

HACKERS BRIEF

from CyberWyoming

CYBERWYOMING ALERT

With Valentine's Day coming up, take this opportunity to talk to your friends and family about romance scams. Follow CyberWyoming on Facebook for tips at <https://www.facebook.com/made-safeinwyoming> and get your free romance scams toolkit from <https://staysafeonline.org/resources/romance-scams-toolkit/>.

WHEN 'DO ME A FAVOR' IS A SCAM

A Laramie citizen reported a scam where criminals pose as someone you know – a boss, friend, family, pastor/minister/priest – and ask you for a favor: buy some gift cards. The message can come by email, text, or social media, and the sender claims to be traveling or is somehow unable to perform the task themselves. The scammer asks you to purchase a gift card for them and then instructs you to send photos of the front and back of the card, exposing the PIN so the card can be used. What to do? If the request is from someone you know, contact them via another channel (phone, mail, ring the doorbell) to confirm. If you buy the gift cards and then discover it is a scam, contact the retailer or card issuer immediately. You may be able to get some of the money back. As this is a crime, also contact your local law enforcement and file a report.

SUBJECT LINE: "DETAILS REGARDING YOUR ANNUAL PLAN [SERIES OF NUMBERS]"

A Laramie citizen received an email with an attachment that supposedly contained details of an annual plan. Do NOT click on the attachment. It's a phishing scam to get you to link to a website that will ask for your financial and personal information. *CyberWyoming Note: Scammers often take advantage of end of year benefits registration to get you to concoct a half story that gets you to click.*

YOU'VE BEEN CHOSEN

A Laramie citizen reported receiving an email impersonating Ace Hardware to join the loyalty program for free. (Note that the real Ace Hardware's loyalty program IS free!) There is also a picture of a drill, seemingly an offer to join. Unfortunately for those who need a new drill, the offer is a fake, sent from an email address with the domain name "ausspeinde.lol." The entire body of the email is a link, so be careful if you open the email as it would be easy to accidentally click the link.

SCAMBUSTERS.ORG ALERTS

• Don't Take that Quiz: The US Federal Trade Commission (FTC) has issued a new warning to people who enjoy answering quizzes and surveys on social media. Certain questions in some of the surveys can be used to crack your password reset questions, such as the make and model of your first car. *CyberWyoming Note: One helpful tip? Treat your password reset questions as if they were your passwords. For more information, check out this video created by the WyoCAN (Cybersecurity Action Network) committee: <https://www.youtube.com/watch?v=jcLiVderE4>.*

• Don't Let Them In: The ability to track a missing mobile device has been hijacked by scammers who knock on people's doors and claim they've tracked their device to your home. In reported cases, they've either asked for the individual's Wi-Fi password to supposedly check further or just used the incident as a way to enter the home. Never tell anyone you don't know or trust your network password - and certainly don't let them into your home. Call the police instead.

FTC Consumer Alert - Looking for a job? Scammers are looking for you: Recent layoffs have scammers fine-tuning their approaches to take advantage. They may advertise jobs online, sometimes setting up fake websites, or looking for targets on social media — all to try to steal your money and personal information. Scammers may go to great lengths to get what they want. Some may conduct fake online job interviews and set up phony onboarding portals where they ask you for Social Security numbers and bank account information to (supposedly) deposit paychecks. Other scammers may ask you to send money for (supposed) equipment or background checks needed for remote work — with the promise to reimburse you with your first paycheck. But these are scams. Verify all job postings before submitting your resume, and never pay for a job. Recruiters charge the companies, not the applicant.

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 VMware vRealize Operations, Apple products, Google's Chrome browser, and Sophos Firewall. 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
- Wyoming Attorney General's Office, Consumer Protection 307-777-6397, 800-438-5799 or ag.consumer@wyo.gov
- 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

Hackers Brief from Cyber Wyoming brought to you by



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GUEST COLUMN

RECREATION THERAPY

Unpacking benefits of meaningful activity for seniors



KYLE MCINTOSH

Recreation. A word we commonly hear — the benefits of which are often taken at face value — but a meaning that is totally individualized. The word itself comes from Latin with an origin meaning “create again” or “renew.” That is a powerful concept to think about and one that drives my work as a recreation therapist at the Sheridan VA.

Why?

Research suggests that when individuals experience some sort of trauma or a degradation of mental or physical health, often the first things to be put on the sideline are recreation and leisure pursuits. In response, the recreation therapy profession works to recreate — that is to reignite, reintroduce and provide avenues for recreation into the lives of seniors.

Many people ask how recreation can be therapy. I get it — my profession, on the surface, sounds like a person who sets up activities primarily for enjoyment. However, it's actually a therapeutic intervention performed by

nationally certified professionals who can help you maintain or even improve your physical, cognitive, social, emotional and spiritual functioning to enable full participation in life.

How does this pertain to you? I often use my passion for fly-fishing as an example when

I explain the benefits of the activity. When boiled down to the basics, I like to fish. However, when exploring deeper I recognize the social connections I've made through fishing groups, the emotional benefit of teaching my children how to fish, the spiritual benefit of being near nature and, of course, practice in frustration tolerance when navigating pervasive line tangles and snags. I implore you to think of your own recreation.

