



2021 October Health Newsletter article:

### **Cybersecurity Awareness Month**

Cybersecurity of observed in October as collaborative effort of government and industry to ensure every American has the resources they need to stay safe and secure online. This is more true today than other years as many of us have learned and now use Zoom, face time with families and medical providers, and get our health information on line. “Just Google it” is now a common phrase when there is something you do not know or want more information on.

Because we now have begun and use on line sources for health information, healthy computer safety habits are important. In 2010, the campaign of 3 words began and still are important today. They are:

**Stop:** Personal information protected with strong passwords to lock out intruders such as you lock your doors when you leave your car or premises. A strong password of at least 12 characters long and maybe something positive you think about and can be a mix of letters of the alphabet, numbers and characters.

**Think:** Think before you act. What you write, where you write and does it include others than your Intended audience. If the email or communication looks “not right”, delete and do not answer it. Areas of caution are “problem” with you bank account or taxes.

**Connect:** Is this person or place you connect to someone or someplace you know? Remember what you say, stays forever so avoid sharing personal details with strangers, about yourself and family members. (Google your own name and see what comes up, you may be surprised what information is already on the Web)

For parents, it is important to have ground rules and monitor what is shared. What sites do they visit? How often? What information do they share with friends? Look at their “friends” list and are there names you are not familiar with? Keep posts friendly. The negative comment may impact others. You cannot predict on line. Own your on line presence teaching children about security and privacy. This applies to on line games, applications and platforms.

Keep to safe and trusted websites and apps. They need to cautious clicking on, downloading, posting, and uploading content.

I hope this is helpful. Related to medical information I will include some safe sites for that. Related to COVID, the CDC and John Hopkins Medical Center are two great sites.

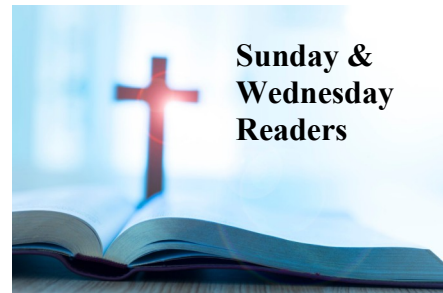
<https://staysafeonline.org>

<https://medscape.com>

<https://hopkinsmedicine.org>

<https://twin-cities.edu> on Menu look at health science newsletter

David Cheesebrow, RN, FCN



- 1 Michael McGinn
- 7 Diane Klingbeil
- 10 Linda Schwartz
- 17 Kaiden Aarons
- 17 Carolyn Mars
- 18 Carol Louisiana
- 20 Cynthia Klein
- 21 Joe Stemig
- 27 Katherine Fandrey
- 30 Bonnie Baier
- 31 Renee Kreitz

- 4 Renee & Robert Kreitz
- 7 Marie & John Gonsoski
- 16 David & Norma Cheesebrow

- Oct 3—Andrew Eckhardt
- Oct 10—Gerri Morse
- Oct 17—Matthew Buns
- Oct 24—Elizabeth Montgomer
- Oct 31—Howard Klingbeil



- October—Karen Weber & Joanne Johnson
- Nov.—Roxanne Knudsen & Rachelle Bilek

**PRAYER LIST**

- Liz Tonn - broken collar bone
- Jasper - son of Karen Lehner's friend with COVID
- Gerry Morse (knee replacement needed)
- Jim Morse (Gerry's cousin diagnosed with Myasthenia Gravis)
- David Huber (COPD)
- Laura Norton (cancer)
- Bob Kreitz
- Marie Gonsoski (knee problems and cataract surgery)
- John (Marie Gonsoski's husband - health concerns)
- Nancy Dement (part of lung removed due to cancer)
- Shawn Field (cancer)
- Robert (son of Rosie Peterson with inoperable cancer)
- Brenda Peterson (daughter of Sharon Mueller)
- Dean (friend of Lehnerns diagnosed with prostate cancer)
- Adam (Midge Bendix's grandson-in-law who has cancer)
- Steven Mikle
- Jackie Nowaczewski
- Rosie Peterson
- Roxanne Knudsen
- Jordyn (acquaintance of Cheesebrows with cancer)
- Shirley (Adrian's cousin who has cancer)
- Ron (Adrian's brother-in-law who has cancer)

**PRAYER LIST CONTINUED...**

- Jack Blank (husband of Linda Bataglia)
- Karyl (pronounced "carol") friend of Linda Bataglia
- Gary Brueggemann
- Sharon (Rochelle's relative on dialysis - awaiting a transplant)
- Katherine Fandrey

<b><u>Finances</u></b>
Giving Aug 25-Oct 4
Envelope Giving = \$ 5,892.00
Electronic Giving = \$ 3,185.00
Misc Giving = Koins for Kids \$20.00
Building Fund \$75.00

# October 2021

Altar Guild - Karen Weber & Joanne Johnson

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 8:30 am Worship Confirmation 9:30 am Bible Study	4 3:30 Deacons Mtg.	5 6	6 7	7 8	1 8	2 9 2 9:00 WOC Bible Study 10:00 WOC
10 8:30 am Worship 9:30 am Bible Study	11 12 6:30 Council Mtg.	13	14	15	16	
17 8:30 am Worship 9:30 am Bible Study	18 19	20	21	22	23	
24 8:30 am Worship 9:30 am Bible Study	25 26	27	28	29	30	
31 8:30 am Worship 9:30 am Bible Study						