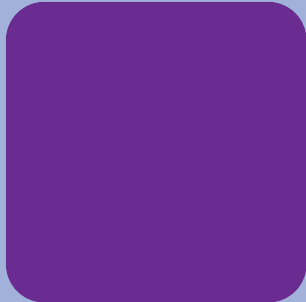
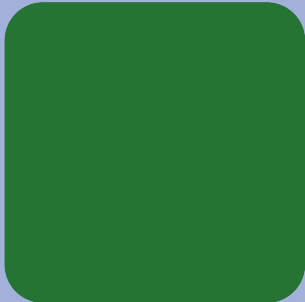


# 2007 programs for *Seniors*

18<sup>th</sup> edition

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contains valuable  
information for  
those 50+ and  
their families

  
Seniors'  
Secretariat

Giving Nova Scotia Seniors a Voice

  
NOVA SCOTIA

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- Dartmouth . . . . . Staples Plaza, 434-4531
- Halifax . . . . . Bay St, 455-4571
- Halifax . . . . . Spring Garden Rd, 422-3806
- Halifax . . . . . Gladstone Bld, 453-8852
- Lower Sackville . . . . . Sackville Dr, 863-9450
- New Glasgow . . . . . Last River Rd, 732-2200
- New Minas . . . . . Commercial St, 681-7343
- Windsor . . . . . Wentworth Rd, 708-5945

**New Brunswick (area code 506)**

- Suzer . . . . . Main St, 432-4789

**Newfoundland & Labrador (area code 709)**

- Corner Brook . . . . . O'Connell Dr, 639-1081
- St. John's . . . . . Avalon Mall, 722-5460
- St. John's . . . . . Elizabeth Dr, 294-7550

**Prince Edward Island (area code 902)**

- Charlottetown . . . . . St. Peter's Rd, 628-6611
- Summerside . . . . . Granville St, 413-3365

**Contact us Toll Free:  
1-800-461-9876**



## **A Message from The Honourable Rodney J. MacDonald Premier of the Province of Nova Scotia**

Each year, the *Programs for Seniors* provides an essential, comprehensive listing of services for Nova Scotia's seniors. It is a vital tool for many, providing a unique guide to address specific needs of our very active senior population.

Our Seniors' Secretariat, which develops the guide each year, also serves as a single entry point to access information and to offer a voice for the issues and concerns of our seniors.

In support of their efforts, and to illustrate our wish to provide a greater emphasis on the needs of senior Nova Scotians, this year our government designated a minister, Hon. Carolyn Bolivar-Getson, responsible for Seniors. We hope this leadership and the continued work of the Secretariat will ensure the needs of seniors in this province are well-represented.

Nova Scotia thrives based on the strength of our communities and the dedication and enthusiasm of the individuals who live here. The contribution of seniors throughout Nova Scotia to their communities on a day-to-day basis enhances the well-being of all. As a province, we hope the services contained in this guide help to enhance the lives of seniors, and their families.

I know you will find this year's program as helpful as ever. I wish you all the best in the year ahead.

Sincerely,

A handwritten signature in cursive script that reads "Rodney MacDonald". The signature is written in dark ink and is positioned below the word "Sincerely,".

Rodney J. MacDonald  
Premier of Nova Scotia



## **A Message from The Honourable Carolyn Bolivar-Getson Minister of Seniors**

It is with great pleasure that I present you with the 2007 edition of Programs for Seniors.

Year after year, seniors praise this resource for providing them with quick and easy access to the many programs and services available to seniors in our province. And, those who work with seniors say it makes their job much easier.

*Programs for Seniors* is one of the many ways the Seniors' Secretariat fulfills its commitment to seniors. For over 25 years, the Secretariat has anticipated and taken steps to address challenges relating to seniors, and acted as a facilitator and information source for seniors.

I invite you to browse through this 18th edition of Programs for Seniors and discover for yourself why it's such a valuable resource. Over 75,000 copies will be distributed across the province this year, in addition to being posted on our website [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs).

I also invite you to call our toll-free seniors line – 1-800-670-0065 – with any questions or concerns you may have on matters relating to aging and seniors.

Yours Sincerely,

A handwritten signature in cursive script that reads "Carolyn Bolivar-Getson". The signature is written in dark ink on a light background.

Honourable Minister of Seniors

## Seniors' Secretariat

is happy to announce  
the date and location for its

# 18<sup>th</sup> Annual 50+ expo



*Life is What You Make It!*

**Date:** **Friday, June 8, 2007** 9:00 am – 5:00 pm  
8:00 pm – Midnight (Dance)  
**Saturday, June 9, 2007** 9:00 am – 5:00 pm

**Location:** **Exhibition Park, Halifax**  
Free Parking and Everything on One Convenient Level

**Cost:** **Expo** - \$5 per day  
**Dance** - \$10



For more information, view the expo website:

[www.50plusexpo.ns.ca](http://www.50plusexpo.ns.ca) or call us toll-free: 1-800-670-0065

THE SENIORS' SECRETARIAT IS PLEASED TO SUPPORT

## THE CAREGIVER'S HANDBOOK

was designed for friend and family caregivers in Nova Scotia. It includes information about health, financial and legal issues related to caregiving, and will help connect caregivers with existing services. For a copy, simply contact the Healthy Balance Research Program at 1-888-658-1112, or visit our website at [www.healthyb.dal.ca](http://www.healthyb.dal.ca).

### THE CAREGIVER'S HANDBOOK

A helping hand for families and friends giving care in Nova Scotia



Atlantic Centre of Excellence  
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the Status of Women

*The Healthy Balance Research Program is funded by the Canadian Institutes of Health Research and is supported by Dalhousie University, the IWK Health Centre and Health Canada's Bureau of Women's Health and Gender Analysis.*



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- Debtor Assistance
- Veteran License Plates
- Vehicle Registration
- Consumer Information
- Property Assessment
- Photo IDs
- Birth, Marriage and Death Certificates

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 1-800-225-8227 [toll-free]

**Registry of Motor Vehicles**

424-5851 [Metro]  
 1-800-898-7668 [toll-free]



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# Personal Information

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Social Insurance: \_\_\_\_\_ Nova Scotia Health Card: \_\_\_\_\_

## Name, address and telephone number of:

Relative: \_\_\_\_\_ Friend: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Lawyer: \_\_\_\_\_  
Clergy: \_\_\_\_\_ Other: \_\_\_\_\_

## Other telephone numbers:

Seniors' Information: 1-800-670-0065 • Home Care: 1-800-225-7225

Long-Term Care: 1-800-225-7225 • Local Pharmacy: \_\_\_\_\_

## Emergency numbers:

Ambulance, Police, Fire: **911** Help Line: \_\_\_\_\_  
Hospital: \_\_\_\_\_ Poison Control: \_\_\_\_\_

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## On the Cover:

Lieutenant Governor Mayann Francis and Bernie LaRusic, Group of IX. 55+ Seniors' Games winner, Eanis Collins.

**Middle Row (L to R)** Valerie White, Seniors' Secretariat CEO, and Gerry MacDonald. Irvin and Geraldine Ramey, 2006 Remarkable Seniors Award recipients. Participants enjoying the fun at the Seniors' Expo: left to right, Dolly Peters, Shirley Robicheau and Evangeline Francis.

**Bottom Row (L to R)** Participants testing their flexibility at the 50+ Expo. Loon Lake/Cherry Brook Literacy Group.

## Endorsement Disclaimer

The Seniors' Secretariat does not endorse or recommend any commercial products or private-sector services in this directory. Consumers should be cautious and ensure the individuals and companies they deal with are reputable. See page 78 in this directory for information about the Better Business Bureau. Contact Service Nova Scotia and Municipal Relations at 1-800-670-4357 to determine if a business is registered.

# Frequently Called Numbers

Birth, Marriage and Death Certificates .....	1-877-848-2578
College of Physicians and Surgeons (NS) .....	(902) 422-5823
Continuing Care Services .....	1-800-225-7225
• Home Care	
• Long-Term Care	
• Adult Protection	
Doctors Nova Scotia .....	(902) 468-1866
General Enquiries (Federal) .....	1-800-622-6232
GST Refunds .....	1-800-959-1953
Income Tax (Personal Tax and Volunteer Clinics) .....	1-800-959-8281
Insurance Bureau of Canada (IBC) .....	1-800-565-7189
Legal Information Society (Publications) .....	(902) 454-2198
(General Inquiries) .....	(902) 455-3135
MSI 1-800-563-8880	
OAS/GIS and CPP .....	(English):1-800-277-9914
	(Francais):1-800-277-9915
Pharmacare Program .....	1-800-544-6191
Property Tax Rebate .....	1-877-296-9338
Provincial Tax Information .....	(902) 424-6300
Public Enquiries (Nova Scotia) .....	1-800-670-4357
.....	(902)-434-5200
• General Information	
• Consumer Information and Complaints	
• Access Nova Scotia	
• Debtor Assistance	
• Residential Tenancies and Condominiums	
Seniors' Secretariat .....	1-800-670-0065
	(902) 424-0065
Seniors' Safe Driving Discount Program .....	1-800-898-7668
	(902) 424-5851
Superannuation Plans .....	(Provincial): (902) 424-5070
.....	(Federal): 1-800-561-7930



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<a href="http://www.gemhealth.com">www.gemhealth.com</a>			 HEALTH CARE GROUP Touching Lives

# Nova Scotia Seniors' Secretariat

The Nova Scotia Seniors' Secretariat is the provincial government agency responsible for seniors. The Secretariat consults extensively with government departments, seniors, and voluntary seniors groups to coordinate the planning and development of government policies, programs and services for seniors.

