

Is That Quiz on Facebook Stealing Your Info?

Facebook Quizzes: More than just a game.

We've all seen them and most likely, many have participated in them; Facebook quizzes that have flooded our feeds. Seemingly harmless, people perceive them as a fun way to engage with their friends and learn more about their connections. These popular quizzes ask users to answer a series of personal information under the guise that they are "getting to know" the user or themselves better.

Common quiz questions include details like best friend from high school, dog's name, birth month, or birth city. Unfortunately, the questions are also commonly used security questions by financial institutions or other organizations in order to further protect customers from hackers accessing their accounts. These "fun" personality quizzes can be cleverly disguised behind holiday or pop culture themes but are in fact phishing scams attempting to steal personal information in order to piece together password and security information, which could then be sold on the dark web for use in accessing accounts or opening new ones.

Once users take these quizzes, there is no getting back the information provided. However, users can protect themselves in the future by never participating in any online quiz, as it often takes thieves multiple attempts to gain personal data needed to create a full profile.

In the event personal information has been used to steal your account holder's identity, a personal Identity Recovery Advocate is standing by to research and resolve any identity theft issue that they may suspect, or evidence of identity fraud that they discover.

The Facebook Quiz

Which Disney princess are you? What city should you actually live in? What food matches your personality? What career should you actually have? We've all seen them. Mostly likely we played along at some point. On the outside these playful, whimsical quizzes seem harmless, even fun, but the reality is much darker. These popular quizzes ask you to answer a series of personal questions under the guise that you're getting to know yourself or your connections better or you are creating something unique and humorous that you will want to share. Common quiz questions request details like your best friend from high school, the name of the street you grew up on, your first pet's name, your birth month or birth city.

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facebook®

If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at maryjos@ohawcha.org.

Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas:

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!



If this sounds familiar it's because these answers are also answers to common challenge questions used by financial institutions and other companies as part of the security authentication designed to protect customers' accounts from hackers. So while you are participating in these seemingly harmless personality quizzes you may actually be helping a criminal piece together your password and security information to gain access to your accounts or your email.

In addition, when you click to begin or to respond to questions, the links, image, and other elements within these quizzes may be laced with viruses that can infect your computer, phone or tablet, further exposing you to fraud and theft by exposing your information over a longer period of time. And at a minimum quizzes may be gathering data points about you and your preferences for targeted spam and online ads. While not all quizzes have a sinister motive, it pays to protect yourself and your identity by thinking twice before participating in Facebook or online quizzes. Stick to the mantra: When in doubt, don't fill it out!

Social Media Content

Help your account holders avoid falling into the trap of online quizzes through information and education. Here are several social media posts that can help reinforce the message in the editorial content.

Post #1 – When it doubt, don't fill it out. Fun Facebook quizzes could actually be phishing scams attempting to steal your personal data. Skip the quiz, protect yourself.



6 Ways to Help You Beat Stress-

1. **Be Mindful of your health-** Inadequate rest, poor diet and lack of exercise can all exacerbate stress. As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. Beating stress starts with taking care of yourself.
2. **Deal with what you can control-** Some things are totally out of your control, such as the coronavirus pandemic. What is in your power to control, however is how you respond and react to outside factors. Concentrate on finding solutions to help make the problem less stressful.
3. **Go Slow-** Everything cannot be resolved at once, nor does it need to be. Prioritize, set realistic goals, do your best to achieve them, and take things one day at a time.
4. **Be Adaptable and Positive-** A positive outlook can influence your stress levels. Aim to remain calm and "go with the flow" to help you stay relaxed.
5. **Support and refresh your Mind-** Exercising, practicing yoga, meditating, listening to music or taking a few deep breaths can all help relax the mind and reduce stress. Find something that works for you and do it regularly.
6. **Find Support-** Connect with your support system— a loved one, trusted friend or a professional to relieve stress by talking it through.

JUNE 2022

Marian Manor Staff

**Stacy, Senior Property
Manager**

424-1470 Ext. 126

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

**Mary Jo, Social Services
Coordinator**

424-1470 Ext. 136

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am— Noon

Scott, Maintenance

Monday -Thursday

6:00 am-4:30 pm

Roger, Custodial

Monday, Tuesday, Thursday

6:30 am - 3:30 pm

Friday 6:30 am—12:30 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

**Lori, Monday, Tuesday and
alternate Fridays**

**Teresa, Wednesday, Thursday
and alternate Fridays**

Executive Director Office






Stuart Kuzik

424-1470 Ext. 112

Closed for Lunch

Noon—1:00 pm

**Housing Offices Close
at Noon on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						
			1	2	3	4
			2:00 pm Fire Alarm Testing			
5	6	7	8	9	10	11
				Library Books Delivered		
						
12	13	14	15	16	17	18
		Bug Day Apts 101- 110 &121				
						
19	20	21	22	23	24	25
						
26	27	28	29	30		
	3:30 pm OHA Board Meeting			