

HACKERS BRIEF

from CyberWyoming

FAKE ADOBE ATTACHMENT

A Laramie citizen received a scam email from "Share Point" whose email address was doc@hardroot.biz with a subject line of "A new document has been shared with you on 5/12/2022 10:28:49 p.m. - POS". The citizen noted the time of 10:30 at night as unusual and said the Adobe PDF graphic didn't look quite right. *CyberWyoming Note: hardroot.biz appears to be a legitimate website, but it seems that one of their email addresses may have been compromised.*

2016 REFUND

If you receive an urgent final attempt about a refund from 2016, but it contains no information on why you are being refunded or what you are being refunded for, remember that these half stories are often scams. The Florida citizen that reported this scam received a third attempt from improoveandblance.com and a final notice from bestfromusforu.com, giving him a clue that this was truly fake.

MAILBOX SPACE FULL

If you receive an email with the subject line of "You Have Pending Mails" from noreply@war.clinic saying you need to upgrade your mailbox space, a Laramie citizen wants you to know it is a scam. While the war.clinic domain appears to be a valid site for reducing lower back pain, it appears that one of their email addresses is compromised.

ANOTHER DYING WIDOW SCHEME

Often these schemes use religion and say they prayed to find you to help them give away their money to charity, but end up scamming you out of your hard earned dollars. Mrs. Marina Oswald from a Gmail address is no exception. A Laramie citizen wants you to know it is a scam.

ODD SPACING IS A CLUE

If you receive an email from Gil "W illiams" and the greeting is "H e l l o" then be sure to note the odd spacing and take it as a clue that the email is a scam. Gil claims to run a private consultancy business with high net-worth individuals and needs help transferring money. Reported by a Laramie citizen.

EBAY CUSTOMER CARE TEAM IMPERSONATION

A Florida citizen reported a fake shipping notice from clockburnsident.com, spoofed as "Hi", and the subject line of "Your order is ready". The email supposedly came from ebay.com, but you have to look closely for the branding. The many links in the email send you to a UK web address.

WATCH FOR SURGE IN CROWDFUNDING SCAMS

With the US accounting for more than 40% of crowdfunding activity worldwide, be extra cautious. The war in Ukraine and increased healthcare costs are fueling a huge rise in crowdfunding scams. Popular sites like GoFundMe, Kickstarter (mainly used for business projects), and Indiegogo, are doing all they can to spot and remove the crooks but they're fighting an overwhelming tide of scams. How to avoid the scam? Don't act impulsively and call to check out the funding request. *Brought to you by Scambusters.org.*

NO ROOM SERVICE

You're staying at a hotel when a "room service" menu is popped under your door. The food looks good and reasonably priced, so you call the number and place an order using your debit card. In a recent well-publicized case, a traveler did just that only to discover the menu was not genuine and the supposed room service did not exist. The crook used the card number to drain \$6,000 from the victim's account. Use the hotel directory or call the front desk if you want to order. *Brought to you by Scambusters.org.*

BEWARE OF BILL DISCOUNT SCAMS

Scambusters.org wants you to know that if you get a phone call claiming that the caller can save you money on your utility bill, they are really looking to steal your credit card number. *Wyoming Resources: If you really need help paying a utility bill, call Wyoming 211 and they can direct you to legitimate resources. https://wy211.communityos.org/*

DATA BREACHES IN THE NEWS

Oklahoma City Indian Clinic, SuperVPN, GeckoVPN, Illuminate (product that some school districts use), Riviera Utilities (Alabama), ARcare, Illinois Gastroenterology Group, Smile Brands (dental support services vendor), Adaptive Health Integrations of Williston (North Dakota company that provides software and billing services for healthcare professionals), Newman Regional Health (Kansas), Bob's Red Mill, Lakeview Loan Servicing, Florida International University, Christie Business Holdings Company (Christie Clinic in Illinois), East Tennessee Children's Hospital, SuperCare Health (California-based respiratory care), and Snap-on.

If you have an account with one of these companies, be sure to change your password and consider placing a credit freeze on your accounts through the three credit reporting agencies: TransUnion, Experian, and Equifax.

Other ways to report a scam:

- Better Business Bureau Scam Tracker: www.bbb.org/scam-tracker/us/reportscam
- File a complaint with the Federal Trade Commission at 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
- Call the Wyoming Senior Medicare Patrol (SMP) for assistance with potential Medicare fraud, abuse, or errors at 800 856-4398

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

Sheridan Memorial Hospital's new transitional care unit set to open this summer

Sheridan Memorial Hospital strives to meet community and regional demand for patient care. In recent years we have become even more aware of the importance of growing and adapting in ways that add value for our patients and appropriately meeting the needs of the Sheridan community and region. Providing care close to home ensures people are able to stay near their family and friends when health issues arise.

One area where care close to home is especially important is transitional care. Having a comfortable, private environment to heal and regain strength and confidence for a safe return home following a serious illness, injury or surgery is critical.

SMH's transitional care service began in 2005. Since then, our patients' needs have continually grown. Today, the hospital averages eight to 10 transitional care patients per day; however, we have had requests locally and regionally that surpass our ability to accept patients in the current space.

