

## HACKERS BRIEF

### from CyberWyoming

#### HI DEAR = DEAD GIVEAWAY

A Laramie citizen reported an email from Mrs. Daniella Kyle at a Gmail address claiming to be a dying widow needing help to give money away. The email started with "Hi Dear" and the subject line was "Hello dear in thy lord."

#### MORE FAKE YETI BACKPACKS AND COOLER OFFERS

A Big Horn citizen reported an email impersonating Dick's Sporting Goods asking you to "Answer & Win" to get a Yeti Backpack Cooler. Don't answer! It's fake! The subject line is "You've been chosen!"

#### IT'S MORPHING

A Sheridan citizen that has been plagued with emails from "theuniverse@tut.com" received a morphed attempt from a different domain, "theuniverse@clark.hispaper.com". This is a typical ploy, if the first attempts don't work, then the bad actors will try from different email addresses. Both emails had the subject line of "2nd attempt for [name redacted]".

#### PERSONAL BODYGUARD TO THE LATE JEFFERY EPSTEIN

This email, reported by a Laramie citizen, reads like a pirate hunt. Apparently, the very fake bodyguard, Igor Zinoviev, knows where two boxes of expensive jewelry are that Jeffrey Epstein left but for some reason, he needs you to get them for him. Apparently, Mr. Zioiviev's email address starts with motherlilly and is a Gmail address. The subject line is "It's Urgent Please Reply!!"

#### VERIZON FREE SCREEN PROTECTOR TEXT SCAM

If you receive a text impersonating Verizon with the offer of a free screen protector, remember that Google is your friend. Type in "Verizon Free Screen Protector Scam" and you will quickly see that the offer isn't real. Reported by a Big Horn citizen.

#### WALMART FAKE FREE OFFER

A Big Horn citizen wants you to know that if you receive an email with the subject line of "Confirmation Receipt ID 929958" impersonating Walmart saying you have been chosen for a free ultimate nonstick cookware set, it is totally fake.

#### FTC NATURAL DISASTER ALERT

Remember that scammers take advantage of natural disasters like the California fires and the Kentucky floods, only donate to reputable, known organizations and double check the website URL to make sure you are really donating to their true website.

#### THREAT TO HEALTH WORKERS

People working in the health care industry have been getting calls saying they were a no-show after being subpoenaed to be an expert witness in a trial. They're told to pay a fine, payable by gift cards. The legal system doesn't work that way, so just hang up. *Brought to you by scambusters.org.*

#### BAMBOO FABRIC

According to Scambusters.org and the Honest Consumer, bamboo fabric may not be as ecofriendly as you think. The FTC has warned consumers that there are false environmental claims around bamboo clothes. To make fabric soft, process uses sodium hydroxide, carbon disulfide, and sulfuric acid. For more information, here's an article by the Honest Consumer: <https://www.thehonestconsumer.com/blog/bamboo-viscose-clothing-brands>.

#### CAR RENTALS

Watch out when you search online for the best car rental deals. Scammers use site names similar to those of reputable rental companies, which often pop up at the top of a search. Renters who contact them are usually told to use prepaid debit cards. That's not how genuine car hire firms operate - and usually you don't have to pay till you pick up your car. *Brought to you by scambusters.org.*

#### NO JUDGE

Did you just get a call from a judge warning you to pay a fine - perhaps for failing to turn up for jury duty or committing an offense? Scammers know that pretending to be a judge might just frighten people into paying. But judges don't do that, nor do court officials. Just scammers. You know what to do: Hang up. *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 Mozilla (Firefox, Firefox ESR, and Thunderbird) and Microsoft 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](http://www.bbb.org/scamtracker/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

#### 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](http://www.aarp.org/fraud-support) to learn more about the free program and register.

*Please report scams you may experience to [phishing@cyberwyoming.org](mailto:phishing@cyberwyoming.org) to alert your friends and neighbors.*

Hackers Brief from Cyber Wyoming brought to you by



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### GUEST COLUMN

# The power of collaboration

In a recent newsletter sent out to our patrons, we identified cultural values that we embrace as an organization serving our community. One of those values that is becoming increasingly important to our organization is collaboration.

The work we do is not an individual sport. It demands team work to deliver the services and supports that help our aging population live at home when physical or cognitive challenges begin to impact their everyday lives.

