Abilene State Supported Living Center

TEXAS Health and Human Services

OUR MISSION: To empower people to make choices that result in a life of dignity and increased independence.

AbSSLC News

Abilene SSLC

Week of January 20th, 2020

Importance of Secure Passwords (Part 2 of 3 in a Series)

How to Easily Spot a Week password (continued**)**

It's easy to identify, especially if someone knows you well

A common example is using a last name + year of birth combination. Marshall1968 - though this example uses 12 characters and includes letters and numbers, it includes both a name that can be associated with you or your family, and other identifying pieces of information such as your birth year, which means it can be easily hacked.

It's short and can be easily deciphered

Let's say you use "F1avoR" as a password, mixing up capital letters and numbers. Here are two important reasons why this password example isn't safe:

- It's too short. A long password is a strong password. The harder a hacker or a code-breaking software application has to work, the better.
- The number of substitutions can be easily guessed. Substituting the number 1 for the letter l is easy to guess for both humans and software.

How to Keep a Strong Password Secure

So you've settled on a password that's the perfect length, obscure, and mixes letters, numbers, and cases. You're on the right track, but not to total password security just yet.

- **Don't reuse your passwords.** If you're using the same password across email, shopping, and other websites holding sensitive personal data (or even a local community website) and one of those experiences a breach, you've now exposed the other services to the risk of being breached as well.
- **Don't write your passwords down.** In can be tempting, especially in the workplace, to keep track of passwords f the old-fashioned way, but these are easily discovered.
- **Use a password manager.** There are many apps that store your passwords securely. Webroot SecureAnywhere® Internet Security Plus and Webroot SecureAnywhere® Complete offer a password manager as an additional online security tool.
- **Don't share your passwords.** This one is a no-brainer, and if you must share, change it as soon as possible.
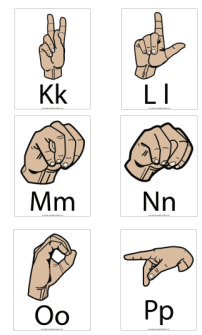
Tips for Creating a Unique Password (That's Also Strong)

Short answer: The secret to creating a hard-to-crack password that's unique and easy to remember is to focus on making it memorable and making it hard to guess. Seems simple enough, right? By learning a few simple skills, you can easily create a strong and memorable password with minimal effort. Plus, creating them can actually be fun - and your payoff in increased safety is huge.

Need a little help?

Come meet with us on Thursday's from 06:00-08:00 & 13:00-15:00 at the Unit III Unit office (same building as the RCC's) if you are needing help with things such as documenting, the meaning of abbreviations that the facility uses and any other obstacles that you may be experiencing. **We want to help you succeed!**

Word & Signs of the Week

Kk	L l
Mm	Nn
Oo	Pp

Name

First and second fingers of both hands - tap top fingers down on bottom fingers

Reserved Parking Spots

Abilene SSLC has a few reserved parking spaces for specific staff who may have to come and go due to the demands of their assigned positions.

Please don't park in reserved parking for any period of time. A few examples:

- To go into/out of a building.
- On weekends or holidays (people who have these spots have to come to work n these days sometimes)
- Because you think the person assigned he spot is out sick or out of town. They could come back to work without your knowledge.

If you see someone else parking in a reserved space, politely let them know they have parked in a reserved area.

See | Say | Do

Life Safety Code Tip of the Week

The fire alarm control panels and pull stations cannot be obstructed from view or physical access at any time. The Fire alarm strobe/light must be visible at all times. You cannot place/hang items on any part of the fire alarm or sprinkler system.