The Secretariat serves as a single entry point to government for seniors. It responds to seniors' issues and concerns, and provides information on all matters related to aging through a toll-free information line, information resource library, and various publications, such as the annual *Programs for Seniors*.

The Ministers of the Secretariat are:

**Honourable Carolyn Bolivar-Getson**

Minister of Seniors

**Honourable Chris A. d'Entremont**

Minister of Health

**Honourable Judy Streach**

Minister of Community Services

**Honourable Jamie Muir**

Minister of Service Nova Scotia and  
Municipal Relations

**Honourable Karen Casey**

Minister of Education

**Honourable Barry Barnet**

Minister of Health Promotion and Protection

**Honourable Murray K. Scott**

Minister of Justice, Attorney General

## Seniors' Information Line

To obtain information on programs and services for seniors or discuss any concerns you may have, call the Secretariat from anywhere in Nova Scotia, at no charge to you.

*Hours:* Monday to Friday, 8:30 am- 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

## Information Resource Centre

Visit the Secretariat's Information Resource Centre where you can browse through or borrow the latest publications on aging.

The collection includes journals, books, magazines, newspapers, newsletters,

videos, and pamphlets. The centre is located on the 4th Floor, Dennis Building,

1740 Granville Street, Halifax. *Hours:*

Monday to Friday, 8:30 am- 4:30 pm.

E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

Website: [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

## Nova Scotia Seniors' Art and Photo Gallery

If you're an artist or photographer aged 50+, consider displaying and selling your work at the Seniors' Art and Photo Gallery, located at the World Trade and Convention Centre. See page 45 for more information.

## 50+ Expo: Life is What You Make It



50+ Expo is a consumer trade show and exhibition for the 50+ crowd and their families. Plan to attend this year's expo, June 8 and 9, 2007, at Exhibition Park in Halifax.

### Publications

Contact the Secretariat for copies of the following publications, or download them from the Secretariat's website.

- And They Lived Happily Ever After: Rights and Responsibilities of Common Law Partners
- Business Plan
- Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations
- Elder Abuse Pamphlet
- Elder Abuse Strategy: Towards Awareness and Prevention
- Enhancing the Basic Learning Skills of Older Nova Scotians: Context and Strategies
- Healthy Active Living Report
- Programs for Seniors
- Seniors' Art and Photo Gallery brochure
- Seniors' Statistical Profile 2005
- Seniors' News - quarterly newsletter
- Safe Driving Courses for Seniors
- Seniors' Secretariat brochure: Working Together
- Strategy for Positive Aging in Nova Scotia

**For more information, contact:**

**Valerie J. White, Chief Executive Officer**  
(902) 424-6322

**Heather Praught, Coordinator**  
(902) 424-4649

**Celeste Sulliman, Communications Director**  
(902) 424-7957

**Jeannine Jessome, Senior Policy Analyst**  
(902) 424-4735

**Shalini Keel, Administrative Assistant**  
(902) 424-4737

**Jane Mayer, Project Officer**  
(902) 424-5874

**Jane Phillips, Librarian**  
(902) 424-4710

### Seniors' Secretariat

1740 Granville Street, 4th Floor  
PO Box 2065, Halifax, NS B3J 2Z1

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Fax: (902) 424-0561

E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

Website: [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

## Seniors' Organizations in Nova Scotia

### Nova Scotia Seniors' Organizations: Group of IX

The Ministers and staff of the Seniors' Secretariat consult in a variety of ways with seniors and retired Nova Scotians. Methods of consultation include the Secretariat's Fall and Spring Consultations with seniors councils, seniors centres, and related agencies. Regular meetings are also held with the Group of IX Seniors' Organizations, an advisory group to the Secretariat on seniors' issues.

The Group of IX is independent of government. It may consult with other organizations and special interest groups in

an effort to be fully informed and representative of the senior population of Nova Scotia. The Group of IX provides advice to the Minister of Health on matters such as Pharmacare and Continuing Care.

Organizations whose elected representatives form the Group of IX are:

- Canada's Association for the Fifty-Plus (CARP)
- Federal Superannuates National Association, Nova Scotia Region (FSNA)
- Federation of Senior Citizens and Pensioners (FSCP)
- Gerontology Association of Nova Scotia (GANS)
- Nova Scotia Government Retired Employees Association (NSGREA)
- Royal Canadian Legion, Nova Scotia/Nunavut Command (RCL)
- Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE)
- Retired Teachers Association of Nova Scotia (RTA)

Organizations represented by the Group of IX are affiliated with national bodies that meet with the Government of Canada through the Congress of National Seniors Organizations, a national forum.

**For more information, contact:**

Phil Hughes, Chairperson, Group of IX  
57 Willowdale Lane  
Antigonish, NS B2G 2J1  
Phone: (902) 863-6185  
E-mail: philhughes@eastlink.ca

**Canada's Association  
for the Fifty-Plus (CARP)**

CARP is a national organization which promotes the rights and quality of life of mature Canadians (50 and older).

A non-profit association which does not receive government operation funds, CARP provides relevant information, advocacy, social and financial benefits for its members.

CARP provides practical recommendations and produces special reports on issues that impact the lives of Canadian seniors. These range from health care reform and an integrated health care system to pension reform and investment protection to ageism issues related to affordable housing, mandatory retirement, transportation and grandparent's rights. Membership fee is \$19.95 per year (\$49.95 for three years) and includes spouses. Members receive nine issues of 50 Plus magazine during the year and get preferred rates and discounts on many products and services.

**For more information, contact:**

Keith and Susan Cameron  
Nova Scotia Representatives  
201-5524 Heatherwood Court  
Halifax, NS B3K 5N7  
Phone: (902) 455-2945  
Toll-free: 1-800-363-9736  
E-mail: sentinel@ns.sympatico.ca



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1824064



## **Federal Superannuates National Association (FSNA)**

FSNA advances, promotes, and protects the interests of those who have retired from the federal public service, armed forces, the Royal Canadian Mounted Police, and the Federal Judiciary. FSNA is recognized by governments, national unions and staff associations as the voice for federal superannuates. Federal superannuates who have questions about their pensions, may call **1-800-561-7930** for information.

### **For more information, contact:**

Ken Brown, Provincial Advocacy Officer  
30 Brookdale Crescent, Unit 104  
Dartmouth, NS B3A 4T7  
Phone: (902) 463-2832  
E-mail: nsfsna@eastlink.ca

**or**

Peter Kerr  
Deputy Regional Director, Nova Scotia  
127 Elizabeth Drive, R.R. # 2  
Kentville, NS B4N 3V3  
Phone: (902) 678-3393  
E-mail: peter.kerr@ns.sympatico.ca

**or**

Federal Superannuates National Association  
1052 St. Laurent Boulevard  
Ottawa, ON K1K 3B4  
Phone: (613) 745-2559  
E-mail: info@fsna.com  
Website: www.fsna.com

## **Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)**

This organization is composed of seniors' clubs and councils. It monitors seniors'

programs, services, and benefits. It also advocates for their maintenance and works closely with the eight other major seniors' organizations and the Nova Scotia Seniors' Secretariat.

### **For more information, contact:**

Mary Fleck, President  
8343 Cabot Trail  
Margaree Forks, NS B0E 2A0  
Phone: (902) 248-2838  
E-mail: maryteapot@hotmail.com

**or**

Edda Ferguson, Secretary  
201-25 Windsor Way  
Truro, NS B2N 6Z5  
Phone: (902) 893-1561

## **Gerontology Association of Nova Scotia (GANS)**

GANS is an organization with representation from seniors, professionals, individuals, and organizations. It offers opportunities for individuals and organizations to meet and share their concerns about aging and supports gerontological research in the province. Activities include: workshops, educational seminars, student scholarship, educational symposiums, and a newsletter.



