



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 13<sup>th</sup>, 2020

### Importance of Secure Passwords (Part 1 of 3 in a Series)

Source: <https://www.webroot.com/in/en/resources/tips-articles/how-do-i-create-a-strong-password>

Creating strong passwords may seem like a daunting task, especially when the recommendation is to have a unique password for each site you visit. Anyone would be overwhelmed if they had to create and memorize multiple passwords like **Wt4e-79P-B13^qS**.

As a result, you may be using one identical password even though you know it's unsafe and that if it gets compromised all of your web information is exposed. Or you use several passwords, but they are all short simple words or include numbers that relate to your life they are still too easy to guess. Or, if you made hard to remember passwords (probably because your business or a website forced you to) then you likely have a list of the passwords right next to your computer - even though you know this also compromises your safety if others use your computer.

Passwords you can't remember are useless. But passwords that are too easy to remember can be easy to guess or to ascertain with a brute-force attack. With activities like personal banking and retirement increasingly migrating online, the stakes continue to rise.

#### What Makes a Password Strong?

The key aspects of a strong password are length (the longer the better); a mix of letters (upper and lower case), numbers, and symbols, no ties to your personal information, and no dictionary words. The good news is you don't have to memorize awful strings of random letters numbers and symbols in order to incorporate all of these aspects into your passwords. You simply need a few tricks.

#### How to Easily Spot a Weak Password

The secret is to make passwords memorable but hard to guess. Learning a few simple skills will make creating strong memorable passwords easy. Creating them can actually be fun - and your payoff in increased safety is huge.

To understand the definition of a strong password, it's best to go over common practices that put millions of users at risk on a daily basis. Let's look at a few examples of weak passwords to understand why these put you at risk:

#### *It uses common words, like "Password"*

The word "Password" is the most commonly used password. It's also pathetically weak - as are 'default' and 'blank'. These are simple words that can be easily guessed by a user. However, humans aren't your only concern. Programs that use automated databases can perform a dictionary assault on your system, identifying the password easily.

### Creating a Healthy You in 2020!

ERS wants to help start off 2020 by helping create a healthier version of you! The website below links you to several sites contracted by ERS that can help you lose weight and be healthier. You can also scan the code!

<https://ers.texas.gov/Active-Employees/News-About-Your-Benefits/Resolve-to-get-healthier-this-year%E2%80%93and-leave-dieting-behind>



QR Code

### Got Magazines?

Do you get magazines at home and then don't know what to do when them after you have read them? Don't throw them away – donate them!

We are looking for magazines in different areas (Cooking, Home Decorating, Cars, Fishing, Hunting, etc.) that can be used at the Activity Centers for the Individuals to enjoy.

If you have any you would like to donate – they can be older/back issues too – please leave them at the Switchboard or the (World Famous) 5<sup>th</sup> Street Diner.

## Blood Drive

Friday, January 17<sup>th</sup> – 11:30am-4:30pm

### AskAdmin Texting Group

Have you signed up for our local texting line? This allows us to stay in touch with you **and** to hear your thoughts on making AbSSLC even better!

Text **"AskAdmin"** to 474747 today to sign up!

### Sign Language Letters of the Week



Ff



Gg



Hh



Ii



Jj

### Life Safety Code Tip of the Week

Portable electric space heaters are not used in living areas or program areas. **This also includes buildings designed as a home, even if used for a different occupancy** (example: 6340 3<sup>rd</sup> - designated as a Home but used as an Activity Center).