

HACKERS BRIEF

from CyberWyoming

HOLY IMPERSONATION BATMAN!

A Sheridan citizen reported an email impersonating Home Depot, but if you look closely the email is really from a real newsletter and podcast address at tut.com. The subject line is “Confirmation Needed” and the link transfers you to a French website. Note that this same email address also spammed the same Sheridan citizen claiming a “Final Notice” for a Christmas card company in Britain, a “surprise” for T-Mobile Customers, Sam’s Club, and/or CVS Pharmacy Stores, get your credit report from impersonating not one, but all three credit reporting agencies, and a “Last Reminder” for McAfee antivirus software. Note that the Christmas card company link showed up in at least 5 different emails that the Sheridan citizen received with different subject lines in each one. The last one was supposedly from Lowe’s and the subject line was “Seriously, We don’t normally do this.” But, obviously, the hackers DO normally do this. Don’t click on the link! Tut.com is a real podcaster’s website and we have notified him that his email has been compromised.

UNUSUAL LOGIN TEXT SCAM

A Big Horn citizen reported a text impersonating Amazon. The text said that her Amazon account had been locked because of an unusual login from Toronto and urged her to follow the link in the text to verify her identity. *CyberWyoming Note: Never click on a link in a text or email. Instead, check your account by typing in the website address.*

CATHRYN GREEN IS SENDING NORTON INVOICES FROM QUICKBOOKS AND MAYBE A PLUMBER?

Who is Cathryn Green, what is she to Norton’s Safe Web plug-in software (which is NOT \$431!), and why is she sending invoices from Quickbooks in which you have to reply to a plumbing services email address? Nothing adds up, so just delete! Subject line: “Invoice 1001 from Cathryn Green.” Reported by a Sheridan citizen who also notes that a similar email came from Rolando Tromp and Zachary Moon too! However, Zachary’s reply was a pest services company instead of a plumbing company. *CyberWyoming Note: Here’s the real Norton Safe Web link: <https://us.norton.com/feature/safe-web>. This is a great example of a scammer using legitimate software like Quickbooks. Report any Quickbooks phishing scams to Quickbooks at: <https://security.intuit.com/contact-us>.*

LOCAL CHURCH IMPERSONATED

Impersonating a company like Amazon is one thing, but when your local church is impersonated online and the scammer is asking for gift cards for something that sounds like a worthy cause, it strikes home. St. Mark’s in Cheyenne was recently the victim of this scam via two different Gmail addresses, reminding all church patrons to call the church before they donate anything through an email request. Reported by a Cheyenne citizen.

“I WAS ALWAYS HOSTILE TO PEOPLE” EMAIL SCAM

If you receive an email from a dying German citizen claiming to be called Jurgen Lucas whose email address is for Rodwell Williamses at a Gmail address but also spoofed as Nicola Tunney, definitely read the email but don’t reply. The email is comical in that he asks for your help but says claims he was hostile towards people, stingy, and selfish, but now wants a trustworthy relationship with you to deposit his gold bars. Hmmm, ironic? Reported by a Sheridan citizen.

WESTERN UNION REFUND

Were you tricked into wiring money to a scammer via Western Union between 2004 and 2016? If you were and still haven’t received a refund from the \$586 million settlement the firm agreed, you still have time to file. The US Federal Trade Commission (FTC) has extended the deadline for claims, originally July 1, until the end of August.<https://www.westernunionremissionphase2.com/>. Brought to you by scambusters.org.

TAKE SMALL STEPS TO SECURE YOUR IDENTITY ONLINE

According to a 2021 study by NordPass, the average person has 100 passwords and associated accounts. This is a LOT to keep track of! Karen Sorady, VP for the MS-ISAC Member Engagement, recommends using multi factor authentication (MFA) where available. As an example, MFA requires 2 pieces of evidence that you are who you claim to be, so for instance, that code that your bank sends to your cell phone number is the second piece of information. The second tip Ms. Sorady provides is using a password manager, but making sure you also secure it with MFA. Make your password vault in the password manager super secure because that is your life in there! And, be sure to designate a digital inheritor in the password manager, in case of emergency. If you want to see demonstrations of popular password managers, contact us at info@cyberwyoming.org or check out PCMag’s 2022 review of password management software. Check out the full MS-ISAC article here: <https://www.cisecurity.org/insights/newsletter/take-small-steps-to-secure-your-identity-online>. For more tips to protect your online identity, save the date for It’s About Identity!, Wyoming’s Cybersecurity Conference combined with UW’s Blockchain Stampede on September 23 in Laramie. FREE and open to the public. Registration link at <https://www.cyberwyoming.org/conference/>.

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 Mozilla’s Firefox browser, Apple, Cisco, and Drupal 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
- File a complaint with the Federal Trade Commission at ftc.gov/complaint

Hackers Brief from Cyber Wyoming brought to you by



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SENIORS

GUEST COLUMN

Early information on dementia key

Dementia Friendly Wyoming is a department of The Hub on Smith. DFW serves as a support and educational resource for persons living with dementia and their family and friends. When we use the word “dementia” it could mean a person who may be experiencing progressive memory or navigation challenges. Or you may notice changes in a person’s ability to function independently as they once used to. There is a high level of stigma attached to the word dementia so many prefer words such as “memory challenges” or “living with change.”

