

HACKERS BRIEF

from CyberWyoming

SERVICE NOTIFICATION SCAM

If you receive an email from ‘Service Notification’ at a tut.com email address with the subject line of “[Redacted Name], Track your package ID#29194773” be sure not to click on the link. Reported by a Sheridan citizen.

YOU HAVE WON \$500 GIFT CARD

If you receive an email from ‘American Airlines’ at tut.com email address with the subject line of “[Redacted Name], believe it or not! You have won \$500 gift card” be sure not to click on the link. Reported by a Sheridan citizen.

YOU HAVE WON A KEURIG-COFFEE-MAKER!!

If you receive an email from ‘Package Pending’ at tut.com email address with the subject line of “Delivery Status Notification: [Redacted Name], You have won an Keurig-Coffee-Maker!” be sure not to click on the link. Reported by a Sheridan citizen.

CYBERWYOMING NOTE

We have notified the administrator of the tut.com legitimate website.

SPOOFED UNSUBSCRIBE LINK

A Laramie citizen reported receiving an email with the subject ‘Status: Waiting at the distribution center’ which contained a picture of an error code along with a link to unsubscribe. The link in the phrase “To be removed from our list Click Here” went to a server in Russia. Be careful clicking on unsubscribe links – hover over them and see if it looks legitimate. *CyberWyoming Note: What is hovering? Place your mouse over the link but don’t click. Your browser will show the true URL. In Chrome, it is show in the lower left part of your screen.*

FIRST FEDERAL BANK AND TRUST

An email was received impersonating First Federal Bank And Trust announcing that “we noticed you recently accessed your account(s) from a device we are unfamiliar with,” and said the account had been locked. The email further instructed the user to verify their identity by clicking a link “visiting here.” The Laramie citizen who reported this noticed that not only was the link not to the bank, but the citizen did not have an account with this bank. Be careful clicking on links to unlock your bank account – hover over the link and see if it looks legitimate.

A REVIEW OF THE TOP 2022 SCAMS

AARP has compiled a round-up of the most prevalent scams in 2022, including identity fraud, imposter scams, and on-line shopping scams. Check it out at <https://aarp.info/fwnnwy> and be the most scam savvy on the block!

MALICIOUS CODE IN MICROSOFT EXCEL

After Microsoft introduced more protection Microsoft Office from malicious code introduced via add-ins, hackers found a new way to exploit through XLL files in Microsoft Excel. Before the XLL file can be run and infect a system, Microsoft will display a security message warning the user there is no digital signature available. Users must make sure to click “Leave this add-in disabled.”

FTC ALERT – FAKE GEEK SQUAD RENEWAL

Email and text scams continue to be reported to the FTC saying about the Geek Squad scams that Wyomingites have been reporting for the past 5 months. The FTC reminds you not to call the number in the email or on the fake invoice, don’t give anyone you don’t know remote access to your computer, and don’t open attachments. If you see a scam, report it to the FTC at [Report-Fraud.ftc.gov](https://www.ftc.gov/report-fraud).

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, Adobe (Acrobat, 2020, InDesign, Reader), Google’s Chrome browser, Google Android, and Juniper network products. If you use these products, make sure the software (or firmware) is updated.

DATA BREACHES IN THE NEWS

San Francisco Transit Police, Telegram, Social Marketplace Trust & Use (Facebook user ids compromised), Bay Bridge Administrators (BBA) insurance, Kansas-based Captify Health, Consulate Health Care, Tarrant County (Texas), Air France and KLM mileage accounts, Check-fil-A, Maternal and Family Health Services, Five Guys, Slack and Github, Cricketsocial.com, Twitter, CircleCL, Deezer, Wabtec, Lake Charles Memorial Hospital, BTC.com, Sargent & Lundy utility, Twitter, Cincinnati State, Xfinity, LastPass, Ecco, BetMGM, FBI, JFK Airport, McGraw Hill, DraftKings, Medicare, Social Blade, and Gemini Crypto. If you have an account with one of these companies, be sure to change your password and consider placing a credit freeze on your accounts through the three credit reporting agencies: TransUnion, Experian, and Equifax.

