

## HACKERS BRIEF

from CyberWyoming

### PAYPL VS PAYPAL ALERT

Watch your emails closely for a fake email from no-reply@servicepaypl.com with the missing 'a' in 'pal.' The subject line is "Account Locked. ID : DLMXD-PCNEEBQ" and the email is well written with PayPal's branding and colors. The button to login to PayPal actually links to Amazon's sign-in, so although the branding looks great, the hacker got a few details wrong. Reported by a Laramie citizen.

### CREATE YOUR OWN SPAM BOX

A very creative Casper citizen received an unusually large amount of spam calls after giving her landline to a local company. The calls impersonated Medicare, Amazon, home insurance companies, insurance for electronics, and Facebook. Before providing her phone number, she rarely had a spam call, but afterwards was logging 18 per day. So, she came up with a very creative solution. She cut a hole in an old Styrofoam box (a Styrofoam cooler would work) and placed a speaker in the hole. Now when she gets a spam call, she puts her phone in the box and blasts the speaker with the 'world's most annoying sounds.' Her favorite is an air raid siren.

### UNSOLICITED OFFERS TO BUY YOUR HOME WARNING

If you receive a phone call from a stranger asking to buy your home, remember that home ownership is part of Wyoming's public record and even if the call is from a Wyoming number, it could still be a scammer. As the inventory of homes in Wyoming decreases, these types of calls may increase, but the best bet is to ignore the unsolicited calls. If you really are interested in selling your home, contact a local real estate agent recommended by friends, family or neighbors. Reported by a Big Horn citizen.

### TEXT DELIVERY NOTICE

If you receive a text saying "Your parcel #US189222 which includes the following products: 1. Smart Samsung TV. Cannot be approved for delivery pending your outstanding tax balance has been paid. Current outstanding balance: \$1.72" be very wary. The link that starts with productsholdings.com doesn't exist and, statistically, about 50% of text and email delivery notifications sent are fake. The Big Horn citizen also received a follow up text from the same number saying "Hi: You have one fully paid item awaiting. You did not update delivery preferences" and then it had a link to trick you into providing private information.

### LOWES REWARD OPEN IMMEDIATELY

A Big Horn citizen wants you to know that a fake Lowe's reward email is making the rounds. The email has Lowe's branding and asks you to take a short survey to claim a \$100 reward. The subject line was "Confirmation:4238276." *CyberWyoming Note: Often surveys are used to gain important personal information like password reset questions.*

### MS-ISAC JOINT CYBERSECURITY ADVISORY ALERT

A cybersecurity advisory was issued to warn critical infrastructure organizations of evolving intelligence that indicates the Russian government is exploring options for potential cyberattacks and increased malicious cyber activity. Additionally, some cybercrime groups have publically pledged support for the Russian government. <https://www.cisa.gov/uscert/russia>. *CyberWyoming Note: While the alert is specifically for critical infrastructure, it is a good idea for all organizational leaders to talk to their employees about online vigilance and maintaining a high level of suspicion.*

### THE FTC ISN'T EMAILING YOU

Scammers are pretending to be FTC Commissioner Rebecca Kelly Slaughter saying there is an award ready to be collected, for a fee. An alternative line the scammers are playing is that there is a COVID issue that requires immediate attention, and ultimately a fee. The FTC reminds you that they won't ever call, email, text, or direct message you to ask for money (or gift cards) or your personal information. The FTC does not give awards or funds related to COVID.

### WHAT TO DO IF YOU SUSPECT MAIL FRAUD

If you believe you are the victim of mail fraud or theft, notify the United States Postal Inspection Service at <https://www.uspis.gov/report>. The phone number to call for suspected mail theft is 1-877-876-2455.

### SCAMBUSTERS.ORG ALERT - CRYPTO MILLIONS

In a new study, the Better Business Bureau said it received 2,465 complaints about cryptocurrency scams in 2021, with losses totaling more than \$7 million. But this is the tip of an iceberg. The Federal Trade Commission (FTC) said crypto losses last year cost more than \$750 million. *CyberWyoming Note: Because Wyoming is known as being cryptocurrency and blockchain friendly, our citizens get more of these types of scams. If you receive a message from a friend of a friend about a crypto investment, do your research before investing money.*

### MS-ISAC AND CISA PATCH NOW ALERT

The Multi-State Information Sharing and Analysis Center (MS-ISAC) and the Cybersecurity & Infrastructure Security Agency (CISA) have published a patch now (update your software) alert for Oracle, Drupal, and Cisco products. If you use these products, make sure the software (or firmware) is updated.

