

## HACKERS BRIEF

from CyberWyoming

### AYESHA GADDAFI IS NOT IN A REFUGEE CAMP

The Laramie citizen that reported this scam mentioned that hackers should learn to spell the name of the person they are impersonating. This email was from Mrs. Aisha Al-Qaddafi from a Gmail address, but in the text of the email the name was spelled as Aisha Muammar Gaddafi. While she may claim to be in a refugee camp needing to transfer money, a Google search showed that she currently has asylum in the Sultanate of Oman and she has been removed from sanctions. The subject line in the email was "Please my beloved One, I need your assistance," another clue that the email is fake.

### PAYPAL FAKE PAYMENT

A very well drafted email impersonating PayPal was reported by a Laramie citizen. The email had PayPal's branding, logo, and transaction reporting format and says that you sent a payment for \$150. The email even anticipates you checking your real PayPal account by saying "Keep in mind, it may take a few moments for this transaction to appear." But, if you look closely, the email isn't from "service@paypal.com", but from a long odd email address from emaildl.att-mail.com. Note that this citizen said she received a second email just like this but the amount was for \$101.

### CHASE IDENTITY VERIFICATION REQUIRED

If you receive an email saying your "Chase Private Client" account was temporarily locked due to unsafe activity, watch for the generic greeting of "Dear Chase account member" and the long sender's email address that isn't a Chase address. While this email looks real with its FDIC logo, Chase logo, and branding, don't click on the Verify Identity button. It will probably steal your real Chase user ID and password. Reported by a Laramie citizen.

### USPS SHIPMENT ON HOLD FAKE ALERT

A Laramie citizen wants you to know about a well-crafted fake email supposedly from the USPS, but really from an email from formresponse.com. These emails have been reported around the US and the United States Postal Inspection Service has issued an alert as well: <https://www.uspis.gov/news/scam-article/smishing-package-tracking-text-scams>. The USPS's first advice is "Don't click on the link!"

### FTC STUDENT LOAN FORGIVENESS ALERT

With the US Department of Education announcing another extension through August 31, 2022 to pause student loan payments, student loans are back in the headlines and, thus a prime target for scammers. Note that the only student loan forgiveness programs are Public Service Loan Forgiveness and Teacher Loan Forgiveness, and neither charge you for help to qualify for the program. The FTC wants to remind you not to share your FSA ID with anyone.

### FAKE UPDATE

Still using Windows 10? Watch out for scam update messages with a link that's supposed to install the latest version of the operating system. Several fake updates, with genuine-sounding filenames, are currently circulating. They install malware, usually ransomware that locks up the user's machine. Avoid this by using only the "check for updates" built into Windows' settings. Brought to you by scambusters.org.

### CENTER FOR INTERNET SECURITY SUMMER TRAVEL TIPS

Before you travel, remember to update your devices, back them up, and review the security settings on your phone and tablets that you take with you. The

CIS recommends setting your screen to lock after a short period of time and using longer PINs and passwords. Also, add multifactor authentication to important accounts that you may access while traveling. During your travel, guard your devices, never plug your phone into a public USB charging station, delete the data from your rental car, don't use public Wi-Fi (use your phone's hot spot) unless you use a VPN (virtual private network), turn off the auto-connect option on your Bluetooth devices and your phone, don't share too much on social media (think home break in if they know you may be away a while), and don't use public computers. When you get home, shred your board pass and luggage tag because they have scan-able codes on them that contain sensitive information. Also, scan any computers or thumb drives for viruses before you use them to make sure they haven't been compromised. <https://www.cisecurity.org/insights/newsletter/cyber-safe-travel>

### 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 Cisco's Email Security Appliance, Cisco's Secure Email & Web Manager, Adobe (Animate, Bridge, Illustrator, InCopy, InDesign, RoboHelp Server), SAP, Microsoft, Drupal, and Citrix Application Delivery Management 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
- 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

# Your SMH primary care practice questions answered

Sheridan Memorial Hospital's new primary care practice is set to open in downtown Sheridan in late summer. There have been many questions about this exciting new practice and we want to take this opportunity to provide answers.

What is primary care?



