

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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F&M BANK "The Right Choice"

101 E Main St, Manchester, IA 52057
220 W Main St, Anamosa, IA 52205
4000 1st Ave NE, Cedar Rapids, IA 52402
200 1st St SW, Cedar Rapids, IA 52404
111 E 1st St, Monticello, IA 52310
7641 Lake Dr, Lino Lakes, MN 55014
845 E County Rd E, Vadnais Heights, MN 55127



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



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Jones County SUMMER 2023

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Sperflage Grain
Bill, Will & Ryan Sperflage

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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
lmquillen@fmbank.biz

WELCOME NEW TEAM MEMBER



Lizzy Doyle

Lizzy, Customer Service Representative, brings 7 years of management experience and graduated from Kirkwood Community College in 2019. She and

her boyfriend, Curtis, have two dogs, Duke and Josie, and reside in Anamosa. Lizzy enjoys spending time with friends and family, walking the dogs, and traveling to experience new places and things. Welcome, Lizzy!



Seth Wedewer

Seth, Business Banker, graduated from the University of Iowa - Henry B. Tippie College of Business with a B.B.A in Finance. He brings over 6 years of banking experience to the

Lending & Credit department at F&M. Seth and his wife, Anna, have a Golden Retriever named Winston. He enjoys golf, table tennis, and cooking. Welcome!



EVERFI | F&M is proud to partner with EverFi to bring financial literacy to high school students at Monticello High School!

IN THE COMMUNITY



Thank you for joining us at our annual "Have Lunch with Us!"



Nate Dunn
"Next Generation of Leaders" Scholarships

invest in future young leaders from high schools in each of the communities we serve. Congratulations to Lauren Koehler, Reagan Schneider, and Maggie Wagner, recipients of the Nate Dunn "Next Generation of Leaders" scholarship.

Lauren Koehler, Monticello High School graduate, plans to attend Iowa State University. Reagan Schneider, Monticello High School graduate, plans to attend the University of Iowa Tippie College of Business. Maggie Wagner, Anamosa High School graduate, plans to attend the University of Northern Iowa.

Congratulations to the Class of 2023!



Lauren Koehler
Monticello High School



Reagan Schneider
Monticello High School



Maggie Wagner
Anamosa High School



Our relationship with F&M Bank is built on mutual trust. The friendly team at F&M Bank has taken the time to not only know and understand our crop farming business, but our family as well. And to us, our family is what matters the most.

Sperslage Grain | Bill, Will & Ryan Sperslage

YOUR TEAM OF *Commercial Bankers*



Lisa McQuillen
Senior Vice President
563-920-9188 • lisa.mcquillen@fmbank.biz



Trevor Hulett
Business Banker
319-730-6061 • thulett@fmbank.biz



Cody Naber
Assistant Vice President
319-730-6034 • cnaber@fmbank.biz



Heather Bottelman
Universal Banker
319-730-6073 • hbottelman@fmbank.biz



Seth Wedewer
Business Banker
319-730-6065 • swedewer@fmbank.biz

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