

## HACKERS BRIEF

### from CyberWyoming

#### SOME SCAMMERS AREN'T THE BRIGHTEST BULBS

A Laramie citizen reported an email from a man claiming to be an engineer with Exxon Mobile and a Texan named Peter Tomkins, saying he was in search of a business partner "in your country." The Gmail address looked like it came from another name and (sarcasm) as far as the Laramie-ite knew, Texas is still part of the Union.

#### NORTON SCAMMERS ARE GETTING SERIOUS

If you receive an email from "Order Updates" (but really from a Gmail address) with the subject line of "Your Invoice # JGJ-384464 of item," do not open the invoiced attachment. The attachment claims to be from Norton Life Lock Security and looks like an invoice. Reported by a Sheridan citizen. *CyberWyoming Note: If you have a question, remember to look up company's contact information and inquire directly, not through the email or text.*

#### MEDICAL STORE ID-WY77A7 SCAM ALERT

A Sheridan citizen received an email for a bill for \$381.99 claiming to be from CVS. Oddly, the address to contact listed Wyoming, Rhode Island. The email was from a Gmail address.

#### TWO MORE FAKE DYING WIDOWS

If you receive an email from Chantal Moro whose email is Veronique.masson11@gmail.com with the subject line of "important", remember that unknown solicitations from people who "have very little time left" are usually money laundering schemes. Another one was reported by the same Laramie citizen that claimed to be from Jackie James, quoted scripture, and asked for help donating \$12.5 million in funds.

#### TEXT SCAM REPORTED BY LARAMIE CITIZEN

If you receive a 'mistaken' text message with an attractive picture of a stranger saying "It has been a long time, but let's catch up," please know it is a scam. Do not reply to let the sender know that they have the wrong number because it signals that the number is active and may be the first step towards a romance scam. *CyberWyoming Note: This scam was also reported in a Scambusters.org newsletter.*

#### DOUBLED LOSSES

According to the FBI's Internet Crimes Complaint Center, Wyomingites reported double the losses to internet related scams, up from about \$5 million in 2020 to \$10 million in 2021. <https://www.ic3.gov/Home/AnnualReports> Nationally, according to Scambusters.org, US consumers reported scam losses of \$5.8 billion to the Federal Trade Commission in 2021, also more than doubling 2020's numbers.

#### WHITE HOUSE ISSUES CRITICAL INFRASTRUCTURE CYBERSECURITY WARNING

Biden issued a statement to urge all critical infrastructure sectors to 'harden your cyber defenses immediately by implementing best practices'. Contact your IT professional and/or the Wyoming Office of Homeland Security to learn about local and national critical infrastructure programs, including the Department of Homeland Security's Cybersecurity and Infrastructure Security Agency (CISA) guidance and assessments.

#### CISA ISSUES TACTICS, TECHNIQUES, AND PROCEDURES OF RUSSIAN CYBER ACTORS TARGETING THE ENERGY SECTOR

On March 24, CISA (Cybersecurity and Infrastructure Security Agency) announced that the Department of Justice unsealed indictments of 3 Russian state-sponsored actors to reveal tactics and techniques of attack on the energy sector. This is an excellent document to review and compare to an existing critical infrastructure security program. <https://www.cisa.gov/uscert/ncas/current-activity/2022/03/24/state-sponsored-russian-cyber-actors-targeted-energy-sector-2011>

#### \$80 MILLION HAUL FROM FAKE SURVEYS AND GIVEAWAYS

Crooks are netting an estimated \$80 million per month globally from fake surveys and giveaways by impersonating well-known brands. Using ads, text messages, social media, and on-screen pop-ups, they lure victims to cloned and malicious sites, then take their victims through a series of pages during which they gather information for identity theft or data harvesting, while pretending a big prize is just one more click away. It never is. Brought to you by Scambusters.org.

#### SCAMBUSTERS ENCOURAGES YOU TO SAY 'NO' TO USBS

Don't be tempted to insert that mysterious USB drive that arrived in the mail. It's the latest trick being used by scammers to get you to install malware and ransomware on your PC. USBS are as cheap as dirt these days, so crooks send out malware-laden ones in the thousands, hoping that curiosity will prompt recipients to try to see what's on them.

#### Other ways to report a scam:

- Better Business Bureau Scam Tracker: [www.bbb.org/scam-tracker/us/reportscam](http://www.bbb.org/scam-tracker/us/reportscam)
- File a complaint with the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint)
- Report your scam to the FBI at <https://www.ic3.gov/complaint>
- Reported unwanted calls to the Federal Trade Commission's Do Not Call Registration. Online at <https://complaints.donotcall.gov/complaint/complaintcheck.aspx> or call 1-888-382-1222, option 3
- Office of the Inspector General: <https://oig.ssa.gov/>
- AARP Fraud Watch Network (any age welcome) Helpline 877-908-3360
- IRS: report email scams impersonating the IRS to [phishing@irs.gov](mailto:phishing@irs.gov)
- Call the Wyoming Senior Medicare Patrol (SMP) for assistance with potential Medicare fraud, abuse, or errors at 800 856-4398

### GUEST COLUMN



Auxiliary board members gather to celebrate 76 years of service to the hospital and donate funds.

