

## HACKERS BRIEF

### from CyberWyoming

#### AN EMAIL WITH THE SUBJECT LINE "BE CAREFUL"

Your device has been infected with (79) Viruses: A Laramie citizen has reported an email scam that appears to come from the Norton protection company although the sender's email address is not visible. It states that your subscription has expired, and your device has viruses. However, the email was not sent by Norton and there are several typos and interesting capitalizations. Don't click the Activate Now button as it will take you to a site that will ask for your credit card number and other sensitive details. If you suspect that your subscription really has expired, then navigate to the Norton website directly and update your information there.

#### TEXT MESSAGES FROM RANDOM PHONE NUMBERS

These text messages typically start out with "Hi," and, if you answer, they will attempt to suck you into their scam. Just don't answer. If it's from someone you know, chances are they will either text you again or call you. This was reported by a Laramie citizen.

#### EMAIL WITH THE SUBJECT LINE

#### "YOUR METAMASK WALLET WILL BE SUSPENDED"

A Laramie citizen reported receiving an email from MetaMask (the sender's email address is info@welcomepartyhub[.]com) stating their digital wallet would be suspended. Like all phishing scams asking you to click on some button (really a link) in the email, just don't do it. *CyberWyoming note: If you suspect the email is legit, then navigate to the website directly and contact their support staff to clear up the issue.*

#### HOW TO FIND OUT WHO IS CALLING YOU

A Laramie citizen reported receiving many calls from unknown numbers and suggested some websites to help others in the same situation. We all get a lot of spam calls, but sometimes we are in doubt as to whether the call is from a doctor, pharmacist, or our aunt's new phone. Phone scammers can spoof numbers, and sometimes the call seems to be from our area code or even very close to our own phone number! There are tools you can use such as searching for the phone number in your browser, using websites such as "WhoCallsMe," "PeopleFinders," and others. *CyberWyoming note: If in doubt, don't pick up. If it's legit, the person will leave you a message, and you can always call back.*

#### SCAMMERS STORM INTO EXTREME WEATHER REGIONS

Scambusters is warning people to watch out for con artists that are trying to take advantage of people whose safety, homes, and power supplies have been affected by the storms in the past two months. Some of the most prevalent scams:

- Utility company officials who threaten to turn off the power unless immediate payment is made. The key to dealing with the utility company officials is to verify their ID by calling the power company. And no utility company officials will ever demand payment up front, even if you are in arrears on your utility bills.
- FEMA officials who demand money. Verify their ID by calling FEMA, and never give them money in person. No government employee will ever demand money.
- People stating they can get you to the front of the line for FEMA money. Contact FEMA and don't pay.
- Unlicensed contractors offering to do repairs or cleanup. If they demand payment up front, don't do it. If they won't provide copies of their license or other credentials, don't hire them.
- Bogus landlords advertising rental listings for people who may have been displaced by the storms. Make sure you inspect the home (inside as well as out), check out the landlord's reputation, and read the lease carefully.
- Charity scammers. They come out in hordes in the wake of any weather or other natural disaster, setting up fake websites either to steal your money or use your credit card and other confidential information for identity theft. Don't be misled by familiar sounding names and logos. Read the FTC's guidance on wise donating here <https://tinyurl.com/Scambusters-donating>
- It's been reported that there is a malicious domain called "weatherplatform[.]com" which has infected over 7,000 websites. So be careful where you get your weather information.

#### 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 Hitachi Energy, Cisco Unified Communications Manager (and SM Edition), Apple products, VMware, Chrome, and Sophos Firewall. If you use these products, make sure the software (or firmware) is updated.

#### DATA BREACHES IN THE NEWS

Note - we normally only report on breaches once a month, but there are some important ones that were reported last week that we thought you should be aware of: Norton Lifelock, Mailchimp (this affected several companies who use Mailchimp), FTX Crypto, Paypal, T-Mobile, KFC, Taco Bell, Pizza Hut, FanDuel, NextGen (Electronic Health Record Software provider), Zendesk, GoTo, DuoLingo. *CyberWyoming note: 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](http://www.bbb.org/scamtracker/us/reportscam)
- Wyoming Attorney General's Office, Consumer Protection 307-777-6397, 800-438-5799 or [ag.consumer@wyo.gov](mailto:ag.consumer@wyo.gov)
- File a complaint with the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint)

Hackers Brief from Cyber Wyoming brought to you by



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#### GUEST COLUMN



COURTESY PHOTO | SHERIDAN MEMORIAL HOSPITAL

Members of Sheridan Memorial Hospital's cardiac cath lab include, from left, Yvette Romero RN, Chris Rojo RN, Jackie Ek RN, Lauryn Cleveland RTR, Kristi Ramsey RN, Dawn Morgan RN, Matt Elmore RTR and Megan Wetzel RN. Not pictured are Alaina Sottolano RN, James Boulter RTR and Marcus Pedroza RTR.

## Sheridan Memorial Hospital's cardiac cath lab earns national accreditation

February is National Heart Month — so this is a particularly appropriate time to share some great news with all of you. Our cardiac cath lab team has been working hard over the past year to achieve yet another national endorsement.