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## LinkAGES:

[www.communityzero.com](http://www.communityzero.com)

This user-friendly, up-to-date, interactive website is for and about older Nova Scotians. It features the latest information on issues such as health, aging, and social services. Users can sign on to share insight and views on various concerns through current opinion polls and online discussion groups.

### For more information, contact:

Nila M. Ipson, President, GANS

PO Box 952, Halifax Central

Halifax, NS B3J 2V9

Phone: (902) 494-3391

E-mail: [nila.ipson@dal.ca](mailto:nila.ipson@dal.ca)

[www.communityzero.com/linkages](http://www.communityzero.com/linkages)

## Nova Scotia Government Retired

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For more information visit  
[www.msvu.ca/alumni/GiftsToday.asp](http://www.msvu.ca/alumni/GiftsToday.asp)



## Employees Association (NSGREA)

NSGREA is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government. It serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. NSGREA has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. *Annual dues: \$20.*

### For more information, contact:

Bernie LaRusic, President

477 Cobequid Road, Unit 2

Lower Sackville, NS B4C 4E9

Phone/Fax: (902) 562-1901

Toll-free: 1-800-677-8666

E-mail: [nsgrea.ret@ns.sympatico.ca](mailto:nsgrea.ret@ns.sympatico.ca)

Website: [www.nsgrea.ca](http://www.nsgrea.ca)

or

Mr. Jim Bacich

79 Lynch Drive

Sydney, NS B1S 1V3

Phone: (902) 564-1076

E-mail: [bjimmyb@syd.eastlink.ca](mailto:bjimmyb@syd.eastlink.ca)

## Nova Scotia Retired Teachers Association (NSRTA)

NSRTA is an association of the Nova Scotia Teachers Union. Its mission is to maintain contact with retired teachers, to stay informed about educational matters, and to take part in helping to improve the quality of life for children and colleagues. All former educators in receipt of a teachers pension are eligible for membership. *Membership fee: \$10 per year.*

### For more information, contact:

Thomas Gaskell, President  
59 Rendall Drive  
Little Bras d'Or, NS B1Y 2Y7  
Phone: (902) 736-1479  
E-mail: gaskelltag@hotmail.com

or

Debby Savoie, Nova Scotia Teachers  
Union  
Toll-free: 1-800-565-6788

## Regroupement des Aînées et Aînés de la Nouvelle-Écosse

Cette association est née lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax.

Les buts du Regroupement sont:

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de la Nouvelle-Écosse
- d'assurer l'épanouissement de cette population
- d'être le porte-parole autorisé de cette population.

Le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les aînées tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Le Regroupement compte plus de 400 membres répartis dans les sept régions acadiennes de la Nouvelle-Écosse. Le Conseil d'administration du Regroupement est composé de représentant venant de chaque région. Pour de plus amples

renseignements au sujet des activités du Regroupement ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au **(902) 433-0860**.

**Pour obtenir plus de détails téléphoner:**

Omer Blinn, Président  
603 Chemin à Pierre  
Church Point, NS B0W 1M0  
Téléphone: (902) 769-2258  
Courriel: omer.bern.blinn@ns.sympatico.ca

## Royal Canadian Legion (RCL)

The Legion is a non-profit, dues-supported organization, which assumes a major responsibility for continuing Remembrance in Canada. The Legion also focuses on obtaining adequate pensions and other well-earned benefits for veterans and their dependants.

Canadian citizens or commonwealth subjects of federal voting age may be eligible for Legion membership in one of the following three categories: ordinary, associate, or affiliate.

**For more information, contact:**

The Service Officer of your nearest Legion branch,

or

Royal Canadian Legion  
61 Gloria McCluskey Avenue  
Burnside Business Park  
Dartmouth, NS B3B 2Z3  
Phone: (902) 429-2993

## Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada, and the second highest in the country, behind Saskatchewan.

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## Seniors' Councils, Clubs, and Centres

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### Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations

The directory provides contact information for all seniors' councils, clubs, centres, and organizations in the province. Copies are available from the Seniors' Secretariat at **1-800-670-0065**.

### Seniors' Councils and Clubs

Approximately 19 seniors' councils and over 200 seniors' clubs are active in Nova Scotia. Clubs offer a wide variety of programs and social events for local seniors. Councils are comprised of representatives from each seniors' club. They serve as a forum for sharing information and addressing local seniors' issues. Representatives of the seniors' councils meet with the Seniors' Secretariat at least twice a year.

For a list of seniors' clubs in your area, contact your local seniors' council or the Seniors' Secretariat at **1-800-670-0065**.

### Seniors' Councils

**Annapolis County Senior Citizens' Council**  
Murray Covert, President  
RR#2 Annapolis Royal, NS B0S 1A0  
Phone: (902) 532-2660

### Antigonish-Guysborough

#### Senior Citizens' Council #63

Helen DeCoste, President  
St. Andrew's Sr. Cit. Complex #3  
3965 Hwy 316, St. Andrews, N.S., BOH 1X0  
Phone: (902) 735-2213

### Cape Breton Senior Citizens' Council

Clotilda Yakimchuk, President  
80 Ferris Street  
Sydney, NS B1P 6R1  
Phone: (902) 562-7280

### Colchester/East Hants Seniors' Council

Vince De Adder, President  
General Delivery  
Debert, NS B0M 1G0  
Phone: (902) 662-2536

### Cumberland County Senior Citizens' Council

Marion Dotten, President  
RR#2, Wallace, NS B0K 1Y0  
Phone: (902) 257-2349



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Email: [anson.ci@ns.sympatico.ca](mailto:anson.ci@ns.sympatico.ca)

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**Dartmouth Senior Citizens' Council**

Jean MacNeil, Contact  
1 Farthington Place, #411  
Dartmouth, NS B3A 2K3  
Phone: (902) 435-0276

**Digby County Senior Citizens' Council**

Jeanette Saulnier, Contact  
PO Box 98  
Salmon River, NS B0W 2Y0  
Phone: (902) 649-2596

**Halifax County Seniors' Council (Zone 15)**

Patricia Murchy, President  
59 Baker Drive #419  
Dartmouth, NS B2W 0A6  
Phone: (902) 384-2454

**Halifax Seniors' Council**

Robert Byers, President  
5515 Victoria Road #114  
Halifax, NS B3H 4J9  
Phone: (902) 422-0519

**Hants County Senior Citizens' Council**

Vivian MacMillan, President  
44 Underwood Drive, Box 427  
Windsor, NS B0N 2T0  
Phone: (902) 798-4913

**Inverness/Victoria 63A Council**

Rita O'Keefe, President  
9 Acadia Road  
Margaree Forks, NS B0E 2A0  
Phone: (902) 248-2725

**Kings County Senior Citizens' Council**

Erle Dolsen, Secretary  
PO Box 644  
Berwick, NS B0P 1E0  
Phone: (902) 538-0835

**Lunenburg County Senior Citizens' Council**

Jack O'Connell, President  
PO Box 114  
Chester, NS B0J 1J0  
Phone: (902) 275-3359

**Pictou County Senior Citizens' Council**

Betty Cooke, President  
Site 7, Box 1, RR#1  
Trenton, NS B0K 1X0  
Phone: (902) 752-7280

**Queens County**

Geraldine Ramey, Contact  
30 Belmont Drive  
Bridgewater, NS B4V 4E5  
Phone: (902) 543-6903

**Richmond County Senior Citizens' Council**

Joseph MacPhee, President  
RR#1 St. Peters, NS B0E 3B0  
Phone: (902) 535-2677

**Sackville Seniors' Advisory Council**

Jackie Cajolais, Contact  
45 Connolly Street  
Lower Sackville, NS B4E 1S6  
Phone: (902) 864-5591

**Shelburne Senior Citizens' Council**

Evelyn Crowell, President  
Site 2, Box 1, Comp. 2  
Baccaro, NS B0W 1C0  
Phone: (902) 768-2282

**Yarmouth County Senior Citizens' Council**

Eileen Pothier, President, PO Box 227  
Lower Wedgeport, NS B0W 3T0  
Phone: (902) 663-4700

## Association of Halifax Regional Seniors' Councils

This association is made up of representatives from seniors' councils in the Halifax Regional Municipality. Its members organize workshops and seminars, exchange information between councils, and maintain contact with seniors' clubs in the metro area.

### For more information, contact:

Inez MacKenzie, Chairperson  
22525 Main Street  
Sheet Harbour, NS B0J 3B0  
Phone: (902) 885-3055

## Societies' Act

Seniors' clubs, councils and other organizations may become incorporated under the Societies' Act for a \$35 fee. The annual renewal fee is \$25.

