

HACKERS BRIEF

from CyberWyoming

GEEK SQUAD SCAM EMAIL

A Sheridan citizen reported an email from Geek Squad at a Gmail address with the subject line of “Dear, [Name redacted]” and “The Network Of support for Geek Squad.” (Note the odd capitalization and the misspelling of squad.) The email says that the citizen’s protection plan will expire and \$329.99 will be deducted from her account. While the email doesn’t have any links, it asks you to call an 800 number. Don’t call the number, just delete.

DON'T CALL THE NUMBER

A Laramie citizen reported a text saying that “\$599.99 was Deducted From Your Card For iPhone Purchase on SEPT 8th at 01:44hrs. If this was not done by you, Call Amazon at +1-(844)- 427-1118 to Cancel Order.” Note the improper grammar and capitalization.

SCAM CALL SPOOFING POWDER RIVER ENERGY

An Albany County citizen received a phone call telling him he won \$650 million in prizes from Publisher’s Clearinghouse and a check as big as his door was on the way. The citizen, guessing it was a scam, had time and kept the fraudster on the line for over 30 minutes asking questions. (A big thank you to this citizen!) The scheme was elaborate with three people, including a prize attorney and celebrity host, claiming to be Publisher’s Clearinghouse employees. One employee claimed to be on-route in a flatbed truck with a 2021 Chevy Silverado to deliver to this citizen and was only “45 minutes away” with package number 90758222 and the truck driver’s name was “Bobby Wilson.” The citizen was asked to go to Walgreens, which was 45 minutes away from his house, and purchase \$1250 of Secure Spend Cards to receive the prizes. The agent wanted the citizen to get in his car, drive to Walgreens, and stay on the line. At this point, the citizen decided to hang up – he had wasted enough time and saved another Wyomingite from the hassle.

SURE YOU ARE BEAUTIFUL

Because the Laramie citizen that reported this email scam isn’t sure what a website called “sureyouarebeautiful” has to do with his credit score, he felt it was important to warn you. He received an email from FS360 (FreeScore360) with links to view his credit scores from Transunion, Equifax and Experian but the links all led him to a link for sureyouarebeautiful.com. CyberWyoming securely followed this link and the hosting provider, Pittsburgh Community Television, had taken the website down.

GOVERNMENT EMPLOYEES DON'T USE GMAIL ADDRESSES

A Sheridan citizen reported an email from Alejandro Mayorkas at a Gmail address with the subject line of “GREETINGS FROM THE HOMELAND SECURITY.” (Note that all caps.) The email said that there was an unpaid fund worth \$40.2 million for her and all she has to do is provide her full name, home address, identification card, and the nearest airport.

REDIRECTED TO TURKEY

A Sheridan citizen continues to receive scam emails from a tut.com email address. Each of the links is redirected to a link to christmas-card.o2.co.uk in Turkey. The latest two emails claimed to be from AceHardware.com and iPhone14 with the subject lines saying “3rd attempt for.([Name redacted])” and “[Name redacted], We have a surprise for you!”

CVS PHARMACY SCAM EMAIL

If you receive an email from a durhamworks.info address spoofed as “CVS.COM” (yes, all caps) with the subject line of “#YOUR ORDER NO. : 63999775” telling you that you have a loyalty reward of “\$100.0” be sure to note the mis-capitalizations and don’t click on the link because it goes to a Chinese phishing website. Reported by a Laramie citizen.

DATA BREACHES IN THE NEWS

Savanna College of Art & Design, North Face’s website, TikTok, IRS Form 990-Ts for IRA Income <https://news.yahoo.com/irs-inadvertently-publishes-120-000-234841222.html>, KeyBank (home mortgage holders), Samsung, San Francisco 49ers, Tulsa Tech, Common Ground Healthcare Cooperative, Nelnets Servicing (Oklahoma Student Loan Authority and EdFinancial data exposed), OneTouchPoint, Okta, DoorDash, LastPass (proprietary data and source code), North Dakota’s Department of Workforce Safety & Insurance (182 injured employees), Lamoille Health Partners, Practice Resources, Methodist McKinney Hospital, California Prisons (affected visitors, staff, and inmates), Fremont County Colorado, Sferra (employee information), DigitalOcean (Mailchimp recipients), Signal, and ShitExpress (anonymous poop gifting website).

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 Apple, Cisco’s Secure Web Appliance, and Google’s Chrome browser 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

VICTIM SUPPORT

The AARP Fraud Watch Network and Volunteers of America (VOA) created a new, free program to provide emotional support for people impacted by a scam or fraud, called ReST. Visit www.aarp.org/fraud-support to learn more about the free program and register.