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](https://www.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/>

Hackers Brief from Cyber Wyoming brought to you by



FIRST FEDERAL
BANK & TRUST

307.674.0464 | www.efirstfederal.bank

GUEST COLUMN |

The Hub’s Help at Home program helps aging community age in place

After a busy holiday season spent with friends and family, we are now in the midst of winter. For many of us this means following through, or not, with resolutions made with the new year, getting back into a normal school and work routine and hoping the lovely days of spring will make their appearance sooner rather than later.

For the more vulnerable of our aging community, this can be a very long and difficult season. Families who may have visited for the holidays have gone home, community activities have slowed down and it can be treacherous for many to get out and about due to the weather. Many are isolated and struggle to have their daily needs met without assistance.

The Hub’s Help at Home program can be a conduit to allow these wonderful community members to age in place and not have to move to a higher level of care. Aging in place is defined as “the ability to live in



MEREDITH SOPKO
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The Hub’s Help at Home program is a licensed home health agency providing primarily non-medical support services in people’s home to help them remain living there despite physical or cognitive limitations. We provide a small array of skilled nursing services. Services are offered on a sliding fee scale based on their income which, for many, can be a barrier to receiving the help they need. For many of our clients, just the

one’s own home and community safely, independently and comfortably, regardless of age, income or ability level.” The benefits of aging in place include less financial burden, a more fulfilling lifestyle, and the ability to remain a vital and contributing community member.

act of having someone spend some time with them makes all the difference in the world and provides peace of mind for them and their families.

The 2020 census indicates that 29% of Sheridan’s population is 60 years of age and older. The number of older adults in our county will continue to grow through 2040 and then projections show a plateau. The largest growth in the coming decades will be those 85 and older. The need for the services and opportunities the Hub on Smith provides, such as our Help at Home program, will continue well into the future. Our aging population is vital to our community, and we will continue to the important work of supporting them.

For questions or more information about the services The Hub provides, call 307-672-2240.

MEREDITH SOPKO is director of development at The Hub on Smith.



MATTHEW GASTON | THE SHERIDAN PRESS

Raffle winners

WYO Performing Arts and Education Center Executive Director Erin Butler announces raffle winners during the Sheridan County Chamber of Commerce’s Business After Hours Wednesday, Jan. 18, 2023.

How to create your retirement glide path

BY LIZ WESTON
NERDWALLET

In investing terms, a

“glide path “ describes how a mix of investments changes over time. Typically, the mix gets more conservative

— with fewer stocks and more bonds, for example — as the investor approaches a goal such as retirement.

You also can create a glide path into retirement by making gradual changes in your working and personal life in the months or years before you plan to quit work. Retirement can be a jarring transition, especially if you haven’t set up ways to replace the structure, sense of purpose and socializing opportunities that work can bring, said financial coach Saundra Davis, executive director of Sage Financial Solutions, a nonprofit financial education and planning organization in San Francisco.

“People are excited to leave (work), but then once they leave, they feel that pressure of ‘How do I define myself?’” Davis said. “‘Am I important now that I’m no longer in the workforce?’”

WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

Davis suggests people start by thinking about what they want from retirement. That could mean visualizing your ideal day: where you’re living, what

you’re doing, who you’re spending time with. Free tools such as YearCompass and Unravel Your Year can help you identify what “sparks joy” for you and what you want more of in your life, Davis said. These tools allow you to reflect on your recent past and plan for the future.

“What are the things that have been calling you? What gives you energy?” Davis asks. Your ideal retirement may well face roadblocks: a lack of money, ill health or the need to provide care for someone else, for example. But understanding what you really want from this phase of your life can help you figure out ways to get what’s most important, she said.

“Just because you might have some limitations, either physical or emotional or financial, don’t assume that that counts you out,” Davis said.

Discuss your vision of retirement with your spouse or partner to “see if you’re on the same page,” suggests David John, senior strategic policy adviser for the AARP Public Policy Institute in Washington, D.C.



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, JAN. 24 Taco salad Spanish rice Corn Chocolate chip cookie	WEDNESDAY, JAN. 25 Pulled BBQ pork sandwich Potato wedges Green beans Vanilla pudding	THURSDAY, JAN. 26 Open faced turkey sandwich Mashed potatoes w/gravy Brussel sprouts Brownies
FRIDAY, JAN. 27 Beef stroganoff Egg noodles White roll Vegetable medley Chocolate zucchini cake	MONDAY, JAN. 30 Salisbury steak Mashed potatoes w/gravy Green beans Berry crisp	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