### 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

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### GUEST COLUMN

## Did you know? Hospital patient portal explained

Sheridan Memorial Hospital offers convenient, secure, online access to personal health information through a patient portal: MySheridanHealth. Once enrolled, patients can easily access their medical information 24 hours a day via an app on their cellphone or via computer at [sheridanhospital.org](http://sheridanhospital.org).

MySheridanHealth is available to all patients at no cost. Originally implemented at the hospital in 2014, over the last year our team has been working to optimize the portal to make even more information available to our patients.

Patients of SMH, and its affiliated clinics, including Big Horn Surgical; ear, nose and throat; heart center;

internal medicine, rheumatology; and the women's clinic, can view appointments, request medication refills, communicate with health-care providers and much more from MySheridanHealth.

Many options are available to our patients to access medical records, including viewing lab results, medication lists, allergies and immunization records. In today's world, MySheridanHealth can even be considered a mobile COVID-19 vaccination card. When you have a COVID-19 or influenza test through the hospital — those lab results are posted in the patient portal as soon as testing is completed.

Patients can review summaries of recent office or hospital visits, surgeries or procedures. For example, patients can view the dates, history and results of tests and procedures, including colonoscopy, mammography, X-rays, provider visits and more.

Other conveniences of the MySheridanHealth include communication with staff via secure messaging, requesting an appointment, conducting a scheduled video visit or appointment with a provider, accessing forms needed for an upcoming appointment, tracking health conditions and wellness goals, and much more.

### Granting access to others

Under certain conditions, you may grant access to your MySheridanHealth account, as in the case of a caregiver needing access in order to manage a patient's care. This would also apply to parents or legal

guardians of children under the age of 18 or those who care for individuals with mental or physical impairments. Or if an individual gives their permission for another person to have access to their medical records.

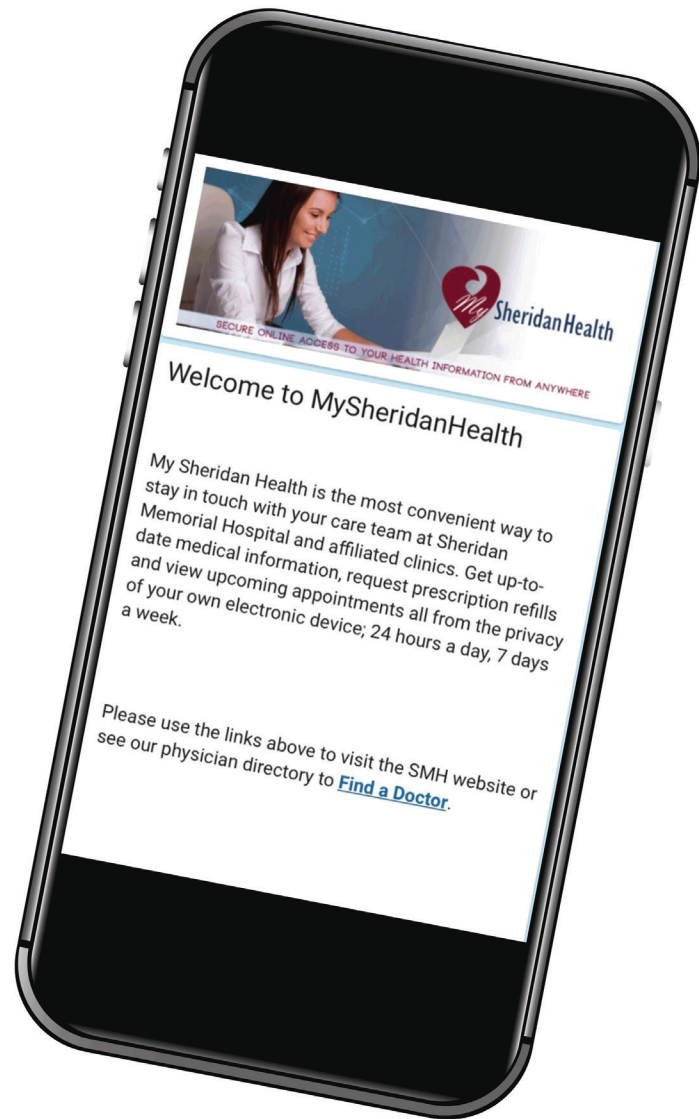
### Enrollment

Signing up for the patient portal is easy. We are offering online enrollment to the patient portal by visiting [MySheridanHealth.org](http://MySheridanHealth.org) on the internet — required information includes:

- full name
- date of birth
- medical record number (This can be found on a copy of a recent hospital bill or by contacting SMH Health Information department at 307-672-1070)
- your email address

An invitation email will be sent to the patient after online enrollment has been completed.

