



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 April 20th, 2020

AbSSLC Nursing Hotline for COVID19 Issues

If **you**, or **anyone in your household**, is tested for COVID19, it is **critical** that you contact the AbSSLC Nursing Hotline. You can reach this line by dialing INFO (x4636) from any campus phone or by calling 692-4053 x4636 from off-campus. Please note you will be asked to leave your full name and phone number on the recording – Nursing checks this line multiple times a day and will return your call. Please be patient – they are receiving numerous calls each day and want to take the time to ensure all of your questions are answered fully.

Phishing & Smishing Schemes

As you are working to keep you, your family and co-workers safe, remember to be practicing safe practices with your bank accounts, email & cell phone too! There are many different things being sent out to try to trick you into giving out personal data or click on fake links:

- Remember government agencies, banks and other legitimate companies **never** ask for personal or financial information, like usernames, passwords, PINs or credit or debit card numbers via text message.
- Never provide your personal or financial information in response to text messages from unknown senders. Verify the identity of the sender and take the time to ask yourself why the sender is asking for your information.
- Don't be rushed. Smishing (text message) scams attempt to create a false sense of urgency by implying that an immediate response is required or there is a limited time to respond.
- Don't open links in unsolicited text messages. Clicking the link may infect your mobile device with a virus or malware designed to steal personal or financial information stored on the device.
- Don't call a telephone number listed in an unsolicited text message. Scam artists often use email-to-text technology, short codes or spoofed local numbers to hide their identity. You should contact any bank, government, agency or company identified in the text message using the information listed in your records.
- Don't respond to smishing messages, even to ask the sender to stop contacting you. Responding to smishing messages verifies your phone number is active and you are willing to open such messages, which may lead to an increase in the unsolicited text messages you receive.
- Use caution when providing your cell phone number or other information in response to pop-up advertisements and "free trial" offers. This personal information can be easily bought, sold, and traded, and makes you a target for smishing scams.
- Use the same safety and security practices on your cell phone as you do on your computer. Be cautious of text messages from unknown senders and unusual text messages from senders you know. Keep your security software and applications up to date.

National Linen Week – April 20th-25th



Dread doing laundry? How about over **200,000lbs** a month? This is what the Region 2 Laundry does while serving those living at Abilene, Lubbock & San Angelo SSLCs along with Big Spring State Hospital! Unless you have ever visited the Laundry it's hard to know how much goes into getting the laundry in, washed & dried and back out the door. They work closely with Vocational Services to get it folded and ready for the homes.

Friendly Reminder:

Please have your **name badge** out and available to show at the entrance if needed.

Have you signed up for the Texting Line?
Text **AskAdmin** to **474747**

Life Safety Code Tip of the Week

Electrical panels (especially in the utility rooms) are not blocked from access (need 36" frontal clearance that is at least the width of the electrical panel)