

## Digby and Area Seniors' Safety Program

Memory café

Tuesdays

2:00 pm

4459 Hwy 1

Weymouth

For friends and

loved ones with

memory

concerns. Come

join us this

March!

### *Storing Important Documents*

There are a few different things you should consider when storing legal documents. Wills, powers of attorney, medical care directives, certificates, funeral arrangements, deeds to your house and property, military documents, citizenship papers, passports, SIN cards and insurance policies are all examples.

These documents not only need to be kept safe, but they should be accessible to someone you trust. You may be in an emergency situation where you cannot get to this information, but need it.

**The best you can do is find a trusted family member or friend you can rely on should an emergency arise.**

There are a couple of different options for the safe storage of documents and personal valuables. A popular suggestion might be a safe deposit box. These are also a

great spot for valuable jewelry. Safe deposit boxes range in price from \$35 to \$50 a year. Larger boxes are available for a bit more cost. Seniors often get a discount.

The attraction of the safe deposit box is that only the signatory or lease holder has access to this box. This can, however, be a disadvantage if you are the only lease holder and unable to access information you might need.

You can arrange for another person you trust to have access to the box and its contents. You can even arrange that more than one person is present to sign to access your box.

Talk to your bank about the best option for you. Remember to keep the key to your safe deposit box in a safe place separate from your home and car keys.

Make a list of the items you are keeping in

your safe deposit box and file it away or give it to a trusted friend or family member.

Remember, it is not only important that you completely trust those who would access your safe deposit box, but that they can easily access necessary papers in emergency situations.

Home safes are another option for your documents and valuables. These are made fire and theft resistant. They come with keys, or combinations, and should be bolted, making it difficult for someone to take from your home.

Keys are best if you are prone to forget a combination. **Plan ahead and share only the necessary information with someone you trust.** You need not advertise that you have a safe in your house.

Remember, the safest place to keep money is in your bank account or a safe deposit box.

Be careful what you share and like on Facebook and social media. Frauds and scams are out there and we don't want you to be victimized. If you have questions, Call Digby and Area Seniors Safety Program, 902-308-0544

### **BE AWARE OF EMAIL HOAXES AND URBAN LEGENDS**

**HOAX**— An emailed document intended to defraud the public. Spreads rapidly from person to person. Usually says, "This is not a hoax" or "Forward this to everyone you know" or "Urgent message". Offers seemingly important information. Overuses exclamation marks and uppercase letters. Implies legitimacy by saying police or government are offering these warnings. Often has misspelled words.

**URBAN LEGEND** — Seems plausible enough to believe. Tells of horrific, embarrassing or ironic stories. Sometimes provides doctored photos that look real. Often begins with the words "This is a true story.." or "this happened to a friend of mine." Should be read with caution. Could be true, but never act on information providing medical directives without doctor's consent.



## TOWARDS A FUTURE WITHOUT FOSSIL FUELS

Like many other rural communities, the Municipality of the District of Digby faces a number of challenges, such as a declining and aging population, transitioning to a more diverse economy, and balancing the sometimes-conflicting pressures of economic development and environmental conservation.

Fighting climate change and transitioning to a carbon-free society requires a multi-faceted approach from increasing renewable generation on the electrical grid to converting transportation to space heating. This conversion, called either Beneficial Electrification (BE) or Strategic Electrification (SE), reduces overall CHG emissions by replacing fossil-based fuels with renewable energy.

In February, Warden Gregory, Councillor Tudor and the Coordinator for Renewable Energy and Climate Change, Terry Thibodeau attended the Sustainable Communities Conference sponsored by the Federation of Canadian Municipalities (FCM). The conference focused on preparing communities for a fossil fuel free society. The conference highlighted the transition to clean energy projects and energy efficiency as a move toward reducing our carbon footprint and a path toward Net Zero (getting off of fossil fuels). The conference offered guidance around best practices found across Canada. The move to Net Zero also highlights the need to involve our indigenous communities in our collaborative efforts.

One highlight of the trip to Ottawa was in meeting with Soren Hermansen, lead energy architect in the decarbonization of Samsø, Denmark. Samsø is a small island off Denmark and now boasts of being completely fossil fuel free. Our aim as a municipality is to work with our provincial counterparts to create a framework that would allow Digby to achieve similar goals and aspirations. More can be found on our website that highlights some of the key presentations for creating a sustainable municipality. You can read more about Samsø here: <https://unfccc.int/climate-action/un-global-climate-action-awards/climate-leaders/samsø>



The highlight of the Ottawa trip for the Digby delegation was meeting up with Soren Hermansen, principal architect for decarbonizing (100% fossil fuel free) of Samsø, a small remote island off of Denmark. The Samsø Island initiative could be applied in the Digby area.



Discussion panel with Gabrielle Blatz, Councillor City of Wetaskwin, Chris Henderson, CEO Indigenous Clean Energy and Amarjeet Sohi, Mayor of Edmonton.



The Digby delegation was honoured to be received by MP Chris d'Entremont, Deputy Speaker of the House of Commons, who gave the delegation a tour of the newly renovated West Block. The MP was briefed on the effects of climate change in the District. L-R Councillor David Tudor, Warden Linda Gregory, MP Chris d'Entremont, Coordinator Renewable Energy and Climate Change, Terry Thibodeau.