COURTESY PHOTO | SHERIDAN MEMORIAL HOSPITAL

# Volunteers at heart of SMH

National Volunteer week falls in April of each year and provides an opportunity for organizations to celebrate the impact of their selfless and inspirational volunteers. At Sheridan Memorial Hospital, our volunteers are the heart of our organization. Every service given to our hospital is another chance to provide excellent patient-centered care to

everyone in our community.

People choose to volunteer all over the world for numerous reasons. Many will tell you it's great

to get involved in your community and feel a part of something after retirement.

It's a beautiful opportunity to give back to the place you call home. Volunteering allows you the space to fuel your passions and share your favorite pastimes with others. You can learn new things, develop new skills, meet new people. It will get you out of the house, help you build a routine,



COURTESY PHOTO | SHERIDAN MEMORIAL HOSPITAL

Aaron Jensen, a volunteer who became an employee, stands with Jasmine Slater at Sheridan Memorial Hospital.

give you something else to look forward to throughout

the day. It can help those of all ages learn the value of philanthropy in their community. Volunteering can be anything you want it to be when doing it in the right space for you.

At SMH, we are lucky enough to work alongside unique, talented and genuine volunteers who serve as irreplaceable resources to our organization. We are gifted with a group of individuals dedicated to SMH and the health and wellness of our entire community. Our volunteers make an effort to create an environment of comfort and cultivate a culture of kindness in everything they do, and it wouldn't be possible without them.

It is humbling to work alongside so many selfless individuals who choose to take the time to serve their community through numerous volunteer activities. I am fortunate to have the opportunity to get to know these individuals, sharing in their experiences, learning about their loved ones, and I'm honored to be part of their stories.

Our volunteers are part of our culture, our patient experience, our family. Their friendly greetings and genuine smiles, kind hearts and overwhelming support for all those they encounter are what complete the heart of Sheridan Memorial Hospital.

We appreciate the smiles in their eyes, their welcoming demeanor and feel their warm presence in the hallways of our hospital.

The past few years have taught us how truly invaluable our volunteers are.

Thank you for every book you've donated to our newborn babies.

We appreciate all of the shelves you've stocked with trendy and unique inventory in our Kozy Korner Gift Shop so we are the best dressed and our homes and offices stay well decorated. We are grateful for all the blood drives you continue to coordinate, ensuring our blood supplies are stocked and replenished when SMH patients and neighbors need them.

We are thankful for every tiny patient you comforted with your scrubby bears before and after surgery, every 5-year-old you have celebrated in the last 62 years (including more than 130 children at this year's drive-by event) and every time you guided us to our next appointment or relocated office on our hospital's growing campus.

Our team can't even begin to count how many people you've gifted a piece of home with the cards you've sold visitors for our patients, a kind note or the sweet tooth you cured with our favorite candy bar in the late afternoons.

Thank you for joining us for all the meetings and phone calls, being present, sharing your thoughts and ideas and all the events you have attended because you, too, believe in medical excellence — right here at home.

It's impossible to measure how many times you've warmed our hearts and hallways, the number of people who have been positively affected by your generosity, and it's incomprehensible where Sheridan Memorial Hospital would be without you.

JASMINE SLATER is Sheridan Memorial Hospital's volunteer and development coordinator.

**DINING ROOM HOURS:**  
Monday-Friday • 8:00 a.m.-4:00 p.m.

**BREAKFAST**  
7:00-9:00 a.m.

**LUNCH**  
11:30 a.m.-1:00 p.m.

Entrée choice or soup/salad. Entrée only offered for home delivered meals.

TUESDAY, APRIL 5	WEDNESDAY, APRIL 6	THURSDAY, APRIL 7
Pot roast Potatoes and vegetables Garden salad Rolls Fruit	Roast turkey and gravy Mashed sweet potatoes Peas and carrots Angel food cake	Swedish meatballs Egg noodles Steamed beets Roll Rocky road pudding
<b>FRIDAY, APRIL 8</b> Garlic Butter Shrimp Angel Hair Pasta Cauliflower Chocolate Surprise Cake	<b>SATURDAY, APRIL 9</b> Sausage and cheese pizza Caesar salad Vegetable medley Chocolate chip Cookies	<b>SUNDAY, APRIL 10</b> Turkey tetrazzini French bread Vegetable medley Fruit

**MONDAY, APRIL 11**  
BBQ beef sandwich  
Potato wedges  
Peas and carrots  
Peanut butter  
Cookies

Renew your registration now! Updates are subject to change.

Find us on the internet at [www.thehubsheridan.org](http://www.thehubsheridan.org) or on Facebook: [The Hub on Smith, a Center for All Generations.](https://www.facebook.com/thehubonsmith)

Front desk: 307-672-2240  
Home delivered meals: 307-672-6079  
Loan closet: 307-672-1769  
Support center: 307-675-4954

Housing: 307-675-4957  
Fun and wellness: 307-675-4952  
Help at Home services: 307-675-1978  
Day Break adult care services: 307-674-496

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