### For more information, contact:

Registry of Joint Stock Companies  
9 North, Maritime Centre  
1505 Barrington Street, PO Box 1529  
Halifax, NS B3J 2Y4  
Phone: (902) 424-7770  
Toll-free: 1-800-225-8227  
E-mail: [joint-stocks@gov.ns.ca](mailto:joint-stocks@gov.ns.ca)  
Website: [www.gov.ns.ca/snsmr/rjsc](http://www.gov.ns.ca/snsmr/rjsc)

## Seniors' Centres

Seniors' centres are places where older people can meet one another, participate in activities, and receive services. Contact your local seniors' centre for a complete listing of its activities.

### Metro Region

#### Bloomfield Centre

2786 Agricola Street  
Halifax, NS B3K 4E1  
Phone: (902) 490-4629

#### Chebucto Links

2080 Windsor Street  
Halifax, NS B3K 5B2  
Phone: (902) 422-3525  
E-mail: [chebucto.links@ns.sympatico.ca](mailto:chebucto.links@ns.sympatico.ca)  
Website: [www3.ns.sympatico.ca/chebucto.links](http://www3.ns.sympatico.ca/chebucto.links)  
Coordinator: Valerie Connors

#### Dartmouth Seniors' Service Centre

45 Ochterloney Street  
Dartmouth, NS B2Y 4M7  
Phone: (902) 465-5578  
Contact: David Camp

#### Northwood Community Centre

Offers over 30 exciting programs each year  
2615 Northwood Terrace  
Halifax, NS B3K 3S5  
Phone: (902) 454-3351  
Website: [www.nwood.ns.ca](http://www.nwood.ns.ca)  
President: Mel Scott

#### Rockingham Community Centre

199 Bedford Highway  
Halifax, NS B3M 2J9  
Phone: (902) 490-4686  
Staff: Lisa Hackett

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### **Silver and Gold Seniors' Centre**

45 Connolly Road  
Lower Sackville, NS B4E 1S6  
Phone: (902) 864-5591  
Staff: Jackie Cajolais

### **Spencer House**

5596 Morris Street  
Halifax, NS B3J 1C2  
Phone: (902) 421-6131  
E-mail: contactus@spencerhouse.ca  
Staff: Deborah Dostal

### ***Cape Breton Region***

#### **Louisbourg Fortress Club**

34 Pykes Drive  
Catalone, NS B1C 1T3  
Phone: (902) 733-2226  
Volunteer: Iris Stevens

#### **Steelworkers and Sydney Pensioners Club**

30 Inglis Street  
Sydney, NS B1P 6H2  
Phone: (902) 539-8000

### ***North Shore Region***

#### **Club 60**

PO Box 1012  
Antigonish, NS B2G 2L3  
Phone: (902) 863-3649

#### **Greenfield Oldsters**

RR#2, Aspen, NS B0H 1E0  
Phone: (902) 522-2014  
Contact: Flo Duffy

### ***Pictou County***

**New Horizons Seniors' Centre**  
PO Box 141, 14 Kempt Street

Pictou, NS B0K 1H0  
Phone: (902) 485-2573  
President: Neil Daye

### **Seniors Outreach / Help Line**

c/o Valley View Villa  
RR#1, Stellarton, NS B0K 1S0  
E-mail: seniors.outreach@ns.  
sympatico.ca  
Phone: (902) 752-840  
Staff: Sharon Purvis

### ***Valley Region***

#### **Berwick and Area Senior Citizens' Centre**

Main Street  
Berwick, NS B0P 1E0  
Phone: (902) 538-7246

#### **Kingston & Area Seniors' Association**

111 Rivercrest Lane, R.R.#6  
Kingston, NS B0P 1R0  
Phone: (902) 765-3601  
President: Frank Turton

### ***South Shore Region***

#### **Bridgewater Senior Citizens' Club**

123A Empire Avenue  
Bridgewater, NS B4V 2L9  
Phone: (902) 543-2213  
Contact: Edna Weldon

#### **Loyalist Senior Club**

Mowatt Street North  
Shelburne, NS B0T 1W0  
Phone: (902) 875-3998  
Contact: Don Whiteway

#### **Sunnyside Senior Centre**

RR#3, Chester Basin, NS B0J 1K0  
Phone: (902) 275-4074  
Contact: Shirley Morrison



***The Skills and Learning Branch of the Department of Education offers many quality programs and services which may benefit older workers and seniors.***

**Nova Scotia School for Adult Learning** provides opportunities for adults to improve their literacy and numeracy skills and/or acquire a high school diploma.

*For more information please call:*  
**902-424-7287**

**GED** testing service provides an opportunity for adults 19+, and out of school for one year to acquire a high school equivalency certificate.

*For more information please call:*  
**902-424-4227**

**Apprenticeship Opportunities** provides training to employed Nova Scotians who want to obtain a Certificate of Qualification in their trade.

*For more information please call:*  
**902-424-5651 or 1-800-494-5651**

**Workplace Education** provides an opportunity for workers to prepare for the workforce and to improve essential skills at work.

*For more information please call:*  
**902-424-0492**



## ***Western Region***

### **Bear River New Horizons Centre**

Bear River, NS B0S 1B0

Phone: (902) 467-3919

Contact: Lynn Milbury

### **Freeport Super Seniors**

Freeport, Digby County, NS B0V 1B0

Phone: (902) 839-2320

Contact: Anna Young

### **Les Femmes Acadienne de Clare**

PO Box 89A

Saulnierville, NS B0W 2Z0

Phone: (902) 769-2471

Contact: Edith Comeau-Tufts

### **Nouveaux Horizons de la Baronnie**

Fire Hall

West Pubnico, NS B0W 2M0

Phone: (902) 762-2012

Contact: Celina LeBlanc

### **Tiverton Super Seniors**

Tiverton

Long Island, NS B0V 1G0

Phone: (902) 839-2738

Contact: Bertha Ruggles

### **Westport Super Seniors**

Westport, Digby County

Brier Island, NS B0V 1H0

Phone: (902) 839-2052

Contact: Connie Bisson

### **Yarmouth Golden Age Club**

14 Second Street

c/o 2-67 Pleasant Street

Yarmouth, NS B5A 2T3

Phone: (902) 742-2925

Contact: Mary Power

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## **Other Nova Scotia Seniors' Organizations**

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### **Community Links**

Community Links is a provincial voluntary organization with a membership of 190 mainly senior and senior serving organizations. It works to promote healthy communities and to improve the quality of life for seniors and others in rural Nova Scotia through community development and volunteer action. Current projects include: Preventing Falls Together; the Rural Volunteers Project; and Rural Seniors Influencing Policy on Transportation. It is also the co-host, with Recreation Nova Scotia, for the Nova Scotia Network of the Canada Volunteerism Initiative.

### **For more information, contact:**

Sandra Murphy, Provincial Coordinator  
PO Box 29103

Halifax, NS B3L 4T8

Phone: (902) 454-8141

E-mail: [communitylinks@hfx.eastlink.ca](mailto:communitylinks@hfx.eastlink.ca)

Website: [www.nscommunitylinks.ca](http://www.nscommunitylinks.ca)

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## **Association of Dalhousie Retirees and Pensioners**

This association facilitates and promotes the dissemination of information of interest to Dalhousie (DAL) University retirees and enhances and promotes the sense of continuing membership in the DAL retirees' family.

**For more information, contact:**

Phone: (902) 494-7174

E-mail: adrp@dal.ca

## **Grandparents' Rights for Nova Scotia Association**

This association is committed to raising public awareness about the important issue of grandparents' rights and creating widespread support for the relationship between children and grandparents, to make the life cycle complete.

**For more information, contact:**

Pauline Glenn, President

RR#2, Malagash, NS B0K 1E0

Phone: (902) 257-2974

## **Italian-Canadian Golden Age Senior Group**

This group meets socially on a weekly basis and focuses on organizing recreational, cultural, and fund-raising activities at the Italian-Canadian Cultural Association of Nova Scotia Centre in Halifax.

Throughout the year members and guests have the opportunity to attend presentations on various topics such as health issues, social benefits, literacy/computers, and investment planning.

**For more information, contact:**

Italian-Canadian Cultural Association of

Nova Scotia, 2629 Agricola Street

PO Box 9044, Station A

Halifax, NS B3K 5M7

Phone: (902) 453-5327

E-mail: icca@eastlink.ca

## **Indo-Canadian Senior Group of Nova Scotia**

This group teaches skills, fitness and languages, and organizes recreational, cultural, and fund-raising activities. You can attend presentations on a variety of topics including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation. The group meets regularly in Bloomfield Centre, Halifax.