Knowing what supports and services are available is a key factor in staying healthy and well and living at home safely near family and friends. Here at The Hub, we deliver services in eight major program areas: fun and wellness, on-site and home delivered



**CARMEN RIDEOUT**

connect people to resources and collaborate with others to provide excellent service to our community.

As I work with others around the state and region, I often hear comments on how well Sheridan comes

meals, care coordination, public transportation, help at home services, adult day care, family caregiver support and dementia coaching and consultation.

We also work very closely with other local organizations, service providers and businesses that compliments what we do. Every day we

together to meet the needs of the community and I wholeheartedly agree. We are stronger and have greater capacity when we share our strengths, expertise and experiences, and when our resources can be focused on what each of us does best.

I encourage all of you to take a look around our community and see all that Sheridan has to offer for people who are getting older.

You may not need these resources but you may know someone who does or you may need them in the future.

As always, The Hub is here for you so please feel free to give us a call or stop by 211 Smith St. if you have questions or are looking for resources to help.

**CARMEN RIDEOUT** is executive director of The Hub on Smith.



MATTHEW GASTON | THE SHERIDAN PRESS

## Creative Aging Voices

Creative Aging Voices take the stage at The Hub on Smith for a recital Thursday, Sept. 29, 2022. Creative Aging classes offers skills-based arts instruction in performing arts disciplines for people aged 55 years and older.

# It's flu vaccine time and seniors need revved-up shots

BY LAURAN NEERGAARD  
AP MEDICAL WRITER

Doctors have a message for vaccine-weary Americans: Don't skip your flu shot this fall — and seniors, ask for a special extra-strength kind. After flu hit historical-

low levels during the COVID-19 pandemic, it may be poised for a comeback. The main clue: A nasty flu season just ended in Australia.

While there's no way to predict if the U.S. will be as hard-hit, "last year we were going into flu season not

knowing if flu was around or not. This year we know flu is back," said influenza specialist Richard Webby of St. Jude Children's Research Hospital in Memphis.

Annual flu shots are recommended starting with 6-month-old babies. Flu is most dangerous for people 65 and older, young children, pregnant women and people with certain health problems including heart and lung diseases.

Here's what to know:

#### REVVED-UP SHOTS FOR SENIORS

As people get older, their immune system doesn't respond as strongly to standard flu vaccination. This year, people 65 or older are urged to get a special kind for extra protection.

There are three choices. Fluzone High-Dose and Flublok each contain higher doses of the main anti-flu ingredient. The other option is Flud Adjuvanted, which has a regular dosage but contains a special ingredient that helps boost people's immune response.

Seniors can ask what kind their doctor carries. But most flu vaccinations are given in pharmacies and some drugstore websites, such as CVS, automatically direct people to locations offering senior doses if their

birth date shows they qualify.

Webby advised making sure older relatives and friends know about the senior shots, in case they're not told when they seek vaccination.

"They should at least ask, 'Do you have the shots that are better for me?'" Webby said. "The bottom line is they do work better" for this age group.

If a location is out of senior-targeted doses, it's better to get a standard flu shot than to skip vaccination, according to the Centers for Disease Control and Prevention.

All flu vaccines in the U.S. — including types for people younger than 65 — are "quadrivalent," meaning they guard against four different flu strains. Younger people have choices, too, including shots for those with egg allergies and a nasal spray version called FluMist.

#### WHY FLU EXPERTS ARE ON ALERT

Australia just experienced its worst flu season in five years and what happens in Southern Hemisphere winters often foreshadows what Northern countries can expect, said Dr. Andrew Pekosz of the Johns Hopkins Bloomberg School of Public Health.

#### DINING ROOM HOURS:

Monday-Friday • 8:00 a.m.-4:00 p.m.



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, OCT. 04	WEDNESDAY, OCT. 05	THURSDAY, OCT. 06
Pot Roast Potato & Vegetables Roll Garden Salad Lemon Cake	Casserole Roll Broccoli Oatmeal Cookie	Baked Ziti W/ Italian Sausage Roasted Zucchini Garden Salad Fruit
FRIDAY, OCT. 07	MONDAY, OCT. 10	<b>Renew your registration now! Updates are subject to change.</b>
Pork Tenderloins Baked Sweet Potatoes Veg Medley Pumpkin Bars	Beef & Barley Soup Roll Veg Medley Fruit Crisp	

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