Chances are, you gain an assortment of benefits ranging from social, emotional, physical, spiritual and cognitive. Moreover, those benefits most likely have helped shape your identity, lifestyle and global paradigms. Hence the importance for recreation across the lifespan, especially for seniors.

Another good example of this is with the senior veterans at the Sheridan VA. Our team often hears phrases from our patients like “I used to do (fill in the blank),” so our first job is to assess those activities they enjoyed, helping us create meaningful opportunities for them.

Each day is already broken into several forms of rehabilitative and palliative care, which includes recreation and leisure activities, so we're able to work with other therapists to fully meet the needs of our veterans. For example, music appreciation is offered to revitalize positive memories from their past; art activities are offered to build resilience through creative growth; and virtual reality is offered as a mindfulness experience using the benefits of technology. Despite the activity in which the veterans participate, they all support personal growth, creating meaning and purpose.

Suffice it to say, recreation and leisure are important aspects of your life. When leisure time is valued, the meaning follows. Whether it's in the form of clinical services or personalized leisure pursuits, activity is paramount to health, well-being and aging with grace.

KYLE MCINTOSH is a recreation therapist with the Sheridan Veterans Affairs Health Care System.



Kitty cuddles

A cat purrs contently at the kitty cuddle booth during the Critter Carnival Saturday, Feb. 11, 2023.

MATTHEW GASTON | THE SHERIDAN PRESS

AARP, DWS, WBA partner to offer webinar

FROM STAFF REPORTS

SHERIDAN — With current unemployment rates hovering at historic lows, finding skilled, reliable workers can be challenging for companies looking to grow and thrive. AARP Wyoming wants to help by offering a webinar on attracting and retaining the age 50 and older worker.

The webinar will take place at 9 a.m. March 22 and

is free, but registration is required. The webinar is a joint effort between AARP Wyoming, the Wyoming Department of Workforce Services and the Wyoming Business Alliance to help unlock a segment of the Wyoming workforce that return to jobs at lower rates than other demographics.

“Employers across Wyoming need experienced and reliable employees,” Wyoming Department of

Workforce Services Robin Sessions Cooley said. “Learning how to tap into this growing demographic will benefit both new and existing businesses around the state.”

“Any opportunity to partner with other entities to share information to help employers connect with workers in Wyoming is valued and appreciated,” Wyoming Business Alliance Executive Director Cindy DeLancey said.

Beyond the value of experience, older workers bring professionalism, interdisciplinary skills and a steadiness that can complement the attributes of younger team members, a press release stated.

Webinar attendees will gain insight on:

- How to leverage work experience to solve staffing challenges, mentor the next generation of leaders and build an age-inclusive, multigenerational workforce that positively impacts your bottom line.
 - How to attract workers 50 and older as the skilled labor shortage continues.
 - How to make your company welcoming to 50+ employees and more diverse and inclusive.
 - Evidence-based research on what 50+ workers want and need from their job to feel valued.
 - Benefits to your company of hiring 50+ workers
- The webinar will feature AARP national employment experts Heather Tinsley-Fix and Carly Roszkowski.

Roszkowski is the vice president of financial resilience programming at AARP, where she leads strategy and outcome development within financial resilience and the work and jobs issue area. She helps individuals older than 50 obtain and maintain the level of employment they need or desire by increasing the competitiveness of 50-plus workers in the labor market, improves access to all forms of work opportunities for the 50-plus and helps to eliminate age discrimination in the workforce.

Tinsley-Fix is a senior advisor at AARP, where she helps drive AARP's focus on providing members and the 50+ with the tools they need to thrive in today's work environment. She also focuses on employer engagement on a variety of topics affecting the 50+ worker. With a background in marketing, innovation and digital project management, Tinsley-Fix works with consumers, external partners, and academics to create educational programs and tools that inspire employers and Americans 50+ to capitalize on the value of experience.

You must be signed in to your AARP.org account or create an account to register. AARP membership is not required. Do not opt out of event-related emails, as you will be emailed a link to join the class via Zoom before the event.

Contact AARP Wyoming at wyaarp@aarp.org for more information.

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.

<p>TUESDAY, FEB. 14 Chicken cordon bleu bake Creamy risotto Vegetable medley Banana bread*</p>	<p>WEDNESDAY, FEB. 15 Chicken fried steak Mashed potatoes w/ gravy Carrots Fruit</p>	<p>THURSDAY, FEB. 16 Dill salmon Wild rice pilaf Peas and carrots Brownies</p>
<p>FRIDAY, FEB. 17 Meatloaf Stewed tomatoes Vegetable medley Roll Fruit</p>	<p>MONDAY, FEB. 20 Salisbury steak Mashed potatoes and gravy Green beans Banana bread*</p>	<p>Renew your registration now! Updates are subject to change.</p>

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 Housing: 307-675-4957
Home delivered meals: 307-672-6079 Fun and wellness: 307-675-4952
Loan closet: 307-672-1769 Help at Home services: 307-675-1978
Support center: 307-675-4954 Day Break adult care services: 307-674-496