for your service!

New StreamIT Channels to Check Out!

We are excited to announce the addition of 2 new channels to the StreamIT Gold and Platinum Packages!

131 – Tennis Channel – The only 24-hour TV destination dedicated to both the professional sport of Tennis and its lifestyles. Your home for Tennis!

175 – Fun Roads – Embrace the unexpected on this 24-hour channel highlighting a variety of road trips that feed curiosity and stimulate discovery, where getting lost is just as much fun as getting there. Your adventure starts here!



GET TO KNOW YOUR GBT NEIGHBOR

Employee Spotlight: Debbie



Tell us a little bit about yourself?

I am from Conway Springs, KS. I attended Catholic school from 1st-6th grade, then high-school, then went to Brown Mackie College in Salina. I graduated in the business/travel industry and met my husband there – the rest is history! I love spending time with my grandkids, kids, and family.

When did you start at GBT?

I started at GBT in the fall of 1999. I was hired as a Customer Service Representative (CSR) and worked on continued property records and work orders. In 2008 I was promoted to Office Manager. I oversee GBT's Customer Service Representatives, Accounting Department, HR Department, and Regulatory.

Top 3 things you've learned in your leadership position?

1. Always thank your employees and recognize them for being here and doing their best on projects or daily tasks. 2. We work as a team – we help each other. 3. Push for positive results.

What is something a past leader of yours has said that has inspired or motivated you?

I never worked with Dave McKay, GBT's first General Manager, but I knew him



personally. He always said, "Just be yourself, Deb, and work hard." That has stuck with me.

What are you most excited about in your day-to-day?

That I am able to get out of bed, lol, but seriously – I love it when I can put a smile on someone's face and spread positive, happy thoughts!

What makes you such a positive person?

We were always told by my mom and dad that only YOU can make a difference. Always be happy and do good for others - it will come back to you.

What is something you'd like GBT customers to know?

GBT is an awesome company to work for and we strive to make sure our customers are taken care of by a LOCAL company. We're a family!



Family TV time just got even better.

With features like **50 hours of DVR, HDTV, instant rewind and replay, and no clunky set-top boxes**, your whole family will love GBT's StreamIT TV!



Get **2 FREE Firesticks** when you sign up for StreamIT today!



GBT Hunting:

There are 10 words that appear throughout the newsletter hidden in the crossword puzzle below. For this month, all you have to do is let us know what words you found (There is no right or wrong answer!) and you will be entered to win a \$10 bill credit. As always, submit your answer to gbthunting@gbta.net. Congratulations to the City of Ness City who won last month's game by answering this question correctly: Question: As of the end of year 2021, what percentage of GBT cooperative members have a robust Fiber Internet connection? Answer: 94%.

S P U U Z L E Z Y Y U U S R W
G I O N S E F U I X L N A U E
M N L G V B Z K Z M Y Z G O N
T T U O H J V P N X E R J J T
W E P V B F T O C N M N Y N E
M R C O N V E N I E N C E M R
Q N C H V T S T R E A M I T T
Q E H S N Z A F A M I L Y X A
U T A A D O I H U W R A H K I
A A N F G L L C H N O C G R N
L H N E Z U V O V E D U S F M
I G E T K H Q R G W U H O F E
T M L Y P W W D W Y X H K Q N
Y N E R X L E Q J X A R E M T
J Z K N U X K F G Y E R W Y T

February Recipe:



Sour Cream Rolled Cookies + Buttercream Frosting

Recipe by: Marilyn Seidel; GBT Customer Service

A recipe handed down by my grandma, and one that I have made since I was little. It's our family's go-to cookie recipe, and we make it for everything! Valentines Day, Christmas, you name it!

Cookie Ingredients

½ cup butter	½ tsp salt
1 tsp baking powder	1 tsp almond flavor
1 cup sugar	½ cup sour cream
½ tsp baking soda	2 ¾ cup flour
1 egg	

Cookie Directions

Cream butter and sugar, add egg and almond flavor. Combine dry ingredients and add alternately with sour cream. Chill dough for an hour. Roll on floured surface and cut out. Bake at 375 for 8-10 minutes Frost with Buttercream Frosting.

Frosting Ingredients

1.2 lb bag powdered sugar	½ cup boiling water
1 tsp clear vanilla	1 tsp almond flavor
¾ cup Crisco	1 tsp salt
½ tsp butter flavor	

Frosting Directions

Combine all ingredients and beat until smooth.



785-372-4236
www.gbta.net

Ellis
101 W 9th | Open: Mon., Wed., Fri.
8am - 12:30 pm; 1:30 pm - 5pm

Ness City
114 W. Main | Open: Mon.-Fri.
8am - 5pm

St. John
602 N US Hwy 281 | Open: Tues., Thurs.
9:30am - 11:30 am; 12:00pm - 3:30pm

Larned
122 W. 5th | Open: Mon., Wed., Fri.
9am - 11:30 am; 12:00pm - 4pm

Rush Center
103 Lincoln St. | Open: Mon.-Fri.
8am - 5pm



The Connection

If you have questions or comments about this newsletter or any of our services, please email us at marketing@gbtlive.com
Kyle Bahr, Editor | Kara Jecha, Editor | Addie Flax, Graphic Design