

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Cyber security: Online safety tips for seniors



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EXECUTIVE DIRECTOR

Cyber crime is a modern phenomenon, but the idea behind it is no different than a thief breaking into your house and trying to take what is yours. Cyber crimes affect all of us, but seniors are often targeted because criminals know older adults have been working to acquire

assets for retirement and may not always be as technologically savvy.

A transition to retirement is a vulnerable moment in life and cyber criminals use this as an opportunity to compromise your cyber security. Hackers will plant malicious software on your devices or try to solicit passwords and identifying information about you. Cyber criminals use this information to obtain your email address and sensitive financial and personal information, such as your Social Security number. Their goal is to access your financial assets, scam

you for money or even impersonate you to con those you care about.

How do you prevent this? Cyber security is not a singular action, but a collection of preventative measures you can take to effectively stop breaches of your privacy. Following these essential tips and steps can help decrease your chances of becoming a victim of cyber crime:

Use antivirus software, malware and firewalls on your computer and internet-enabled devices.

Change your Wi-Fi and administrative passwords monthly.

Use strong passwords of twelve characters or more, mixing upper and lower case letters, numbers and special characters. Avoid using any names or common phrases.

Review your financial statements frequently for transactions you did not make.

When sharing on social networks or media, ask yourself, is this something I'd want a stranger to know? If not, don't share it, or make sure you have the strictest privacy settings enabled.

Never give personal or identifying information out to anyone,

even if you think it's someone you know.

Never open or click on links in suspicious social media messages or emails. An email or social media message asking for help is usually a scam.

Create backup files of sensitive information on external drives and/or USB drives.

If you find yourself the victim of a cyber crime, take immediate action. This can include shutting down any compromised electronic devices and taking them to a specialist, or deactivating bank accounts and credit

cards and contacting the handler of the account immediately.

You have worked hard planning your retirement and creating a secure life for your family. Protecting your assets from cyber attacks the same way you'd protect your home from intruders should be an essential part of that planning process. The Department of Homeland Security offers valuable resources to keep you safe from cyber criminals at: <https://www.fema.gov/media-library/assets/documents/163271> and <https://www.ready.gov/cybersecurity>.

Tree removal planned for wilder Cemetery

LANCASTER — After some months of research and careful consideration the Lancaster Cemetery Trustees (LCT) have voted to remove nine of the large White Pines in Wilder Cemetery, including the two most prominent on top of the knoll.

Although the cemetery trustees, like those at the library, are independent of the town officials, cooperation is elicited to get the best results. There is a capital reserve fund established for the municipal cemeteries but it cannot accommodate the high cost of a project like this. Hence, additional funds will need to be budgeted and approved by the budget committee and select board.

Prompted by the concern of abutter and insurance agent Jeff Gilman that the trees are a safety issue, the trustees

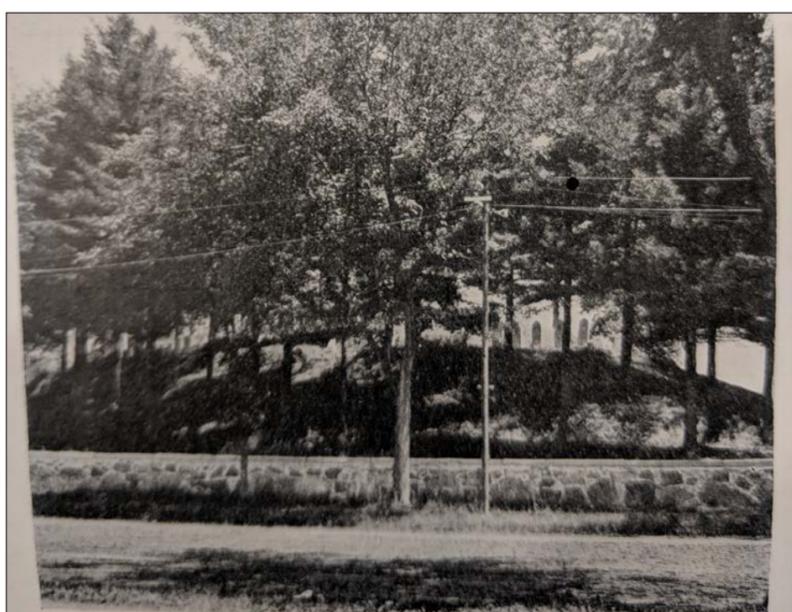
looked into what the best approach might be. While the only hazard identified thus far has been the falling of some dead limbs, the trees and cemetery are clearly in need of some long-needed attention. Changing weather patterns are an additional concern.

