

GUEST COLUMN

Seeing signs of optimism at The Hub

At The Hub on Smith, we operate every day with five cultural values in mind: collaboration, respect, optimism, service excellence and professionalism.

As I write this column, the sun is shining, there is no wind or rain, and it is an absolutely beautiful day in Sheridan.

The loveliness of this day reminds me that, despite increasing fuel prices, supply chain shortages and a whole host of other issues that our country is currently facing there is still reason to

face every day with optimism.

We are seeing signs of optimism at The Hub every day.

After a very long two years of being partially open, requiring masks and having to limit our numbers in the building, we are thrilled to say that we are wide open. Full capacity, no masks and it has been wonderful to see all of our people again. The building feels alive and vibrant and we are excited for a very busy summer jam packed with activities and services.

Last month, we held the



MEREDITH SOPKO

new team members who have

long-awaited 10th annual Keystone Awards in which we were finally able to honor some very deserving community members: Casey and Sue Osborn, Edre Meier and Everett McGlothlin. We have several

joined or will be joining us soon, most recently Ryan Landis will be coming on board as our new director of operations in July.

Our Goose Creek Transit fixed route or "The Sheridan Shuttle" has been seeing an increase in passengers, and Urban Thrift and The Loan Closet have been the recipients of an abundance of donations from our very generous community.

As I reflect on these happenings, I cannot help but feel optimistic, not just for the future of our organization but for our community

overall. Sheridan is strong and thriving and that is due, in large part, to the generous and caring community members and organizations that are here. We are all facing challenges but all it takes is a little bit of optimism to see beyond those challenges and look toward a bright future.

Thank you, Sheridan for making me see each day through the lens of optimism.

MEREDITH SOPKO is director of development at The Hub on Smith.

HACKERS BRIEF

from CyberWyoming

LATEST CURRENCY SCAM

It's bad enough that many investors have had their fingers burned in the rout that hit cryptocurrency markets recently. Now crooks pretending to be from one of the biggest cryptocurrency exchanges, Coinbase, are after what's left. They're trying to con investors into approving a temporary address where all their money will be diverted. If you deal with Coinbase, always work via their website at coinbase.com.

PROFILE PICS

Are you tempted to use one of those mobile apps that enabled you to change your profile pic, for example, by transforming it into a drawing or work of art? Beware. According to security software firm ESET, some profile data harvested in a top-rated app could end up in Russia. Read the small print in the app listing to find out how your personal data will be used.

BABY FORMULA SHORTAGE SCAMS

Watch for fake online ads, websites, emails and text messages with enticing photos showing baby formula on shelves in store aisles. Scammers are taking advantage of current events again. Verify using an out of channel (not on the website, email or text that you were sent) email address or phone number before you purchase. Confirm in a phone book or street map search. Remember poor grammar is a sign of a scam. Talk to your doctor or call your local WIC office to find legitimate sources of formula for sale.

DON'T FIND ME

Google has launched a new service that stops your name and other personal information showing up in its search results. Follow this link to begin the process: <https://support.google.com/websearch/answer/9673730>

VACATION WARNING

This is the busiest time of year for making vacation rental bookings and scammers are out in force. Book through established agencies and never agree to go offsite to make your payment. According to consumer advocate Michelle Couch-Friedman, that's the biggest red flag warning of a scam.

NO COMP

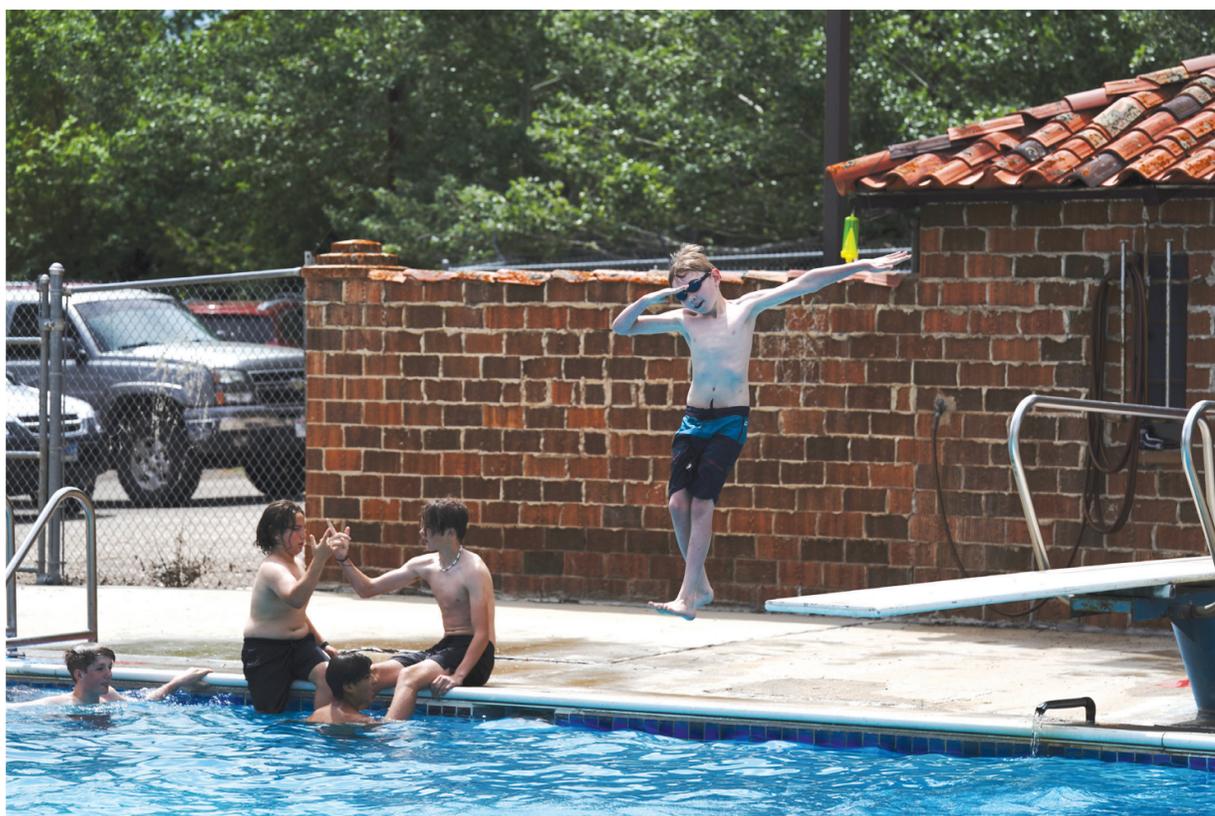
"Free money" crooks have launched a new scam via hijacked Facebook accounts. They send messages to the person's friends saying their name appears in a list showing they're entitled to thousands of dollars in unclaimed Workers Compensation payments - on payment of a fee. Don't pay. If you think you're entitled to a payment, check with the U.S. Department of Labor (dol.gov) and search from there.