**For more information, contact:**

Dr. Inder N. Bhatia

100-61, Nelson's Landing Boulevard

Bedford, NS B4A 3X3

Phone: (902) 835-2457

**or**

Merrie Mills, Secretary

C509, 5561 Heatherwood Court

Halifax, NS B3K 5M7

Phone: (902) 454-7213

## **Nova Scotia Centre on Aging, Mount Saint Vincent University**

The Centre on Aging undertakes research projects, continuing education initiatives and community consultation on age-related issues.

**For more information, contact:**

Nova Scotia Centre on Aging

Mount Saint Vincent University

166 Bedford Highway

Halifax, NS B3M 2J6

Phone: (902) 457-6546

E-mail: nsca@msvu.ca

Website: www.msvu.ca

## ***Dr. F. R. MacKinnon Endowment Fund***

This fund, associated with the Nova Scotia Centre on Aging, is dedicated to establishing standards of excellence in age-related issues. The fund supports the mandate of the Centre to support research; promote education with practitioners, seniors, and caregivers; and consult with seniors' organizations and decision makers. Contributions are accepted as charitable donations. Please make your cheque payable to Mount Saint Vincent University, and send it to:  
Dr. F. R. MacKinnon Endowment Fund  
c/o University Advancement Office  
Mount Saint Vincent University  
Halifax, NS B3M 2J6

**For more information, contact:**  
Phone: (902) 457-6546

## **Special Recognition for Seniors**

### **Congratulatory Messages**

The Nova Scotia government's Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries and 65+ birthdays, in five-year intervals. The Protocol Office will also, if requested, contact the following offices:

- The Queen  
(60th anniversaries, 100th birthdays only)
- Governor General  
(90+ birthdays, 50+ anniversaries)
- Prime Minister
- Lieutenant Governor  
(80+ birthdays, 50+ anniversaries)

- Member of Parliament
  - Member of the Legislative Assembly
- Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

### **For more information, contact:**

Certificate Coordinator  
Protocol Office,  
One Government Place  
1700 Granville Street  
Halifax, NS B3J 1X5  
Phone: (902) 424-4463  
Website: [www.gov.ns.ca/prot](http://www.gov.ns.ca/prot)

### **Order of Nova Scotia**

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. Members of the Order are entitled to use the initials O.N.S. after their names. Established in 2002, the award encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements. If you know someone who has made an outstanding contribution to the cultural life or the social or economic well-being of our province, you should consider nominating him or her for the Order of Nova Scotia. The Protocol Office accepts nominations throughout the year and the deadline for consideration is the third Friday in March.

### **For more information, contact:**

Protocol Office,  
One Government Place  
1700 Granville Street  
Halifax, NS B3J 1X5  
Phone: (902) 424-4463  
E-mail: [orderofns@gov.ns.ca](mailto:orderofns@gov.ns.ca)  
Website: [www.gov.ns.ca/prot](http://www.gov.ns.ca/prot)

## Remarkable Senior Awards

The Remarkable Senior Awards are presented annually at the 50+ Expo. You can nominate an individual aged 50+ who has made an outstanding contribution to the province of Nova Scotia in the areas of Community Service, Volunteerism, or Leadership. The awards will be presented on Saturday, June 9th, 2007, at Exhibition Park in Halifax. A remarkable male and female will win in each category and nominations of husband and wife teams are accepted. The Secretariat accepts nominations throughout the year and forms are available from the office. The nomination deadline is April 6, 2007.

### For more information, contact:

Seniors' Secretariat

(See page 13 for contact information)

## Federal Government: Aging and Seniors

### Division of Aging and Seniors, Public Health Agency of Canada

The Division of Aging and Seniors acts as a central focal point for information at the federal government level, providing expertise, research and publications on issues related to healthy aging in collaboration with partners and stakeholders. The Division serves as Secretariat for the National Advisory Council on Aging.

### For more information, contact:

Division of Aging and Seniors  
Public Health Agency of Canada  
Jeanne Mance Building

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200 Eglantine Driveway  
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Phone: (613) 952-7606  
E-mail: seniors@hc-sc.gc.ca or  
seniors@phac-aspc.gc.ca  
Website: www.hc-sc.gc.ca/seniors-aines  
www.phac-aspc.gc.ca/seniors-aines

## **National Advisory Council on Aging (NACA)**

NACA assists and advises the federal Minister of Health on issues related to aging and the quality of life of seniors. It publishes reports and a quarterly bulletin, *Expression*, on issues of general interest to Canadian seniors. NACA consists of up to 18 members from all parts of Canada and all walks of life. The members bring to Council a variety of concerns, experiences and abilities. Members are appointed by Order-in-Council for two or three-year terms.

### **For more information, contact:**

National Advisory Council on Aging  
Jeanne Mance Building  
Address Locator: 1908A1  
200 Eglantine Driveway  
Ottawa, ON K1A 0K9  
Phone: (613) 957-1968  
E-mail: seniors@phac-aspc.gc.ca  
Website: www.naca-ccnta.ca

## **Public Health Agency of Canada**

The agency's Population Health Fund supports projects aimed at maintaining and improving the health of Canadians. The Fund was created to increase community capacity for action on or across the determinants of health. Time limited projects

facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

### **For more information, contact:**

Public Health Agency of Canada  
Atlantic Region  
15th Floor, Maritime Centre  
1505 Barrington Street, Suite 1525  
Halifax, NS B3J 3Y6  
Phone: (902) 426-2700  
E-mail: atlantic-atlantique@phac-aspc.gc.ca  
Website: www.pph-atlantic.ca

## **New Horizons for Seniors**

This program, launched by Service Canada in October 2004, provides funding for community-based projects across Canada. It supports local projects that help seniors participate in social activities, pursue an active life, and contribute to their communities. The program empowers seniors to lead activities and projects that will benefit other seniors, vulnerable groups, and the community where they live.

Community-based organizations working together with seniors and other partners will inspire and run most New Horizons for Seniors projects. Calls for Applications are issued once or twice a year. Application deadlines may vary for each province and territory. To be funded, projects must demonstrate community support and partnership.

Service Canada will issue a public call for applications on its website, with deadlines for application.

**For more information, contact:**

**By phone:**

New Horizons for Seniors Program

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

TTY: 1-800 255-4786

**By mail:**

Nova Scotia New Horizons for Seniors  
Program, Service Canada

Metropolitan Place, 6th Floor

99 Wyse Road, PO Box 1350

Dartmouth NS B2Y 4B9

**By e-mail:**

From the following website:

English: [www.sdc.gc.ca/asp/contact/  
contact\\_us.asp#E\\_mail](http://www.sdc.gc.ca/asp/contact/contact_us.asp#E_mail)

Français: [www.sdc.gc.ca/](http://www.sdc.gc.ca/)

Website: [www.sdc.gc.ca](http://www.sdc.gc.ca)

## Seniors' Guide to Federal Programs and Services

This directory provides seniors with information on federal programs and services. To obtain a copy call:

Toll-free: 1-800-O-Canada

1-800-622-6232

Website: [www.canada.gc.ca](http://www.canada.gc.ca)

### FEDERAL SUPERANNUATES NATIONAL ASSOCIATION

#### *Serving retirees of the:*

- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police
- Federal Judiciary

#### **FOR LOCAL BRANCH INFORMATION CONTACT:**

Paul Cadeau, Regional Director, Nova Scotia  
2 Griffin Place, Dartmouth, NS B2V 2N5

Tel: (902) 462-8278

email: [PAULACadeauPaul@cs.com](mailto:PAULACadeauPaul@cs.com)

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## National Seniors' Organizations

### Canadian Association on Gerontology (CAG)

CAG is a national, multi disciplinary, scientific, and educational association established to provide leadership in matters related to the aging population. Its mission is to seek to improve the lives of older Canadians through the creation and dissemination of knowledge in gerontological policy, research, practice, research and education.

**For more information, contact:**

Canadian Association on Gerontology  
329 March Road, Suite 232, Box 11

Ottawa, ON K2K 2E1

Website: [www.cagacg.ca](http://www.cagacg.ca)

### Congress of National Seniors' Organizations

The Congress is comprised of 10 major organizations representing seniors across Canada. It meets regularly to promote dialogue between seniors groups and governments on aging issues. The Congress works closely with Public Health Agency of Canada's Division of Aging and Seniors and is also establishing contacts with the new Department of Social Development.

Congress members include:

- Alliance des associations des retraités et des aînés du Québec
- Fédération des aînés et des aînées francophones du Canada
- Association québécoise de défense des droits des personnes retraitées et préretraitées

- The Active Living Coalition for Older Adults (ALCOA)
- Canadian Association of Retired Teachers
- Canadian Association on Gerontology
- Canadian Pensioners Concerned
- Congress of Union Retirees
- Federal Superannuates National Association
- National Advisory Council on Aging
- National Pensioners and Senior Citizens Federation

**For more information, contact:**

Jean-Guy Soulière, Spokesperson  
 c/o Federal Superannuates National Association  
 1052 St. Laurent Boulevard  
 Ottawa, ON K1K 3B4  
 Phone: (613) 745-2559  
 E-mail: souliere@fsna.com

## Information and Referral

### Seniors' Information Services

#### Chebucto Links

(Halifax)

This community outreach organization provides information on programs and services for seniors in Halifax.