These trees inevitably invite more severe weather than more sheltered locations. Precisely because they have grown and thrived in an adversarial situation, they have adapted with broad roots and cellular muscle specific to their location. Although it was the preference of Gilman to have all 25 trees behind his office removed, the trustees have opted to follow the advice of the arborist and take only specific trees identified in his report. There is the concern that taking the larger number will undermine

those that remain. After observing the results of this cut the trustees can move forward with some experience to decide what is best for the rest of the cemetery.

To ascertain the best approach, and satisfy any possible questions of liability, certified arborist Peter Hoag was hired. Specific trees that were found to be ailing and vulnerable will be removed. Unfortunately, this includes one of the iconic Pines above the gate. As the removal of this tree will require disconnecting certain power lines and additional temporary adjustments to the site, it is thought to be sensible and financially expedient to take the other large, healthy pine there at the same time.

The only local tree removal enterprise with the ability to do this is Classen Tree Service out of Thornton. It is expected this will be done in February or March. To see how this is done go to classentreeservice.org to see a video showing a close approximation of what we will see here in Lancaster.



Perhaps the only bright side to this story is the possibility that the historic, Garland Mill will be able to make good use of these historic trees from the oldest, municipal cemetery in Lancaster.

While trees cut in such "residential" settings can be a sawmill's safety concern due to the possibility of metal embedded over the years,

it is hoped that the steepness of the grade and public location of these trees will have kept them clean from such hazards.

Wilder Cemetery was deeded to the town in 1806 and named for Maj Jonas Wilder who was ubiquitous in the affairs of the early settlement of town. Referred to in the local history as "the sand mound" it is oval

in shape and stands out on the otherwise flat, alluvial plane of the Connecticut River Valley. Geologically speaking it is called an esker and it is made up of 42-foot of sand. Ease of interment in a time when the shovel was the pre-eminent burial tool and the central location doubtless made this site desirable.

Shortly after establishing the cemetery James W. Weeks was appointed to "lay out the grounds and make improvement" and he "also set out the pines" most of which are no longer there. It is possible, however, that some of the magnificent trees we see there today were planted at that time. Several are more than 100 feet tall and many have a girth of more than 30."

The LCT meets the second Wednesday of every month at the Town Hall Auditorium. Questions about this or any other cemetery business may be addressed at that time or call the town office at 788-3391 and ask for Michael Nadeau, or call Lucy Wyman at 788-3688.

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Autumn Craft Fair**

Durrell Methodist Church
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**Saturday,
November 3rd
9:00am to 3:00 pm**

Over 20 Vendors!

Baked & canned goods, hand sewn, crochet, knitted and wooden items, doll clothes, homemade cards, pillows and rustic home décor and **Much, much, more.**

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AND LUNCHEON
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**Saturday, November 3, 2018
10:30AM to 2:00PM**

**Chicken Pie Lunch (11:00 to 1:00)
(take-out available)
Adults \$6; Children \$3**

Penny Sale * Baked Goods and Candy
Book Nook * Gift Trays * Jewelry Table * Quilt Raffle

Town of Northumberland Notice of Cemetery Closure for the Season

The Northumberland Town Cemetery gates will be closed to vehicular traffic Thursday, November 1st, 2018 and will remain closed until Wednesday, May 1st, 2019 weather permitting.

Thank you for your continued cooperation.
Board of Selectmen
Cemetery Trustees

HELP WANTED



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