

Safety on Social Media



DIGBY AND AREA SENIORS' SAFETY PROGRAM

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Chat rooms, I tunes Cards and Wiring Money

Loneliness is a very common feeling, especially among seniors and singles. Many of us are glued to our phones, tablets and other devices to find old and new friends. We follow sites and apps we enjoy, read from church groups, gardening or art sites, or we get frequent pop ups and requests on our social media accounts. Examples are facebook and instagram chat rooms.

Tips for Recognizing Scams:

- The "friend" you have made, usually lives or works away. Often they claim to be on an oil ship overseas or away in the military. They will find you first. They might chat about those flowers you've posted or the church group you follow on FB.
- This new "friend" will make you feel special and share in your interest and remember what you've told them. They will establish a relationship with you slowly and know exactly that you feel better talking with them.
- **NEVER EVER** give personal information unless you are the one who made the contact and you are certain you know who you are sharing it with.
- You might even think you are speaking with an actual friend whose identity has been stolen. You might see their profile photo but the chat is very much out of character. Block this activity and report this facebook. Alert your friend by phone so they can change their passwords.

If you've been a victim of a scam:

Contact your bank if you've shared your banking or personal information. They can help protect your accounts.

Call the police 902-245-2579 or the Senior's Safety Program 902-308-0544. Most friendship scams are not local crimes.

Consider changing your contact information. Most victims are in disbelief and feel shame that they were lied to and that they lost money. Believe your "friend" is a scammer.

Ask for help in understanding how your device works. Each one is different and all of them put you at risk.

"She is my friend and she is having a tough time. We chat everyday. I hate to see her in trouble. She wants to fly over to meet me. I know she loves me. She tells me all the time. I've wired her \$5000 dollars for her trip. My family is very angry and says it's a scam!

◆ ONLINE SAFETY

Your online activity is monitored by something called a digital footprint. Every click you make is recognized as something you enjoy to see. That is why each of our feeds or threads are designed to what our patterns and clicks suggest. You are being watched.

Be careful what you like and share on Facebook. Much of this info could be stolen or plans to target your interests. Seniors are most often targeted in these church or hobby pages.

Accept friend requests from only people you know personally!!!!

Spring Into Adventure: Explore Digby Trails and Earn Badges!

Warmer days are coming! Spring is on the way, and with it, a whole new season of outdoor fun! Explore five beautiful local trails—Acacia Valley, Gulliver's Cove, Weymouth Storybook, Balancing Rock, and Van Tassel Lake—and earn badges along the way with the Digby Area Recreation Commission's Hiking Trail Challenge. Want to download the challenge booklet or find more trail information? Visit the Digby Outdoors Map at digbytrails.ca

New Challenge Alert:

New for Spring/Summer 2025: The Big Meadow Bog Badge! Get ready for an exciting new challenge—coming soon!

Exciting New Partnership: Fundy Erratics and DARC Unite for Outdoor Adventure

We're thrilled to announce a new partnership between the Fundy Erratics and Digby Area Recreation Commission (DARC)! This exciting collaboration brings together two community-driven organizations with a shared passion for outdoor adventure. By joining forces, the Fundy Erratics will continue to offer their beloved hiking events and outdoor experiences, now with the added support of DARC's resources. Together, they're making it easier for everyone to get outside, stay active, and connect with nature—all while building a stronger, more engaged community.

So, whether you're collecting badges, running, or hiking, Digby's trails are ready and waiting. Let's make this spring unforgettable with outdoor adventures that bring us closer to nature—and to each other!



Lily Lake Lollygag Trail Run

SATURDAY APRIL 12, 2025

9:00 AM REGISTRATION OPENS

CHILDREN'S RUN 9:30 AM; 12 & 6KM TO FOLLOW @10:30

@ VANTASSEL LAKE TRAILS, DIGBY N.S.

KIDS 1, 2, 3 KM LOOP. 6K/12K (ISH) TRAIL RUN OR WALK/HIKE AGES 12 & UP

REGISTER NOW AT THE DIGBY RECREATION OFFICE OR ON RACE ROSTER

[HTTPS://RACEROSTER.COM/EVENTS/2025/01487/LILY-LAKE-LOLLYGAG-TRAIL-RUN-2025](https://raceroster.com/events/2025/01487/LILY-LAKE-LOLLYGAG-TRAIL-RUN-2025)

SUGGESTED REGISTRATION FEE \$20-

PAY WHAT YOU CAN OR DONATE A LITTLE MORE OPTIONS ALSO AVAILABLE. CHILDREN 12 AND UNDER FREE OR BY DONATION

ALL FUNDS RAISED TO SUPPORT ACTIVE DIGBY FUND!

IN PARTNERSHIP WITH DIGBY AREA RECREATION, MUNICIPALITY OF DIGBY, TOWN OF DIGBY & VLT TRAILS ASSOCIATION



The Fundy Erratics at Vantassel Lake Trail