**For more information, contact:**

Phone: (902) 422-3525  
 E-mail: chebucto.links@ns.sympatico.ca  
 www3.ns.sympatico.ca/chebucto.links

### Help-line/Outreach Seniors' Infoline

(Valley View Villa, Pictou County)

Pictou County seniors in need may call this information line located at Valley View Villa, Monday to Friday, 9:00 am – 2:00 pm. Calls received after hours are answered by a recorded message and will be returned during regular hours.

**For more information, contact:**

Phone: (902) 752-8400

### Seniors' Info Line (VON Greater Halifax)

Information on programs and services for seniors in the Halifax Regional Municipality is available Monday to Friday, 9:00 am – 4:00 pm.

**For all your Mobility and Homecare Needs**

**MEDichair.** the home medical equipment specialists

Halifax 7037 Mumford Road, Phone: (902) 481 2002 Toll-free: 1 800 262 2269	Sydney 1151 Grand Lake Road, Phone: (902) 539 2050 Toll-free: 1 866 268 2050
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**For more information, contact:**

Phone: (902) 454-5755

TDD: (902) 454-6696

E-mail: [seniorinfo@vonhalifax.ns.ca](mailto:seniorinfo@vonhalifax.ns.ca)

**Seniors' Info Line**

**(VON Lunenburg)**

Information and referral services for seniors and their families living in Lunenburg County is available Monday to Friday, 9:00 am – 4:00 pm.

**For more information, contact:**

Phone: (902) 624-0318

**Seniors' Information Line**

**(Seniors' Secretariat)**

To obtain information on programs and services for seniors or to discuss any concerns you may have, call the Seniors' Secretariat from anywhere in Nova Scotia, at no charge. The line operates Monday to Friday, from 8:30 am – 4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

**For more information, contact:**

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

Website: [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

**At Your Service**

Website: [www.atyourservice.ca](http://www.atyourservice.ca)

This website, sponsored by Service Nova Scotia and Municipal Relations, contains general and seniors' information.

**Shelburne Seniors' Infoline**

This information line is located at the Regional Development Agency (RDA) office in Barrington.

**For more information, contact:**

Phone: (902) 637-2847

Toll-free: 1-800-565-0397

**Sydney Seniors' Infoline**

Seniors in the Sydney area may call this information line with questions about local programs and services.

**For more information, contact:**

Phone: (902) 562-1245

E-mail: [vrc@newdawn.ca](mailto:vrc@newdawn.ca)

Website: [www.newdawn.ca](http://www.newdawn.ca)

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**Help Lines**

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The following help lines are lay-counselling, information, and referral telephone services. The lines are staffed by trained community volunteers and the services are strictly confidential.

**Eastern Regional Help Line**

**(Sydney)**

6:00 pm-12:00 am

Phone: (902) 562-4357

Toll-free: 1-800-957-9995

**Help Line, A Service of Feed Nova Scotia**

**(Metro Halifax)**

7 days a week, 24 hours a day

Phone (Voice or TDD): (902) 421-1188

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**Did You Know?**

Although the total population of Nova Scotia is expected to grow by only 3% between 2005 and 2026, the seniors' population will grow by more than 80%.



## **Problem Gambling Help Line of Nova Scotia**

Counsellors are trained to provide immediate support, advice, information, assessment and telephone counselling seven days a week, 24 hours a day.

**For more information, please call:**

Toll Free: 1-888-347-8888

TTY: 1-888-347-3331

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## **Provincial Government Information**

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### **Public Enquiries**

When you want to know more about provincial government services, programs, and initiatives, contact Public Enquiries.

**For more information, contact:**

Public Enquiries

Service Nova Scotia and Municipal  
Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

E-mail: askus@gov.ns.ca

Website: www.gov.ns.ca/snsmr/contact

### **Seniors' Information Line**

Contact the Nova Scotia Seniors' Secretariat for information on programs and services for seniors. **For more information, please call:**

Toll-free: 1-800-670-0065

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## **Federal Government Information**

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### **General Enquiries**

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit

the website. This is your primary access point to the Government of Canada.

**For more information, contact:**

Toll-free: 1-800-O-Canada

1-800-622-6232

Website: www.canada.gc.ca

### **Seniors Canada On-line**

Service Canada has developed a web site called Seniors Canada On-line specifically for all the services available to seniors through various federal and provincial departments. Visit the site at [www.seniors.gc.ca](http://www.seniors.gc.ca).

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## **Resources for Newcomer Seniors**

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### **Metropolitan Immigrant Settlement Association (MISA)**

MISA is a community-based settlement agency, which welcomes newcomers and recognizes their essential role in Canada. MISA provides a full range of programs and services to newcomers, particularly landed immigrants or government assisted refugees. However, all newcomers are eligible for initial contact and referral services.

**VitalAire<sup>®</sup>**

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Home Oxygen Services-Obstructive Sleep Apnea Diagnostics and Treatment-CPAP/Bilevel-Contracted Vendor of Home Oxygen for Home Care Nova Scotia-CCHSA Accredited Homecare Provider.

**Call or visit our professional staff at:**

10 Morris Drive, Unit 6, Dartmouth, NS **450-5162**

40 Spruce St., Sydney, N.S. **539-3660**

Or call New Glasgow 752-4117, Kentville **678-0644**

**Toll Free: 1-800-361-5939**

**For more information, contact:**

Chebucto Place  
7105 Chebucto Road, Suite 201  
Halifax, NS B3L 4W8  
Phone: (902) 423-3607  
E-mail: [info@misa.ns.ca](mailto:info@misa.ns.ca)  
Website: [www.misa.ns.ca](http://www.misa.ns.ca)

## Welcome Wagon

Welcome Wagon provides free information and gifts to newcomers on behalf of the community and civic minded businesses.

**For more information, contact:**

Phone: (902) 455-4301  
Website: [www.welcomewagon.ca](http://www.welcomewagon.ca)

## YMCA Newcomers Centre

The YMCA of Greater Halifax/Dartmouth offers various programs for youth, adults, and families who are new to Canada. The goal of the centre is to create an inclusive environment to serve our diverse community.

**For more information, contact:**

3663 Dutch Village Road  
Halifax, NS B3N 2T1  
Phone: (902) 457-9622  
Website: [www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca)

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## Resources for Senior Women

### Nova Scotia Advisory Council on the Status of Women

The Council advises the Minister Responsible for the Status of Women Act and brings forward women's concerns. It works to advance equality, fairness, and dignity for all women. The Council also provides research and policy advice, information and education, and community and partnership development. An electronic news update,

*NewsBytes* is e-mailed to subscribers (free) every two weeks. To subscribe, see: [www.gov.ns.ca/staw/newsbytes.htm](http://www.gov.ns.ca/staw/newsbytes.htm).

The Council library is open to the public Monday to Friday, 9:00 am – 4:00 pm.

**For more information, contact:**

Quinpool Centre, Suite 202  
6169 Quinpool Road, PO Box 745  
Halifax, NS B3J 2T3  
Phone: (902) 424-8662  
Toll-free: 1-800-565-8662  
E-mail: [women@gov.ns.ca](mailto:women@gov.ns.ca)  
Website: [www.gov.ns.ca/staw/](http://www.gov.ns.ca/staw/)

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## Resources for Seniors with Disabilities

Also look under CPP Disability Program (page 64)

### Access to Travel

Website: [www.accesstotravel.gc.ca](http://www.accesstotravel.gc.ca)

This website provides information on accessible transportation and travel across Canada with the aim of making accessible travel easy and enjoyable. The site is sponsored by Transport Canada in partnership with provincial governments and not-for-profit associations.

### Accessible Transportation

Transportation services available to seniors with disabilities in Nova Scotia are listed in the transportation section. See page 57 for more information.

## Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada, and the second highest in the country, behind Saskatchewan.

## VoicePrint Canada

VoicePrint Canada serves all Canadians, particularly those who can't independently access printed materials – people who are vision-restricted, learning disabled, mobility impaired, in need of literacy skills, learning English as a second language, and others. It is an audio newsstand that broadcasts top stories - national, regional and local - from more than 100 Canadian newspapers and magazines into 8 million homes.

