

6

Best Practices

to protect your business from fraud.

by Allison Coleman
Fraud Specialist

From recent data breaches to increasing incidents of fraudulent emails, businesses are increasingly at risk of email and online fraud. Many online safety precautions that apply to consumers can also protect businesses.

It's important for businesses to have a security plan in place to ensure employees help protect sensitive company data. Here are six best practices that can help protect your information and reduce the risks of falling victim to fraud.

1. Know Who's Asking

There has been a rise in emails to businesses that appear to be from suppliers. These emails may look legitimate but will ask for sensitive financial information or request that you change the bank account information to pay an invoice. If you receive an email asking you to provide sensitive financial information or a request to change vendor banking information– even one that may look like it's from your bank or supplier – call to verify before responding. **Never send funds without verifying with a trusted number - NOT the number in the email.**

2. Use Internet Banking to Check Accounts Daily

Checking your accounts daily is the number one best way to stay ahead of fraudulent transactions. Look at each check image for payee alterations, including the amount of the check, and alert the bank of inconsistencies the day of posting.

3. Keep Your Passwords Secret

Do not share passwords and do not leave any documents that contain access to financial data in an unsecured area. Change your passwords regularly.

4. Keep Financial Data Separate

For business users, if at all possible, use a dedicated workstation to perform all company banking activity. Use other computers to access the Internet and conduct non-banking business.

5. No Phishing Allowed

Beware of phishing emails. Never click on a link from an unsolicited email. This is a tactic used to allow Malware to be installed on your system.

6. Protect Your Computer

- **Anti-spam software** helps prevent spam and junk email from entering your inbox, which helps guard against phishing emails.
- **Firewall software** helps prevent unauthorized access to your computer through viruses and malware.
- **Anti-spyware software** blocks the installation of spyware on your computer, which can monitor or control your computer use and send you pop-ups or redirect you to malicious website.

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Women in Leadership Luncheon

Thursday, October 5, 2023
11:30 a.m. at North Oaks Golf Club

Featured Speaker

Jasmine Brett Stringer

Jasmine Brett Stringer is a keynote speaker, award-winning author, and founder of the lifestyle brand and podcast Carpe Diem with Jasmine. Today, Jasmine empowers people to identify their goals and achieve their personal definition of success through Seize Your Life keynotes, workshops, and coaching sessions. She has shared her positive message with corporate and nonprofit organizations and speaks on effective networking, building synergy, and developing interpersonal skills. Learn more at www.jbstringer.com.



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In June, F&M Bank Team members at all locations enjoyed a day of training and team building!



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Minnesota SUMMER 2023

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to Protect Your Business from Fraud

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Culture Director

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Julie McCormick, L.Ac.
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To Our Valued Clients

I'm Lisa McQuillen, Culture Director at F&M Bank. I have the honor of guest writing this edition's President's Letter to talk about what "culture" means here at F&M.

What comes to mind when you hear the word "culture"? Organizations are progressively placing an emphasis on their culture. Why? More than ever, an organization's culture is what attracts and retains employees as well as sets it apart from their competition.

Are you familiar with the phrase "Midwest Nice"? Midwesterners are known for our culture of hospitality, friendliness, and work ethic. "Midwest Nice" sets us apart for our unique set of values and beliefs. Culture exists in your communities, schools, churches, neighborhoods, and even your families. All these groups have unique sets of values and beliefs that cultivate behaviors and create a culture specific to each group.

For the most part, banks provide the same products and services, but how we go about delivering those products and services is what makes us unique. At F&M, culture isn't anything new. Our goal is to remain intentional and to hold ourselves accountable to continue to cultivate our culture, beliefs, and behaviors that define who we are, what we do, and why we do it.

What makes F&M's culture unique? Let's start with why F&M exists, or "Our Why". We show up every day to help our clients live out their dreams, to encourage our team members to live out the best versions of themselves, and to have a larger impact in the communities we serve as an organization than we could individually. We do this by exceeding the expectations of our clients and team members. To exceed expectations, we must have trust and a relationship must be formed. Relationships are at the core of everything we do at F&M. We have conversations, we ask questions, we seek feedback, and we give advice.

Another piece of the F&M Culture is what we refer to as our Culture Statement: One Team, One Culture, One Vision. While we have different locations and team members in different roles, we are all hands on deck to deliver an exceptional experience to our clients, our team members, and the communities we serve. We do this through collaboration, cross training, and consistency. We hold one another accountable to showing up at our best and look for opportunities to grow both personally and professionally.

We are fortunate to have the vision of our President & CEO, Nate Dunn; a vision that invests in ways to live out "Our Why". In 2023, we launched an exciting initiative called Project Vision. Project Vision is a digital transformation that will improve the efficiencies of how we do our jobs and the clients experience. Project Vision will bring F&M Bank to the forefront of technology, improved security and fraud protection, and refreshed internet banking. There will be much more to come in the coming months. Our team is eager and ready to exceed your expectations!

In closing, I would challenge you to think about the unique values, beliefs, and behaviors that define your household, place of work, volunteer group, or the community you live in. What are they, does everyone know them and understand them? Do we remind one another when we are showing up - and better yet - when we are not? Maybe it's time to re-evaluate and reset your intentions on what behaviors and actions you desire to cultivate in your team moving forward. It's never too late to start.

Thank you for giving us the opportunity to serve you and provide exceptional banking to you, our valued clients!

Sincerely yours,

Lisa S. McQuillen

Lisa McQuillen • Senior Vice President & Director of Culture
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WELCOME NEW TEAM MEMBER



Nate Larson

Nate Larson, Vice President, Commerical Loan Officer, brings over 8.5 years of banking experience in commerical lending. He graduated from the University of Wisconsin-

Stout with a degree in Business Administration with an emphasis in finance. Nate and his wife, Tara, reside in Lakeville, MN with their two daughters. In his free time, he enjoys golfing, basketball, playing with his kids, traveling, and completing house projects. Welcome, Nate!

CELEBRATING MILESTONES



Shelly Myrland

Congratulations to Shelly Myrland, Senior Vice President, on celebrating 10 years at F&M Bank.

IN THE COMMUNITY



JUNIOR ACHIEVEMENT | F&M Bank team members in Minnesota recently volunteered to support Battle Creek Middle School students at Junior Achievement Finance Park in St. Paul, MN.

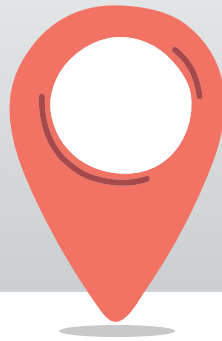
Business of the Month



Olive Me Chiropractic
www.olivemechiro.com

Congratulations to the chosen businesses for the month of July!

A Ray of Sunshine
www.arayofsunshineboutique.com



SUPPORT LOCAL BUSINESS

Nate Dunn

"Next Generation of Leaders" Scholarships

invest in future young leaders from high schools in each of the communities we serve. Congratulations to Ella O'Hearn, Centennial High School graduate and Nate Dunn Scholarship recipient! Ella plans to attend the Carlson School of Management at the University of Minnesota.



Ella O'Hearn

Congratulations to the Class of 2023!



Our relationship with F&M Bank has changed the way we think of banking. We've built a relationship on trust, communication, and expert advice. They take the time to understand our business, our needs, help us find solutions and are committed to our success and growth.

Julie McCormick, L.Ac.
Selby Acupuncture

YOUR TEAM OF

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