HOLLY ZAJIC

The Sheridan Memorial Hospital primary care practice is the initial point of contact for patients of all ages dealing with non-emergent medical needs. Primary care helps create healthy habits and offers preventative strategies.

Primary care providers create strong, holistic patient relationships that provide access to the information and resources required for optimal health outcomes.

Where is the new practice located?

SMH primary care is located conveniently in the heart of downtown Sheridan at 61 S. Gould St. A private parking lot, on-street and handicap parking are available.

What services are available at the new primary care practice?

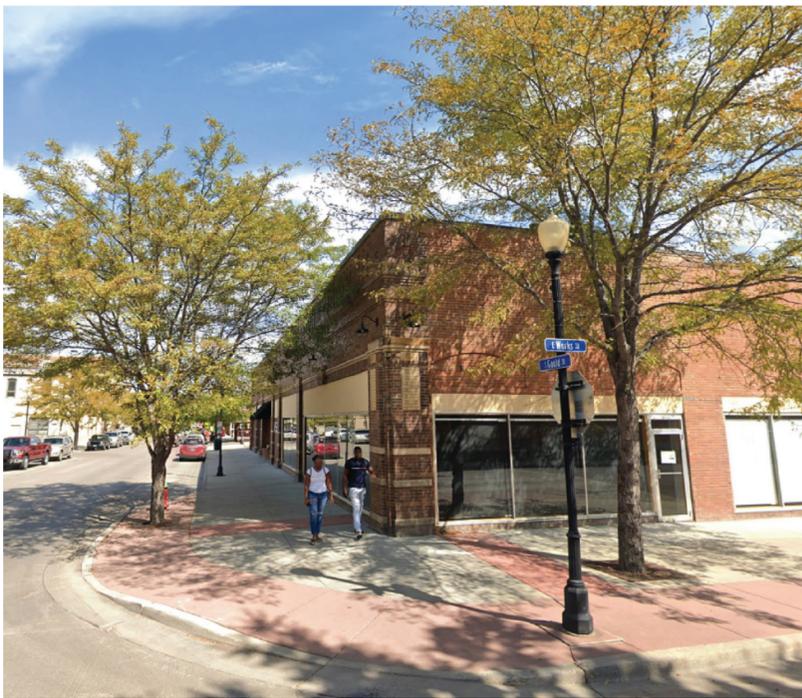
Our physicians, nurse practitioners and physician assistants are qualified to treat most ailments and provide comprehensive health care for patients of all ages. The new practice offers treatment for all non-emergent medical needs including, but not limited to, annual checkups, sports physicals, screenings, vaccinations, chronic care planning and coordination of care with medical and surgical specialists. Also offered are onsite lab draws and onsite patient financial advocates. Patients can also pay their bill at this location.

What is the difference between internal medicine and primary care?

Internal medicine physicians focus more on caring for adults who need a higher level of care or who may have more than one disease or condition to be addressed. In the new primary care practice, our physicians are trained in multiple disciplines to ensure we provide proper care to our patients and direct them to higher levels of care as needed. If more complex medical concerns arise, a patient's primary care provider will then connect and coordinate their care with a specialist.

Do I need a primary care provider?

It is important to have a primary care provider because of the relationship that develops over time as they get to know you, your medical history and your family medical history. This relationship can translate to major health benefits over your lifetime, such as lower overall health costs, a



COURTESY PHOTO | SHERIDAN MEMORIAL HOSPITAL

Sheridan Memorial Hospital's new primary care practice is set to open in downtown Sheridan in late summer. There have been many questions about this exciting new practice and staff wants to take this opportunity to provide answers, Holly Zajic said.

decrease in hospital and ER visits and better management of chronic diseases.

I'm already a patient of SMH internal medicine. Will I need to establish care with a new provider?

Our goal is to meet the health care needs of our patients. If your current provider is moving to the new primary care location, you will simply have your appointments downtown going forward. If you require more specialized care, we will help you coordinate with our internal medicine team. If you have questions, please call 307-675-2650 and our friendly staff will help you.

Who are the providers practicing in the new primary care office?