Those who want to access MySheridanHealth on their mobile phone can download the Healthlife app to obtain quick access.



COURTESY GRAPHIC

### Privacy

SMH takes great care to protect your health information. MySheridanHealth is completely confidential and meets all federal HIPAA guidelines designed to protect your personal health information.

### Community Resource Fair, May 12

Sheridan Memorial Hospital staff will feature MySheridanHealth at the Community Resource Fair hosted by The Hub on Smith May 12 from 10:30-11:30 a.m. in the community room. Attendees can find out more about MySheridanHealth and the information they can access. SMH staff will be there to assist those interested in signing up for MySheridanHealth. The event is free and open to the public. The Hub is located at 211 Smith St. For more information, see [MySheridanHealth.org](http://MySheridanHealth.org), or call the hospital at 307-672-1000.

**BRADY SHOEMAKER** is information services manager at Sheridan Memorial Hospital.

## To fight inflation, take down food expenses

BY KIMBERLY PALMER  
NERDWALLET

February food prices were 7.9% higher compared with a year ago and are expected to increase 4.5% to 5.5% in 2022. As a result, it can feel harder than ever to keep grocery spending under

control. But budgeting and cooking experts say there are strategies you can apply to save money and make a difference in your household budget.

Putting in extra effort ahead of time can really pay off. Their tips include spending more time plan-

ning meals; avoiding food waste by "next-overing," or repurposing meals for the next day; cooking more creatively with substitutions; and turning to community resources for extra help when needed.

Like many shoppers, I've noticed my grocery bill getting bigger each week: February food prices were 7.9% higher than they were a year ago, according to the U.S. Department of Agriculture's Economic Research Service.

To compensate for my family's busy spring schedule, I'd also been turning to shortcuts like prepackaged snacks and meal kits, which further added to our bill.

To counteract these pressures, I applied all my go-to tricks: opting in to my grocery store's loyalty program for extra discounts, using a credit card that gave me bonus cash back on grocery purchases, and planning our weekly menus around sales. Still, shopping for my family of five continued to give me sticker shock.

For extra guidance, I turned to budgeting and cooking experts with experience making food spending more manageable.

### CONTROL WHAT YOU CAN

While so much about the economy can feel completely outside of our control,

including rising interest rates, inflation and supply chain challenges, our food spending is actually one area where we hold a lot of sway, says Erin Lowell, a Bowdoin, Maine-based lead educator at You Need a Budget, a budgeting app. By spending more time cooking or substituting cheaper ingredients, you can feel an immediate savings impact, she says.

### PLAN YOUR MEALS

"When people are overspending on food, it's almost always because they're eating out too often," says Jake Cousineau, a personal finance teacher in Thousand Oaks, California, and the author of "How to Adult: Personal Finance for the Real World."

He says planning ahead is key to combating the temptation to order takeout at the last minute.

### BE RESOURCEFUL

Maggie Hoffman, a Brooklyn, New York-based digital director at cooking website Epicurious, suggests substituting recipe ingredients for ones you already have at home. "Be confident in your cooking: If you have farro, use that instead of brown rice. Use hot sauce or vinegar instead of lemon."

**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.

<p><b>TUESDAY, MAY 10</b> Sloppy Joes Roast potato wedges Roasted cauliflower Brownies</p>	<p><b>WEDNESDAY, MAY 11</b> Chicken cordon bleu Creamy risotto Green beans Fruit</p>	<p><b>THURSDAY, MAY 12</b> Chili Cinnamon rolls Broccoli Mixed berries and cream</p>
<p><b>FRIDAY, MAY 13</b> Swedish meatballs Egg noodles Steamed beets Roll Rocky Road pudding</p>	<p><b>SATURDAY, MAY 14</b> Breaded pork chops Mashed potatoes and gravy Broccoli Ambrosia</p>	<p><b>SUNDAY, MAY 15</b> Chicken alfredo fettuccini Green beans Garlic bread Garden salad Chocolate chip cookie</p>

**MONDAY, MAY 16**  
Lemon garlic chicken  
Mashed potato and gravy  
Broccoli  
Fruit

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.

Front desk: 307-672-2240      Housing: 307-675-4957  
Home delivered meals: 307-672-6079      Fun and wellness: 307-675-4952  
Loan closet: 307-672-1769      Help at Home services: 307-675-1978  
Support center: 307-675-4954      Day Break adult care services: 307-674-496