

## HACKERS BRIEF

### from CyberWyoming

#### CONGRATULATION IS A SIGN IT IS FAKE

A Sheridan citizen reported an email with the subject line of “CONGRATULATION” (without the s) from a Gmail address impersonating DHL Courier’s service but misspelling courier as “courirer”. The email asks you to provide your full name, phone number, country, home address and nearest airport in order to get a consignment box from the “federal government” that is worth \$10.8 million dollars.

#### NOT A GENERIC GMAIL ADDRESS BUT NOT REAL EITHER

If you receive an email from Amy Miller claiming to be from a company called ‘zfstim’ that is providing a new business stimulus program to better manage the cost of inflation be sure to avoid it. Amy’s picture is listed in the signature line and we did a Google Image search for it and found the same picture used for 5 websites including one that sells a white noise machine, another that is looking for female talent in Central and Eastern Europe, an accounting outsource company, and a speaker for a hazardous waste event. We are betting that Amy just isn’t that diverse! In addition, when we searched for zfstim on Google and the BBB, nothing came up. This is a typical example of bad actors taking advantage of current events, like inflation, to steal your money.

#### GOV. UK ISN’T CONTACTING YOU

A Laramie citizen received an email with a suspicious link from info@caresdeskmail.xyz urging her to submit her application for financial benefits with the United Kingdom. This citizen claims she has no ties with the UK other than loving to read Harry Potter books.

#### BEWARE OF AMAZON PRIME SCAMS

Amazon Prime days is a time of the year when Amazon related phishing attacks increase significantly. Last year Amazon related phishing scams increased by 86%. During June 2022, scammers were getting ready for the scam with 1900 new websites being created that were related to the term Amazon, 10% of which were deemed to be risky. Reported by a Burns, WY resident. <https://blog.checkpoint.com/2022/07/06/amazon-prime-day-or-amazon-crime-day-dont-fall-victim-to-phishing-warns-check-point-software/>

#### WORDPLAY

Researchers have discovered that certain words and phrases used in the subject line of business or holiday-related emails are often a sign that the message is a scam. These include phrases like “Password Check Required Immediately.” Security awareness training outfit KnowBe4 has produced a list of the most common subject lines in spoof messages. See it here: <https://blog.know-be4.com/q2-2022-phishing-results-holiday-emails-entice-employees>. Brought to you by scambusters.org.

#### SPOT A BAIT ATTACK

A bait attack is a blank email or an email that contains little to no text, no links and no file attachments. It is used by hackers to see if the email address is valid and may even put a ‘read receipt’ on it showing whether you have opened the email. Once hackers validate an email address, they flag your address to send lots of email scams. Just delete. Brought to you by scambusters.org.

#### DON’T BELIEVE FREE OFFERS

Winnings, customer loyalty rewards, or offers of free merchandise are often used to get you to download a malicious piece of software. Don’t believe an offer that’s too good to be true. Brought to you by scambusters.org.

#### FTC ALERT – CATTLE FEED SCAMMERS

Rancher be wary of advertisements in agricultural publications, on radio, on websites and on social media offering cattle feed for below market prices! Check out a seller before you buy. Don’t ever pay via wire transfer, cryptocurrency or gift card. Talk with the State’s US Department of Agriculture. <https://consumer.ftc.gov/consumer-alerts/2022/06/riding-herd-cattle-feed-scammers>

#### GOUGING?

With gasoline prices going through the roof in recent weeks, you may feel you’re being scammed every time you fill your tank, although there’s no real evidence this is happening. Furthermore, new laws passed a few weeks ago make price gouging illegal. It always pays to shop around for fuel. Google “local gas prices near me today” to find the best prices or visit GasBuddy.com. But if you really think you’ve been scammed through a rip-off price, report it to your state consumer protection department. Brought to you by scambusters.org.

#### GAS THEFT

There’ve been multiple reports of gangs stealing thousands of gallons from gas stations (using a device that bypasses pump meters). They use social media and messaging to advertise fuel at cut prices. Don’t be tempted to buy - you could end up in court. Brought to you by scambusters.org.

#### 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 Microsoft, Citrix’s Hypervisor, SAP, Adobe (RoboHelp Server, Photoshop, Acrobat, Reader, Character, and Animator), Juniper Networks 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)

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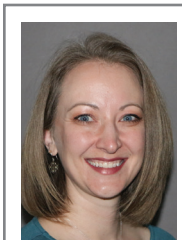
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### GUEST COLUMN

## Transitioning home from transitional care

From changes to one’s daily schedule to the adjustments necessary to return home — Sheridan Memorial Hospital’s transitional care team of nurses, doctors and therapists manage transitions and help you or your family member regain a level of independence



TIFFANY SUTTON

for a safe return home following an injury, surgery or serious illness. From daily rehabilitation to 24/7 nursing care, our multi-disciplinary team will work to keep you close to your community, friends, family and the one place we plan to transition back to — home. After varying lengths of stay, patients are headed home, but how do we prepare them? Two invaluable tools our Transitional Care Team takes advantage of are our newly improved ADL Suite and home evaluations.

#### Activities for Daily Living Suite

Sheridan Memorial Hospital’s ADL (Activities for Daily Living) Suite is set up to emulate a home environment with a kitchen and bathroom where patients can practice skills before returning home. Simple tasks such as reaching for clothes in their closet, preparing a meal using various appliances and taking a shower are practiced in our home-like suite with our care team’s guidance.

Completing sessions within the ADL Suite under the team’s guidance allows for “failure” in a safe environment. By putting our patients in real-life scenarios in a safe, controlled setting, we can motivate them toward their goals while quickly making modifications. Being in a hospital for an extended period can create a new set of habits because patients become used to delivered meals, showers without tubs and a schedule made for them. The time with our therapy team in the suite allows one to better prepare for the transition back into their daily life and decision-making.