### Tune In:

Cable - The secondary audio program (SAP) of CBC Newsworld

Satellite - Star Choice: Channel 825,

Express Vu: Channels 49 and 967,

Look TV: Channel 400

Website: [www.voiceprintcanada.com](http://www.voiceprintcanada.com)

### For more information, contact:

Sherry Costa

Atlantic Regional Outreach Coordinator

Phone: (902) 444-7359

Toll-Free: 1-888-623-7359

Website: [www.voiceprintcanada.com](http://www.voiceprintcanada.com)

## Canadian National Institute for the Blind (CNIB)

CNIB is committed to public education, research and the vision health of all Canadians. It provides the services and support necessary to enjoy a good quality of life while living with vision loss.

CNIB offers access to rehabilitation training, innovative consumer products and peer support programs, as well as alternative format newspapers and magazines, and braille and talking books from its library.

### For more information, contact:

Mainland Service Centre  
6136 Almon Street  
Halifax, NS B3K 1T8  
Phone: 902-453-1480  
Toll-free: 1-800-563-2642  
Website: [www.cnib.ca](http://www.cnib.ca)

or

Sydney Service Centre  
235 Townsend Street  
Sydney, NS B1P 5E7  
Phone: 902-674-7240  
Toll-free: 1-800-563-2642  
Website: [www.cnib.ca](http://www.cnib.ca)

## Canadian Paraplegic Association of Nova Scotia

This organization assists people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

### For more information, contact:

Marilyn Taylor, Executive Assistant

Suite S21, West End Mall

6960 Mumford Road

Halifax, NS B3L 4P1

Phone: (902) 423-1277 ext. 101

Toll-free: 1-800-889-1889

E-mail: [halifax@canparaplegic.org](mailto:halifax@canparaplegic.org)

Website: [www.canparaplegic.org/ns](http://www.canparaplegic.org/ns)

## Home is still the *best* place to be.

Companionship is as important as health care when it enables seniors to remain independent and in their homes. Our CAREGivers provide help at home that includes:

- Companionship
- Light Housekeeping
- Errands
- Meal Preparation
- Medication Reminders
- Shopping

 Home  
Instead  
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Call for a Free, No-Obligation Appointment

**902-429-2273**

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or

Sydney Office

165 Townsend Street

Sydney, NS B1P 5E5

Phone: (902) 562-3291

E-mail: [sydney@canparaplegic.org](mailto:sydney@canparaplegic.org)

## Community ACCESS-ability Program

Grants to improve access to community facilities for persons with disabilities are provided by Service Nova Scotia and Municipal Relations. Up to two-thirds of the direct and indirect costs of renovations, installations, or equipment for accessibility-related capital improvements, to a maximum of \$10,000 is available. Projects funded to date include wheelchair ramps and lifts, automatic doors, and accessible washrooms. Proposals for ACCESS-ability grants are welcome from non-profit community groups and municipalities. Forms are available at Access Nova Scotia offices across the province, on-line, or from the contact person below.

### For more information, contact:

Karen Ramsland

Phone: (902) 424-7798

E-mail: [kramslan@gov.ns.ca](mailto:kramslan@gov.ns.ca)

Website: [www.gov.ns.ca/snsmr/muns/infr](http://www.gov.ns.ca/snsmr/muns/infr)

## Disabled Persons Commission

The Commission helps to ensure that the concerns of Nova Scotians with disabilities are promoted and considered. The Commission reviews government policies and programs relating to or affecting people with disabilities to make sure these policies and programs are appropriate, effective, and reflect the needs and concerns of the community.

### For more information, contact:

Nelson Place, 8th Floor

5675 Spring Garden Road

PO Box 222

Halifax, NS B3J 2M4

Phone: (902) 424-8280

TTY: (902) 424-2667

Toll-free: 1-877-996-9954

Website: [www.gov.ns.ca/disa](http://www.gov.ns.ca/disa)

## Accessible Parking, License Plates, and Permits

To ensure those needing to park close to buildings due to mobility impairments can do so, Service Nova Scotia and Municipal Relations, through its Registry of Motor Vehicles, distributes accessible parking plates and permits to qualified individuals (physician referral required.) There is no charge associated with a Permanent or Temporary Accessible Parking Permit, which is displayed on the rearview mirror. Regular registration fees must be paid in order to place a license plate on your car and the applicant must be the plate owner and principal operator of the vehicle.

### For more information, contact:

Phone (*Halifax*): (902) 424-5851

Toll-free: 1-800-898-7668

[www.gov.ns.ca/snsmr/rmv/registration/mobility.asp](http://www.gov.ns.ca/snsmr/rmv/registration/mobility.asp)

## Special Needs of Deaf Seniors

Northwoodcare Inc. has a unique living environment designed especially for deaf seniors. Special services include a newly renovated floor with visual signals, closed captioning, TTY telephones, and time-released appliances. Staff are trained in sign language and deaf culture. This residence offers companionship and a relief from isolation that the deaf so often experience.

Independent living apartments and personal care suites, for those who need help with daily living, are available. Residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to help residents take part in scheduled activities.

**For more information, contact:**

Northwood Resident Services

Phone: (902) 454-3356

Website: [www.nwood.ns.ca](http://www.nwood.ns.ca)

## **Nova Scotia Hearing and Speech Centres**

These centres offer help to people with hearing problems or difficulties with speaking, understanding speech and communicating in their own language.

**For more information, contact:**

Provincial Centre

5657 Spring Garden Road

Suite 401, Box 120

Halifax, NS B3J 3R4

Phone: (902) 423-7357

E-mail: [info@nshsc.ns.ca](mailto:info@nshsc.ns.ca)

Website: [www.nshsc.ns.ca](http://www.nshsc.ns.ca)

### ***Locations***

**Amherst:** (902) 667-1141

**Antigonish:** (902) 867-4197

**Bridgewater:** (902) 543-4603 ext. 2248

**Dartmouth:** (902) 464-3084

**Digby:** (902) 245-2501 ext. 265

**Evanston:** (902) 625-3100 ext. 257

**Glace Bay:** (902) 849-9316

**Halifax:** (902) 423-7354

**Kentville:** (902) 679-2657 ext. 1400

**Liverpool:** (902) 354-3437 ext. 246

**Lower Sackville:** (902) 869-6150

**Middleton:** (902) 825-6160 ext. 233

**Musquodoboit Harbour:** (902) 889-4117

**New Glasgow:** (902) 752-7600 ext. 2520

**Pictou:** (902) 485-2318

**Sheet Harbour:** (902) 885-3628

**Shelburne:** (902) 875-3011 ext. 269

**Springhill:** (902) 597-3773

**Sydney:** (902) 842-9311

**Sydney Mines:** (902) 736-2831 ext. 146

**Truro:** (902) 893-5512

**Waterville:** (902) 538-3103 ext. 156

**Windsor:** (902) 792-2084

**Yarmouth:** (902) 742-3542 ext. 364

## **Society of Deaf and Hard of Hearing Nova Scotians**

The Society develops and manages coordinated support services that enable deaf and hard of hearing people to fully utilize public and community services. Information and referral, and assistive devices may be purchased and sometimes borrowed. The Society is also responsible for the coordination of interpreter services to facilitate communication between deaf and hearing clients.

**For more information, contact:**

Halifax Office

1657 Barrington Street, Suite 117

Halifax, NS B3J 2A1

Phone (Voice/TTY): 422-7130

E-mail: [sdhhns@ns.sympatico.ca](mailto:sdhhns@ns.sympatico.ca)

Website: [www.sdhhns.org](http://www.sdhhns.org)

**or**

Cape Breton Branch

56 Nepean Street

Sydney, NS B1P 6A8

Phone (Voice/Fax): (902) 564-0003

(TTY): (902) 564-0486

E-mail: [cbdeaf@ns.sympatico.ca](mailto:cbdeaf@ns.sympatico.ca)

## **Deafness Advocacy Association of Nova Scotia**

The association aims to reduce barriers and increase opportunities of the deaf and hard of hearing and late deafened Nova Scotians.

### **For more information, contact:**

803-1660 Hollis Street

Halifax, NS B3J 1V7

Phone: (902) 425-0240

TTY: (902) 425-0199

E-mail: [daans@ns.sympatico.ca](mailto:daans@ns.sympatico.ca)

Website: [www.daans.org](http://www.daans.org)

## **Active Living, Recreation and Sport**

### **Sport and Recreation**

#### **Physical Activity, Sport and Recreation Division**

This program area of the Department of Health Promotion and Protection provides an important link between healthy lifestyles and physical activity. Its six regional staff provide services and assistance to the individuals, municipalities and partner organizations that provide Nova Scotians with opportunities to participate in recreational activities. Many schools are now making their facilities available after hours to community groups and seniors organizations. Contact regional staff for more information on community use of schools.

The following grants are available to community groups including those that serve seniors. Regional staff would be

pleased to discuss your needs and assist with the application process.