Sometimes people are aware of the progressing “changes” in themselves and may even seek more clarity on their situation through a professional medical diagnosis. However, in many situations, persons who are living with symptoms of dementia may not be aware of the changes they are exhibiting. This unawareness can and often does present an additional layer of complexity to an already unclear situation. A person’s unawareness can be misunderstood or perceived by friends or family as a form of manipulation or even a refusal to admit



HEATHER COMSTOCK

support as soon as possible cannot be overstressed. Why? Often, unclear situations such as early signs of dementia begin to create many challenges in everyday communications. This causes stress and can lead to fractured relationships that often increases social isolation for the person experiencing changes at the exact time they need increased amounts of understanding and support.

Once in a while, I’ll hear someone say something like, “But we can’t cure this, so there is nothing that can be done.” While it is true that there is

that challenges and changes are occurring.

Seeking additional information and education is an excellent first step, whether you are noticing changes in yourself or if you, as a family member or friend, are observing changes in another. In fact, the importance of seeking

currently no known cure for dementia, a lot that can be done to support a person living with the symptoms and progression of dementia. How is that? As conversations about what is being observed unfold, a pattern often emerges and, together, a plan can be developed to alleviate the stress and enhance the quality of life for both the persons living with dementia and their care partners. For example, talking to a professional to gather additional information will increase understanding and gain clarity on your situation and will open the door to new strategies for communication and living well. Contact us at the DFW department for a private conversation, to gain help in developing a plan, and to learn more about current workshops being offered at The Hub on Smith.

The information you’ll gain in contacting the DFW is so important because, with additional awareness of your circumstance, you also gain more choices about how to approach your situation.

HEATHER COMSTOCK, MSc Dementia Studies, is the dementia care educator at The Hub on Smith.



ISAAC ADSIT | THE SHERIDAN PRESS

Concert in the park

The American Legion Post #7 uses the Concerts in the Park as a fundraiser by running a food stand in Kendrick Park Tuesday, July 26, 2022.

Afghan refugees find stability in senior communities

TAMPA, Fla. (AP) — Noman Raoufi came home from work to find every window shattered, doors unhinged, light bulbs popped.

In northern Kabul, on the street where his family lived, a bomb had sent a police car flying 30 feet before it landed in a flaming

heap. It knocked men off chairs and killed at least one person.

Noman, an Afghan interpreter with the U.S. military, was sure the blast was meant to kill him. As the Taliban clawed back power, anyone with American ties could be a target.

Months later, Noman, his

two brothers, three sisters and their parents managed to board an evacuation flight out of Afghanistan during the American military’s August 2021 withdrawal. They faced a dilemma typical of the 400 Afghan refugees who have settled in Tampa Bay since December: What now?

They had one suitcase, total, and the clothes on their backs.

They had, courtesy of the U.S. government, about \$1,200 per person and an Airbnb in Tampa.

They had limited time to find jobs and a permanent place to live. With no rental history and soaring prices, it wouldn’t be easy.

Dreams and responsibilities

Noman, 25, is busy most waking hours.

He pulls weekends at Walmart and nights driving Lyft. Then there’s his day job: helping fellow Afghans employed by Westminster Communities of Florida — the provider of his new home.

Six months after arriving in Tampa, he and four siblings work full-time for Westminster, a not-for-profit company that runs nursing homes and senior communities across Florida.

In February, the family settled into a three-bedroom rental home blocks from one of those senior commu-

nities. The sprawling campus of Westminster Point Pleasant in Bradenton features views of boats sailing the Manatee River.

They couldn’t bring any decor at all from Afghanistan, but Westminster sent a photographer to the home after they moved in, and now a family photo sits on their dining table.

All of this — the housing, the jobs — came about thanks to a pitch from Westminster.

Struggling mightily to fill openings in the high-turn-over industry of senior care, Westminster offered to find housing for refugees who would take jobs at its locations.

Now Afghans who had fled chaos were strolling the sedate halls among retirees who made curious small talk about what they’d seen on the news, and who offered chocolates to say welcome.

Some of the housing the company owns. In other cases, Westminster signed leases to assuage otherwise reluctant landlords.

“For every landlord that worked with me, there were 10 who said no,” said Mary Klein, Westminster’s chief human resources officer. “And I had the weight of a \$200 million company behind me. I can only imagine (the refugees) trying to find places on their own.”



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, AUG. 14 Dill salmon Rice pilaf Vegetable medley Focaccia bread Krispie bars	WEDNESDAY, AUG. 10 Pot roast potatoes and vegetables Garden salad Roll Fruit	THURSDAY, AUG. 11 Chicken bacon swiss sandwich Potato wedges Asparagus Funfetti cookie
FRIDAY, AUG. 12 1 1/4-pound Chicago dog Chips Coleslaw Fruit cocktail	MONDAY, AUG. 15 Chicken alfredo Roll Broccoli Garden 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

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