

Tips for dealing with the Equifax breach

Typing your last name and final six digits of your social security number into Equifax's website is sort of like getting a sore tooth looked at by the dentist — you know you need to do it, but the potential bad news you receive could lead to future pain.

In this case, it is less of a root canal and more identity theft.

I'm not sure which is more painful.

To recap recent events, Equifax is one of three major consumer credit-reporting agencies, with data on more than 820 million consumers and 81 million businesses worldwide.

In early September, Equifax revealed that hackers may have stolen financial and consumer data for at least 143 million customers in the U.S. Among the information which hackers may have had access to include: birthdates, social security numbers, driver's license numbers, and addresses.

Research shows that older adults are scammed out of around \$3 billion a year. This makes fraud and scam a big deal to AARP at the national level and it has dedicated Fraud Watch team, to fight back. This group went into high gear around the Equifax data breach and came up with a list of recommendations for protecting your identity after this data breach: The Fraud Watch recommendations include:

- Equifax has created

a website (equifaxsecurity2017.com) where consumers can find out if their personal data has been compromised and is at risk. Enter your name and it will give you a likelihood of your information's involvement in the breach. Consumers can also enroll for complimentary identity-theft protection and credit-file monitoring. The credit protection service is free for 12 months for consumers — not just breach victims — who sign up by Nov. 21. Equifax has also established a toll-free response line for additional questions at 866-447-7559.

- Check your credit report with the other two big credit bureaus, TransUnion and Experian.
- Add a fraud alert to your credit report. This notifies lenders and creditors checking your credit report to take additional steps to verify your identification before extending credit in your name. To do this call one of the companies and ask for an initial fraud alert on your credit report.

- Check credit card and bank statements for unauthorized purchases or withdrawals.

- Consider an identity theft protection service. Remember, no service can protect you from having your personal information stolen. What these companies offer are monitoring and recovery services. Monitoring services watch for signs that an identity thief may be using your personal information. Recovery services help you deal with the effects of identity theft after it happens.

SAM SHUMWAY is the AARP Wyoming state president.



Volunteers recognized as superheroes

Above left: Development Director Rindy West and daughter Wynn West, 5, stand in the back of the dining room as the speaker recognizes volunteers during a volunteer appreciation banquet Thursday evening at The Hub on Smith (formerly the Sheridan Senior Center). Staff and their family members dressed as superheroes for the theme: "Volunteers — our superheroes."

Above right: Fourteen-year-old Braden West serves pitchers of water to volunteers.

Left: Volunteer Director Terri Hayden recognizes volunteers gathered during a volunteer appreciation banquet.

JUSTIN SHEELY | THE SHERIDAN PRESS

FDA approves better vaccine against painful shingles virus

BY LINDA A. JOHNSON
AP MEDICAL WRITER

U.S. regulators have approved a new, more effective vaccine to prevent painful shingles, which is caused by the chickenpox virus.

Drugmaker GlaxoSmithKline said the Food and Drug Administration approved it late Friday. It will be the second shingles vaccine in the U.S. market. Merck launched the first one in 2006.

Studies paid for by Glaxo found it prevents shingles in about 90 percent of people.

Merck's is about 50 percent effective.

Both versions are for adults 50 and older. The U.S. Centers for Disease Control and Prevention, though, recommends vaccination for those 60 or older, partly because it loses effectiveness over time.

Anyone who's had chickenpox — nearly everyone over 40 — harbors the varicella-zoster virus that causes the disease.

The virus can resurface decades later, triggering painful sores on one side of the body. About 10 to 20 percent of those who get

shingles also develop debilitating nerve pain that can last for months, even years.

About one-third of people who have had chickenpox get shingles.

That's about 1 million Americans a year. But once someone has recovered from shingles, it rarely reoccurs.

Chickenpox was a very common childhood illness until a Merck vaccine was introduced two decades ago; it's now part of routine childhood shots.

GlaxoSmithKline PLC said the price of its shingles vaccine, called Shingrix, will be \$280 for the required two shots. Merck & Co.'s one-shot Zostavax costs \$223. Most insurance plans cover it.

The two vaccines are made differently. Glaxo's is genetically engineered and includes an ingredient that boosts effectiveness. In addition to preventing shingles, it also reduces the risk

of nerve pain by nearly 90 percent.

Glaxo studies also show it retains about 90 percent of its effectiveness for four years, and follow-up studies indicate it lasts years longer, according to Dr. Leonard Friedland, Glaxo's vaccines director for North America.


Merck's vaccine uses a live but weakened virus, so it can't be used by people with compromised immune systems.

It reduces risk of shingles by half and risk of nerve pain by 67 percent, according to the CDC.

One study found it doesn't prevent shingles after eight years.

More research is being done. Glaxo is testing its vaccine against Merck's. Meanwhile, Merck has been testing a different vaccine on cancer patients and people with compromised immune systems.

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*entrée only offered for Home Delivered Meals

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Tue-	Cabbage Roll Casserole
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Thu-	Meatloaf/Gravy
Fri-	Herb Baked Chicken
Sat-	Swiss Steak/Tomato Sauce
Sun-	Rosemary Pork Roast
Mon-	Baked Salmon w/Lemon

UPCOMING SPECIAL EVENTS

Tue-	Craig Johnson Author & Writer	1:00 p.m.	Community Room
Wed-	Flu Shots	9:00 a.m. to 12:00 p.m.	Community Room
Thurs-	Pinocle Single Deck	1:00 p.m.	Cafe
Mon-	BOOM Circuit Training	9:00 to 10:00 a.m.	Fitness Room

Lunch Service Hours: 11:00 a.m. to 1:00 p.m., 365 days a year at 211 Smith Street
Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240, Mondays - Fridays.

Help at Home Services, 675-1978, 232 North Brooks: Mondays - Fridays.

Day Break Adult Care Services, 674-4968, 241 Smith Street: Mondays - Fridays.

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SENIOR HAPPENINGS

- Shopping Sheridan Days for Tongue River Valley residents are available every first and third Thursday of each month and include trips to Albertson's or to Walmart. We can shop for you, with you or leave you on your own. Call ahead to reserve your spot at 655-9419, Monday through Friday 9 a.m. to 4 p.m. The shopping bus will leave Dayton at 12:30 p.m., pick up riders in Ranchester at 12:45 p.m. and return to Ranchester at 3:45 p.m., and to Dayton at 4 p.m. The cost is \$8 for a round-trip ride.
- Published author and writer of the TV show "Longmire," Craig Johnson, will stop by The Hub on Smith at 1 p.m. Tuesday. Johnson will show a clip of the hit show "Longmire" and read an excerpt from his latest book with a question and answer session to follow.
- Chili and cinnamon rolls will be served at a dance Friday at The Hub on Smith. Dinner will be served from 5-7 p.m. The cost is a \$7 (at the door) suggested contribution for dinner. Organizers ask that those planning to attend RSVP by Wednesday by calling 672-2240.