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

HEART FAILURE



COURTESY PHOTO | SHERIDAN MEMORIAL HOSPITAL

Staff works at the Sheridan Memorial Hospital cath lab in 2016. Hospital staff is focusing on prevention during World Heart Day Sept. 29.

A little bit of prevention goes a long way

As we approach World Heart Day, Sept. 29, a day created to spread awareness about cardiovascular disease, we find it fitting to address ways to combat it. Here at Sheridan Memorial Hospital, we diagnose and treat many forms of heart disease. This article addresses heart failure, what it is, risk factors, diagnosis and self-care.

Heart failure is a very

common disease affecting 6.2 million Americans, according to the Centers for Disease Control and Prevention statistics from Sept. 8, 2020. It is more prevalent than all forms of cancer combined.

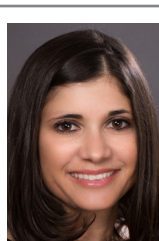
Heart failure occurs when fluid accumulates in the body because the heart is not able to pump efficiently. High blood pressure, diabetes, coronary artery disease

and age can all contribute to causing this illness. Symptoms of heart failure can include fatigue, shortness of breath and swelling. As our population becomes older and more sedentary, we expect heart failure to become more widespread.

Prevention is the most effective measure for counteracting the risk factors that can lead to developing heart failure. There is ample medical evidence proving that a person can lower or prevent such risk factors as high blood pressure, diabetes, and coronary artery disease. It requires maintaining a healthy weight and diet and modifying certain lifestyle habits. If a person already has one or more risk factors, tight control of blood pressure or blood sugar and coronary artery disease can help prevent or delay the onset of heart failure. Even modest weight loss and an increase in cardio-respiratory fitness can significantly improve heart health.

There is some good news for those patients with a diagnosis of heart failure. Several medications are producing wonderful results, including certain beta-blockers, ACE inhibitors, angiotensin receptor blockers, aldosterone antagonists, and Entresto.

Patients with heart failure are experiencing fewer symptoms and some are



JENNIFER GRASLIE

living longer. Other patients are benefiting from special pacemakers that synchronize the heart, allowing it to beat more efficiently.

These special pacemakers can further reduce patient symptoms and improve survival.

When heart failure progresses to an advanced stage or warrants hospitalization, it becomes an identifying marker for patients who will require more intensive follow-up care for the rest of their life. As a cardiology office, we routinely see patients with a heart failure diagnosis. Our focus is on providing up-to-date medical management for heart failure. The program involves providing in-depth patient education and having patients monitor their weight, blood pressure and sodium intake daily. Patients must also watch for and report these early warning signs: feet and ankles swelling more than usual, breathing that becomes more difficult, or a weight gain of 3 pounds in two days. These signs might indicate that fluid is building up in the body. Early intervention ensures ongoing symptom management and overall well-being. With heart failure becoming more widespread over the next few decades, our understanding of preventing and treating this disease will also continuously improve.

To learn more about cardiology at Sheridan Memorial Hospital, plan to attend our Doc Talk at The Hub on Smith Thursday from 11:30 a.m. to 12:30 p.m. We will have representatives from our heart center and our cardiac catheterization lab on hand to show you devices including stents, implantable pacemakers, and defibrillators. They will explain when and how they are used, what they do, and how they can save a life. Bring your questions to this free public event.

The Hub is located at 211 Smith St.

JENNIFER GRASLIE is a physician assistant with Sheridan Memorial Hospital’s Heart Center.

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, SEPT. 20 Baked Chicken Thighs Cheesy Broccoli Rice Carrots Ambrosia	WEDNESDAY, SEPT. 21 Sloppy Joe Waffle Fries Veg Medley Rocky Road Pudding	THURSDAY, SEPT. 22 Ham & Macaroni Bake Garden Salad Green Beans Snickerdoodle Cookie
FRIDAY, SEPT. 23 Fish & Chips Coleslaw Veg Medley Carrot Cake	MONDAY, SEPT. 27 Spaghetti And Meatballs Garlic Bread Veg Medley Fruit	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

Kinky Boots
SEP 22, 2022

Prima Facie
NOV 10, 2022

National Theatre Live

Book of Dust
JAN 26, 2023

Henry V
FEB 9, 2023

Straight Line Crazy
MAR 23, 2023

Much Ado About Nothing
APR 27, 2023

Buy your **TICKETS ONLINE** WYOTHEATER.COM
OR BY PHONE: 307 672 9084 | BOX OFFICE HOURS: W - F, 12 PM - 5 PM