MS-ISAC AND CISA PATCH NOW ALERT

The Multi-State Information Sharing and Analysis Center (MS-ISAC) or the Cybersecurity & Infrastructure Security Agency (CISA) has published a patch now (update your software) alert for Atlassian Confluence Server and Data Center, Illumina Local Run Manager, Mozilla's Firefox, Thunderbird, and Firefox ESR, and Microsoft Support Diagnostic Tool (no update available yet, but you can disable the MSDT) 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/scamtracker/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



MATTHEW GASTON | THE SHERIDAN PRESS

Dab

Weston Wheeler, 9, dabs off the diving board at Kendrick Pool Friday, June 10, 2022. The pool opened for the season Friday afternoon.

How to afford your meds, support your health

BY LIZ WESTON
NERDWALLET

The cost of prescription drugs in the U.S. can be enough to make you sick.

What you pay varies enormously depending on the drug, the pharmacy, your insurance plan and your deductible, among many other factors. A drug that may have been cheap or at least affordable the last time you filled it could be far more expensive or not covered at all the next time.

Often, people have no idea what a prescription will cost until they get to the pharmacy counter, said Leigh Purvis, director of health care costs and access for AARP's Public Policy Institute. Still, finding a way to afford your meds is important. People who don't take medicine as prescribed because of the cost could wind up sicker — or dead.

"What is a potentially relatively small problem today,

like high cholesterol, could turn into a much bigger problem like a heart attack down the road if you don't treat it," Purvis said.

CHECK WITH YOUR DOCTOR AND INSURANCE PLAN

Your doctors may not know what your medications cost you, since they're dealing with dozens of insurance plans with different formularies, or lists of drugs, and how they're covered, Purvis explains. In addition, insurers may strike deals with certain pharmacies, so a drug that costs \$60 at one could cost \$160 at another.

If affording a drug is a challenge, your physician may be able to suggest alternatives, such as a generic or a different type of medication. Two other questions you can ask: whether a medication you've been taking for a while is still necessary and what lifestyle changes might reduce or eliminate the need for prescriptions.

If you have insurance, review your drug coverage options carefully each year at open enrollment — that yearly period in the fall when you choose your health insurance for the following year. Make a list of all your medications with their dosages, and check how those are covered by each plan. Insurers regularly change their formularies, so you may need to switch plans to get the best coverage. And even if your drugs are covered, you'll typically have to pay out of pocket for

prescriptions until you meet your deductible. Your insurer or pharmacy may offer a mail-order option to reduce costs, but don't assume that's your best option. Shopping around could deliver significant savings.

LOOK AT ONLINE PRICES

Start your search online. The number of online pharmacies has exploded in recent years, giving you many more opportunities to save. Amazon launched a full-service pharmacy in 2020, joining more established dispensaries, such as Costco.com and HealthWarehouse.com. Besides those, several limited-service startups — including Cost Plus, GeniusRx, Honeybee, Ro Pharmacy and ScriptCo — offer deals on generic drugs.

The startups usually don't take insurance, but their prices can be less than the typical co-payment, according to Consumer Reports. For example, the consumer research organization found that a 30-day supply for 20 milligrams of atorvastatin — a cholesterol drug — ranged from \$14.60 at Amazon and \$13.99 at Costco.com, to \$3 at Honeybee and just 54 cents at ScriptCo. By contrast, insurance copayments for workers with prescription drug coverage averaged \$11 to \$12 last year for the least expensive drugs, including many generics the non-partisan health care think tank Kaiser Family Foundation.

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, JUNE 14	WEDNESDAY, JUNE 15	THURSDAY, JUNE 16
Shrimp salad croissant Pickled beets Potato salad Peanut butter cookie	Beef Stroganoff Egg noodles Green beans Roll Fruit	Oven baked chicken Mashed potatoes & gravy Peas and carrots Lemon snowballs
FRIDAY, JUNE 17 Baked ham Cheesy broccoli rice Vegetable medley Fruit crisp	SATURDAY, JUNE 18 Chicken fajitas Refried beans Roasted cauliflower Roll Angel food cake & berries	SUNDAY, JUNE 19 Sloppy joes Potato wedges Carrots Garden salad Brownies
MONDAY, JUNE 20 Bratwurst with grilled onions Chips Pea salad Melon	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

Hackers Brief from Cyber Wyoming brought to you by



FIRST FEDERAL
BANK & TRUST

307.674.0464 | www.efirstfederal.bank