#### SMH earns cardiac cath lab accreditation

I am pleased to announce the American College of



KRISTI RAMSEY

Cardiology recognized Sheridan Memorial Hospital for its demonstrated expertise and commitment to treating patients who come to SMH's cardiac cath lab for care, including for diagnostic catheterizations (cath) and percutaneous coronary intervention (PCI) procedures. SMH was awarded Cardiac Cath Lab Accreditation with PCI based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose and treat patients who come to the cardiac cath lab.

PCI includes procedures such as percutaneous coronary angioplasty, thrombectomy, and stent placement. It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack. Thrombectomy is the removal of a thrombus (blood clot) from the coronary vessel. A coronary stent, a small expandable mesh-like tube, is often placed in the coronary artery once the narrowed or blocked artery is opened. The stent keeps the artery open and allows blood to flow freely to the cardiac muscle.

"In earning this accreditation, our cath lab staff and providers have demonstrated their commitment to providing the Sheridan region with consistent excellent heart care. They completed a multi-faceted clinical process that culminated in a rigorous onsite review. They also applied improved methods and strategies of caring for patients, including streamlining processes, implementing quality cardiovascular guidelines and standards, and adopting best practices in caring for cath lab patients," SMH Chief Nursing Officer Cathy

Bealer said. "Because of our team's diligent work, our patients here in Sheridan have access to the same heart testing and treatment typically found only in regional medical centers."

According to the ACC, facilities that achieve accreditation meet or exceed stringent criteria and have organized a team of doctors, nurses, clinicians and other administrative staff that earnestly support the efforts leading to improved patient outcomes. To maintain the accreditation, hospitals must undergo the review process every three years.

Hospitals that have proven exceptional competency in treating patients requiring cardiac catheterization have standardized their assessment process for patients before catheterization to ensure quality and patient safety.

They ensure that care in the procedure room for sedation, infection control, radiation safety, universal protocol and time-out procedures is fully coordinated; and have mastered the appropriate transfer to a cardiac recovery department to better monitor and track complications, enhance physician-to-patient communication, patient family communication, discharge instructions and follow-up information.

focus on the hospital's policies, standards, protocols and education related to heart failure. This was also a three-year accreditation which was renewed again this past year.

Earning these recognitions is not a "one-and-done" process, and both require ongoing internal attention to how we care for members of our community who have heart disease. It's a constant rigorous look at policies, protocols, and standards and making the appropriate adjustments needed to evolve with the continuous changes and improvements in the care of our cardiac patients.

Thanks to our entire Cardiovascular team for their dedicated focus, extra hours, teamwork and collaboration to achieve both of these outstanding recognitions. All of this means better outcomes for our patients.

In addition to the mentioned procedures in this article, the following procedures are also performed in the cardiac cath lab.

- Right and left heart catheterizations
- Permanent pacemakers
- Implantable converter — defibrillators
- Loop recorders
- Cardioversions
- Trans-esophageal echos
- Cardiac stress testing
- Cardiac cath lab history at SMH

The SMH cardiac cath lab opened in 2013 and is one of only seven in the state of Wyoming. It was funded through the SMH Foundation — with a significant gift from the Lorraine Husman Trust, designated for cardiac care and a generous donation from the Sheridan Memorial Hospital Auxiliary.

KRISTI RAMSEY, RN, BSN, RCIS, CVRN, is Sheridan Memorial Hospital cath lab manager.

Heart failure accreditation earned in 2020

This isn't the first national accreditation that our cath lab has earned.

Back in 2020, the ACC awarded SMH the Heart Failure Accreditation, which was based on the hospital's competence and specific standards that were put in place to provide excellent care to patients with heart failure.

The ACC evaluated 73 mandatory components that

**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.**

<p><b>TUESDAY, FEB. 7</b> Roast beef w/gravy Baked potato Glazed carrots Rocky road pudding</p>	<p><b>WEDNESDAY, FEB. 8</b> Shrimp scampi over spaghetti Focaccia bread Green beans Brownie</p>	<p><b>THURSDAY, FEB. 9</b> Beef stroganoff w/egg noodles Steamed beets Roll Carrot cake*</p>
<p><b>FRIDAY, FEB. 10</b> Glazed ham Roasted sweet potatoes Vegetable medley Roll Lemon bar</p>	<p><b>MONDAY, FEB. 13</b> Beef tacos Refried beans Southwest corn Lemon pudding</p>	<p><b>Renew your registration now! Updates are subject to change.</b></p>

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

## 'Bridge' your way to Social Security

BY LIZ WESTON  
NERDWALLET

Delaying the start of Social Security retirement benefits can dramatically increase your monthly benefit and your lifetime income. But how do you pay the bills in the meantime? Using your 401(k) or other retirement savings as a "bridge" may be the best option, even if it means spending down your savings at a rapid rate. You can create a bridge on your own, but researchers suggest it may be more beneficial for employers to offer this option in the future.