



TEXAS
Health and Human
Services

Abilene State Supported Living Center

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 27th, 2020

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

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. To avoid these easy to guess or hack passwords try one or more of the following tricks:

Use a phrase and incorporate shortcut codes or acronyms

These examples let you use phrases that either means something to you, or you associate with a type of website. For example, the 'all for one and one for all' may be the password for a social networking site where it's all about sharing. It could be a phrase about money for a banking site, and so on.

- **2BorNot2B_ThatIsThe?** (To be or not to be, that is the question - from Shakespeare)
- **L8r_L8rNot2day** (Later, later, not today - from the kid's rhyme)
- **4Score&7yrsAgo** (Four score and seven years ago - from the Gettysburg Address)
- **John3:16=4G** (Scriptural reference)
- **14A&A41dumaS** (one for all and all for 1 - from The Three Musketeers, by Dumas)

Use passwords with common elements, but customized to specific sites

These examples tell a story using a consistent style so if you know how you write the first sections, and you're on the login page for a site you'll know what to add.

- **ABT2_uz_AMZ!** (About to use Amazon)
- **ABT2_uz_BoA!** (About to use Bank of America)
- **Pwr4Acct-\$-\$** (Password for account at the bank)
- **Pwr4Acct-Fb** (Password for a Facebook account)

Add emoticons: While some websites limit the types of symbols you can use, most allow a wide range. Make your symbols memorable by turning them into smiley faces to instantly boost your password power. 1qazdrfvgy7, is really hard to remember unless you know that it's a W on your keyboard -that's a lot easier to remember! You can make letters, shapes, and more just 'drawing' on the keyboard.

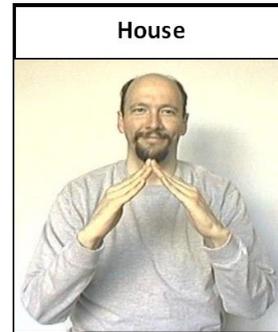
Use commonly allowed symbols:

! " # \$ % & ' () * + , - . / :
; < = > ? [\] ^ _ ` { | } ~

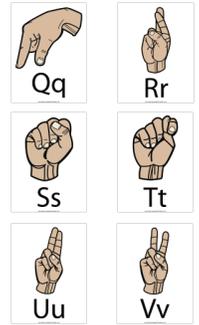
Use basic smiley faces: (Yes, these are symbols you can actually use.)

:) :(=c <: :S :D :@ :3 :L
8) :! :D :] :} :O :/ 8(<3

Word & Signs of the Week



House



House

The sign for "house" uses "flat hands" to show the roof and walls of a house.

Witness Abuse/Neglect/Exploitation Occurring?

A-Stop

Your first action is to stop the A/N/E from happening and to **separate** the Individual and person involved.

B-Help

Obtain medical help if needed.

C-Make Two Calls

(within 1 hour)

(1) Call Director/Designee

Call (325) 692-4053 or by dialing "0" from any campus phone.

(2) Call HHSC Provider Investigations

Call HHSC PI by dialing 1-800-647-7418 or dial A3B3U3S3E3 from any campus phone.

Intervening and Reporting for Abuse/Neglect/Exploitation

12.17.19

LSC Tips of the Week

- Portable fire extinguishers must be in-place, not obstructed, in correct location and at correct height, and have a current monthly inspection completed on the sticker.
- Illuminated exit signs are properly illuminated/not burned out. Please submit a CAFM WO if you see one that isn't working!

**SEE SOMETHING
SAY SOMETHING**

**HEAR SOMETHING
SAY SOMETHING**