The good news is that over the last two-and-a-half years, the hospital and the SMH Foundation have been working toward the transitional care expansion — repurposing the second and third floors of the original 1954 hospital building into a place where patients can recuperate and receive the rehabilitation services they need to regain a level of independence to safely return home or transition to a different level of care.

Our new transitional care unit is set to open in late summer, and we are so excited to expand our capacity to serve our community. The new unit has 20 comfortable private suites each with its own bathroom. Complete with a private dining area and spacious therapy gym with striking views of the Bighorn Mountains, the 15,600-square-foot space is a welcome expansion from our current eight-bed unit.

Tommi Ritterbusch, our new transitional care manager, has played a pivotal role in the expansion said "the TCU opening is an exciting time for our community as we now can offer 20 private rooms to patients who are working toward recovering and regaining strength to get them back home with their families. Having this new dedicated unit means patients have accessibility to these recuperative services in a beautiful setting with professionals who are dedicated to ensuring they have great experiences close to home."

With a physician's referral, our TCU is designed to help our patients meet their health care goals by providing rehabilitation and skilled nursing care. It provides coordination and continuity between various providers, services and settings. Our outstanding team of professionals serving these patients includes physical, occupational, speech, pulmonary and respiratory



COURTESY GRAPHICS | SHERIDAN MEMORIAL HOSPITAL

A mockup of Sheridan Memorial Hospital's transitional care unit shows a bedroom.



A mockup of Sheridan Memorial Hospital's transitional care unit shows a public meeting area.

therapists; nurses; case management and social workers; dietitians; pharmacists; and physicians.

One of the services most beneficial to any person's successful transition from a hospital stay to home is this interdisciplinary team. The team meets regularly with each patient and/or their families and caregivers throughout their stay to ensure the TCU care provided is on track with individualized and established goals.

After a serious illness or injury, it can be a challenge to make that transition back to normal life, especially if the new normal is different. That's where TCU care also steps in. It allows patients to take their time adjusting to a new quality of life, emotionally and physically. Days of care in the TCU range anywhere from three to 100 days depending on individual patient circumstances and health care guidelines.

Our hospital's case managers assist patients and their families when needed with the determination of the most appropriate setting for the next step or level of care. Individual needs are reviewed, discussed and assessed by the team in conjunction with each patient. Many times this process may include a visit to the patient's home to ensure it is safe and set up correctly for success. Or it may be an opportu-

nity to connect and introduce patients to other support services available in our area.

The expansion of our hospital's TCU combines this unique care and the patient experience, ensuring a quality stay for patients in a separated environment.

Patient goals vary but may include learning new skills, participating in activities and socialization.

This daily routine is also a big component to prepare for the transition back home. Some of the activities include cooking and baking in the TCU kitchen, completing laundry tasks, improving mobility through exercise either in the therapy gym or outside on the beautiful SMH campus, practicing entering and exiting a vehicle and a beautiful group dining and activity area.

The desire of every member of our SMH team is to provide excellent care close to home for our Sheridan community. The TCU expansion greatly enhances our ability to meet the needs of the patients we serve every day to ensure quality, safe care and help patients return to daily environments with the highest level of strength and functionality possible.

CATHY BEALER is chief nursing officer at Sheridan Memorial Hospital.

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.

WEDNESDAY, JUNE 1	THURSDAY, JUNE 2	FRIDAY, JUNE 3
Sausage pizza Caesar salad Roasted zucchini Mandarin oranges	Roast turkey and gravy Mashed potatoes Vegetable medley Chocolate cake	Beef & broccoli Steamed rice Asian blend vegetables Mini egg roll Almond cookie
SATURDAY, JUNE 4	SUNDAY, JUNE 5	MONDAY, JUNE 6
Baked chicken Roasted potatoes Green beans Roll Fruit	Creamy Tuscan pork pasta French bread Vegetable medley Garden salad M&M cookie	Tuna salad sandwich Potato chips Marinated vegetable salad Pudding

Renew your registration now! Updates are subject to change.

Find us on the internet at 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

Mentorship program works to grow more than a garden

BY JODIE VALADE
THE CHARLOTTE OBSERVER

CHARLOTTE, N.C. (AP) — On a patch of grass outside the fence that surrounds the community garden at Fred Alexander Park, a cherry tree is dying and Reggie Singleton knows why. The tree's brown, bare branches stand in stark contrast to the two peach trees planted next to it, already sprouting the tiniest orbs of green leaves in early spring. Inside the fence, the 18 young men that are a part of the current class of The Males Place are carefully digging holes in freshly tilled soil, adding seeds and transplants of a variety of vegetables in neat rows. They're planting this year's spring garden.

All of it is done by following the guidance of Singleton, executive director of The Males Place and a certified master gardener who has studied the agricultural traditions of communities and cultures worldwide. Over the past decade, he has taken boys who garden near this hectic stretch of Beatties Ford Road to Ghana and Cuba; to Alabama and Washington, D.C. There, they've learned about regenerative agriculture and from experts at land grant universities. That's why Singleton is frustrated that he didn't realize sooner what was happening with the cherry tree. The lonely tree was planted about 10 years ago, and began its steady decline until it reached its bare-branched nadir this year.