Tasks within ADL sessions allow for a collaborative and efficient approach among therapists. Cooking a patient’s favorite dish is one of the most common activities between therapist and patient, as it allows for observation of occupational, physical and speech therapy progress. For example, physical therapists review one’s ability to stand at the stove and their overall



Tiffany Sutton assists Marilyn Siruta, a patient in the Transitional Care Unit, at Sheridan Memorial Hospital.

balance and stability; occupational therapists watch for their ability to reach and turn things on/off; and speech therapists observe the ability to follow a recipe and swallow the food one makes.

#### Home evaluations

The home evaluation is an invaluable tool for our team to ensure a safe and triumphant return to their living situation. The key to a successful transition is the personalization our team focuses on for each patient, their diagnosis, rehabilitation and home environment. A vital part of patient care is meeting them where they’re at and keeping them safe. SMH prioritizes the home evaluation and is one of the few transitional care facilities in the area that takes the time to travel to the home with our patients to ensure it is in the best shape to transition back into the space.

A home evaluation isn’t a judgment of cleanliness or décor choices. This time is for a rehab therapist to evaluate the setup, the patient performing tasks and their mobility throughout the home. This exercise helps to dispel the misconception that “when I go home, I will be able to do \_\_\_\_\_.” It presents a realistic picture of current levels of functioning and goal setting. A home evaluation is also a time for family members to learn about the adjustments needing to be made in the home, based on what is most important to our patients or additional services that might be required to provide proper care moving forward.

From simple adjustments like moving a rug and furniture, which allows space for a walker, to navigating life with a beloved pet that can be a tripping hazard, evaluations provide insight to the care team on how to serve our patients best. Home evaluations also decrease quick returns to TCU by eliminating dangers and determining issues a person might have when returning home.

Along with the visit within the home, there are discussions about daily living and the patient’s need for additional support. For patients who are alone in the home or only have a support system from afar, our team will familiarize them with community resources that specialize in providing these services. Home care, grocery delivery, Goose Creek Transportation and home-delivered meals through The Hub on Smith are just a few of the services our team familiarizes patients with, ensuring they’re able to return to a safe and fulfilling home life.

The newly improved ADL Suite, along with the many other amenities of the transitional care expansion, will allow for enhanced care and even stronger transitions home for our patients.

Our care team is looking forward to transitioning into the newly renovated space on the hospital’s second and third floors in the coming months, providing the opportunity to better serve our growing community with excellent patient-centered care.

TIFFANY SUTTON is the Transitional Care Unit rehabilitation coordinator at Sheridan Memorial Hospital.

## ‘True Cost of Aging’ Index shows many seniors can’t afford basic necessities

JUDITH GRAHAM  
KAISER HEALTH NEWS VIA  
THE ASSOCIATED PRESS

Fran Seeley, 81, doesn’t see herself as living on the edge of a financial crisis. But she’s uncomfortably

close. Each month, Seeley, a retired teacher, gets \$925 from Social Security and a \$287 disbursement from an individual retirement account. To make ends meet, she’s taken out a reverse mortgage on her

Portland, Maine, home that yields \$400 monthly.

So far, Seeley has been able to live on this income — about \$19,300 a year — by carefully monitoring her spending and drawing on limited savings. But should her excellent health worsen or she need assistance at home, Seeley doesn’t know how she’d pay for those expenses.

More than half of older women living alone — 54% — are in a similarly precarious financial situation: either poor according to federal poverty standards or with incomes too low to pay for essential expenses. For single men, the share is lower but still surprising — 45%.

That’s according to a valuable but little-known measure of the cost of living for older adults: the Elder Index, developed by researchers at the Gerontology Institute at the University of Massachusetts-Boston.

A new coalition, the Equity in Aging Collaborative, is planning to use the index to influence policies that affect older adults, such as property tax relief and expanded eligibility for programs that assist with medical expenses. Twenty-five prominent aging organizations are

members of the collaborative. The goal is to fuel a robust dialogue about “the true cost of aging in America,” which remains unappreciated, said Ramsey Alwin, president and chief executive of the National Council on Aging, an organizer of the coalition.

Nationally, and for every state and county in the U.S., the Elder Index uses various public databases to calculate the cost of health care, housing, food, transportation and miscellaneous expenses for seniors. It represents a bare-bones budget, adjusted for whether older adults live alone or as part of a couple; whether they’re in poor, good or excellent health; and whether they rent or own homes, with or without a mortgage.

Results from the analyses are eye-opening. In 2020, according to data supplied by Jan Mutchler, director of the Gerontology Institute, the index shows that nearly 5 million older women living alone, 2 million older men living alone, and more than 2 million older couples had incomes that made them economically insecure. And those estimates were before inflation soared to more than 9% and older adults continued to lose jobs during the second and third years of the pandemic.

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

**thehub**  
...on Smith  
A CENTER FOR ALL GENERATIONS

**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, JULY 26	WEDNESDAY, JULY 27	THURSDAY, JULY 28
Chicken fajitas Spanish rice Mexicorn Banana nut muffin	BBQ pork on a bun Coleslaw Red potatoes Roasted zucchini Angel food cake w/berries	Turkey roast Mashed potatoes & gravy Vegetable medley Roll Fruit
FRIDAY, JULY 29	MONDAY, AUGUST 1	Renew your registration now! Updates are subject to change.
Fish ‘n chips Coleslaw Cauliflower Magic cookie	Italian herb fish Pesto quinoa Green beans Garden salad Pudding	

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

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