Dr. Kristopher Schamber  
Dr. Christopher Prior  
Dr. Derek Redinger (arriving in September)  
Dr. Erica Rinker (arriving in July)  
Diana Charlson, FNP-BC  
Rebekah Montgomery, FNP-C  
Jessica Neau, PA  
Jeffrey Shideman, FNP-C

What is the role of a physician assistant or nurse practitioner in a primary care practice?

The PA and NP in a primary care practice see patients and develop long-term relationships just as any other primary care provider does; these providers are an integral part of our team and help to ensure we provide the best possible care to the Sheridan community.

How do I choose a primary care provider?

The most important element in the relationship between a primary care

provider and a patient is trust. Choose a provider you feel comfortable with and believe you can be open and honest with to optimize the care you receive. The SMH primary care practice will have multiple providers on staff to assist patients in finding the right fit.

Patients are welcome to attend an open house we will host later this summer to meet staff and providers.

Can I communicate with my primary care provider electronically?

Yes, in the same way patients are currently able to communicate with the providers at internal medicine, primary care patients will also be able to communicate with their provider by signing up for your personalized MySheridanHealth patient portal account, patients can view upcoming appointments, send a secure message to their provider or clinic office, view prescriptions and request refills, view their medical records and more.

Visit [MySheridanHealth.org](http://MySheridanHealth.org) for complete information, or scan the QR code below to access with your mobile device.

How do I know where my next appointment will be?

This will be communicated when your appointment is made. It may also be on the appointment card you were given, if the appointment was made in person. This information is also available on your secure MySheridanHealth patient portal. If you are not signed up for the patient portal, you can visit [MySheridanHealth.org](http://MySheridanHealth.org) to sign up. If you prefer, you can call 307-675-2650, and our friendly staff will help you.

HOLLY ZAJIC is chief ambulatory 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.**

TUESDAY, JUNE 28	WEDNESDAY, JUNE 29	THURSDAY, JUNE 30
Chicken lo mein Asian blend vegetables Mini egg rolls Almond cookies	Breaded pork chops Roasted sweet potatoes Vegetable medley Fruit	Dill salmon Creamy risotto Asparagus Roll Carrot cake
FRIDAY, JULY 1 BBQ pork ribs Coleslaw Roasted sweet potatoes Vegetable medley	SATURDAY, JULY 2 Chicken marsala Spaghetti French bread Vegetable medley Peanut butter krispie bar	SUNDAY, JULY 3 Kielbasa Cheesy potatoes Broccoli Blondie
MONDAY, JULY 4 Cheeseburger Potato wedges Vegetable medley Red & blue JELL-O	<p><b>Renew your registration now! Updates are subject to change.</b></p> <p>Find us on the internet at <a href="http://www.thehubsheridan.org">www.thehubsheridan.org</a> or on Facebook: <b>The Hub on Smith, a Center for All Generations.</b></p>	

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

## Retired professor builds wooden anatomy puzzles

HARRISONBURG, Va. (AP) — Roman Miller, a native of Iowa, said he expected to spend two years in Harrisonburg. When he was offered an endowed professorship position in the biology department at Eastern Mennonite University, Miller said he planned to try the job but move on within a few years.

"I (had) no desire to go to some little rinky-dink school," Miller said. Like the winding cut of a scroll saw into a piece of maple wood, Miller said those two years he planned to spend at the university turned into 31 — marrying for the first time in his early 40s and he and his wife bought a piece of property in the area. Then, they adopted two girls from an orphanage in Ukraine — sisters Zoya Miller and Katarina Miller — when they were 4 and 6.

Now a grandfather, Miller, professor emeritus of biology at EMU, draws on his background in the disciplines of physiology and biomedicine for a new hobby he discovered after moving to Virginia Mennonite Retirement Community in 2018.

Setting up at the Harrisonburg Farmers Market on Tuesdays, Miller brings unique wooden puzzles and toys — from beautifully detailed trucks to farm sets — naturally colored by the hues in the different types of wood. Of interest to both oddity-seekers and students, Miller's anatomy puzzles are a unique offering that blends his love of wood-working and understanding the functions of organs in the human body.

Hackers Brief from Cyber Wyoming brought to you by



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