#### **Recreation Facility Development Grants:**

These grants help community organizations renovate or build recreation facilities for community use.

**Community Development Grants:** These grants support local seniors games and help establish new programs.

**Physical Activity Grants:** These grants help organizations create or expand on opportunities to help Nova Scotians be physically active, such as exercise and activity programs for seniors.

#### **For more information, contact:**

Department of Health Promotion and Protection

Physical Activity, Sport and Recreation  
5516 Spring Garden Road, 2nd Floor  
PO Box 864

Halifax, NS B3J 2V2

Phone: (902) 424-7512

Toll-free: 1-866-231-3882

E-mail: [rcinquiries@gov.ns.ca](mailto:rcinquiries@gov.ns.ca)

#### ***Main and Regional Offices, Physical Activity, Sport and Recreation***

##### **Main Office**

Rick Gilbert

Director, Active Healthy Living  
Physical Activity, Sport and Recreation  
NS Department of Health Promotion and Protection

Phone: (902) 424-2772

##### **Cape Breton**

Colleen Chisholm

380 Kings Road

Sydney, NS B1S 1A8

Phone: (902) 563-2380

E-mail: [chishoco@gov.ns.ca](mailto:chishoco@gov.ns.ca)

## **Central**

Carol Davis-Jamieson  
PO Box 864, Halifax, NS B3J 2V2  
Phone: (902) 424-7622  
E-mail: davisjcm@gov.ns.ca

## **Fundy**

Jim Campbell  
90 Research Drive, Suite 122  
Truro, NS B2N 6Z4  
Phone: (902) 893-6215  
E-mail: campbeji@gov.ns.ca

## **Highland**

Gerard MacIsaac  
20 St. Andrews Street  
Antigonish, NS B2G 2H1  
Phone:(902) 863-7380  
E-mail:macisagx@gov.ns.ca

## **South Shore**

Debby Smith  
99 High Street, Suite 200  
Bridgewater, NS B4V 1V8  
Phone: (902) 543-5000  
E-mail: smithde@gov.ns.ca

## **Valley**

Mike Trinacty  
28 Aberdeen Avenue, Suite 2  
Kentville, NS B4N 2N1  
Phone: (902) 679-4390  
E-mail: trinacme@gov.ns.ca

## **Recreation Nova Scotia (RNS)**

This organization promotes the health benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, liability insurance programs, volunteer and

leadership training programs, provincial volunteer week activities, fundraising opportunities, and publications.

### **For more information, contact:**

5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
Phone: (902) 425-1128  
E-mail: info@recreationns.ns.ca  
Website: www.recreationns.ns.ca

## **Municipal Recreation Contacts**

Most municipal units in Nova Scotia have recreation commissions with a commission chairperson and one or more staff. Contact the following people for information on recreation activities for seniors.

### ***Cape Breton Region***

#### **Cape Breton Municipality**

Fred Brooks: (902) 563-5514

#### **Inverness County (Port Hood)**

John Cotton: (902) 787-2274

#### **Port Hawkesbury**

Jim Pyke: (902) 625-2591

#### **Richmond County/Arichat**

Clifford Boudreau: (902) 226-2400

#### **Victoria County (Baddeck)**

Tom Wilson: (902) 295-3231

### ***Highland Region***

#### **Antigonish County**

Marlene Melanson: (902) 863-1141

#### **Antigonish Town**

Trisha Cameron: (902) 863-3686

#### **District of Guysborough**

Phil M. Hochman: (902) 533-3508

#### **Canso**

Robbie Fraser: (902) 366-2872

#### **Mulgrave**

Tanya Tibbo: (902) 747-2243

**Pictou County**

Cindy Fraser: (902) 485-8528

**New Glasgow**

Elaine Flynn: (902) 755-8363

**Pictou**

Nicole MacDonald: (902) 485-6057

**Stellarton**

David Hood: (902) 752-8944

**Trenton**

Martin Bates: (902) 752-1019

**Truro**

Doug MacKenzie: (902) 895-4484

**Municipality of St. Mary's**

Steven Porter: (902) 522-2598

***Fundy Region*****Amherst**

Dwight Jones: (902) 667-9557

**Springhill**

Kara Scott: (902) 597-2790

**Colchester County**

Sue Burley: (902) 897-3155

**Bible Hill**

Jill Richard: (902) 893-8083

**Parrsboro**

Contact: (902) 254-2036

E-mail: town@town.parrsboro.ns.ca

**District of East Hants**

David Brown: (902) 758-2715

***Central Region*****Halifax Regional Municipality**

Robert Nauss: (902) 490-4910

Peggy Allen: (902) 876-4354

***Valley Region*****Annapolis County**

Debra Ryan: (902) 532-2334

**Annapolis Royal**

Grant Potter: (902) 532-7667

**Bridgetown**

Contact: (902) 665-5051

**Canning**

Contact: (902) 582-3221

**Middleton**

Kelly Aucoin: (902) 825-5500

**Kings County**

Bob Suffron: (902) 690-6153

Bruce MacArthur: (902) 690-6124

**Berwick**

Craig Burgess: (902) 538-4016

**Greenwood**

Fred Williams: (902) 765-1494

Jill Jackson: (902) 765-1494

**Hantsport**

Contact: (902) 684-3200

**Kentville**

Mark Phillips: (902) 679-2540

**New Minas**

Jennifer Coolen: (902) 681-6577

**Wolfville**

Andrew Fry: (902) 542-2400

**District of West Hants**

Kathy Kehoe: (902) 798-8391

**Windsor**

Janet Landry: (902) 798-0696

**District of Clare**

Joanne LaMarche: (902) 769-2031

**District of Digby**

Contact: (902) 245-5006

***South Shore Region*****District of Argyle**

Ginette d'Entremont: (902) 648-3379

**Yarmouth**

Frank Grant: (902) 742-8868

**District of Barrington**

Ray Green: (902) 637-2760



### **Clark's Harbour**

Anna Kenney: (902) 745-0226

### **Shelburne Municipality**

Marilyn Johnston: (902) 875-3544

### **Town of Shelburne**

Jerry Locke: (902) 875-3873

### **Lockeport**

Frances Scott: (902) 656-2565

### **Queens (Queens Municipality)**

Norman Amirault: (902) 354-5741

### **Lunenburg Municipality**

Carroll Randall: (902) 543-1354

### **Town of Lunenburg**

Robin Scott: (902) 634-4006

### **Municipality of District of Chester**

Trudy Payne: (902) 275-3490

### **Bridgewater**

Carol Pickings-Anthony:  
(902) 543-2274

### **Mahone Bay**

Derrick MacKenzie: (902) 624-9859

## **Sport Nova Scotia (SNS)**

This organization represents 63 provincial sport organizations and over 160,000 registered, sport participants. Many sport organizations support activities for older adults, sometimes referring to them as "masters" programs. Sport Nova Scotia can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

### **For more information, contact:**

5516 Spring Garden Road, 4th Floor  
Halifax, NS B3J 1G6

Phone: (902) 425-5450

E-mail: [sportns@sportnovascotia.ns.ca](mailto:sportns@sportnovascotia.ns.ca)

Website: [www.sportnovascotia.ca](http://www.sportnovascotia.ca)

## **Dance Nova Scotia**

Dance Nova Scotia is the provincial umbrella organization for all forms of dance.

### **For more information, contact:**

1113 Marginal Road

Halifax, NS B3H 4P7

Phone: (902) 422-1749

E-mail: [dans@eastlink.ca](mailto:dans@eastlink.ca)

## **Nova Scotia Department of Natural Resources**

**Provincial Parks:** Seniors may stay at a reduced rate in parks with overnight camping facilities. A brochure is available which lists all provincial parks, including those that are wheelchair accessible.

### ***Wildlife Resources Cards are available for \$6.25 + tax***

**Hunting:** Resident seniors may acquire a bear, bear snaring, deer, small game, or deer bowhunting stamp for free. They are required to purchase the \$3 Wildlife Habitat Stamp.

### **For more information, contact:**

PO Box 698, Halifax, NS B3J 2T9

Phone: (902) 424-5935

## **Nova Scotia Department of Fisheries**

**Fishing Licences:** General sport fishing licenses are sold to seniors at a reduced rate. Salmon fishing is regulated by the federal government and seniors are required to purchase a licence.

### **For more information, contact:**

Department of Fisheries and Agriculture  
91 Beeches Road, PO Box 700

Pictou, NS B0K 1H0

Phone: (902) 485-4014

Website: [www.gov.ns.ca/nsaf](http://www.gov.ns.ca/nsaf)

## Service Canada

**Pleasure Craft Licences:** If your boat has a motor over 10 horsepower, this information applies to you. A pleasure craft licence is the number placed on both sides of a recreational vessel, as required under the Small Vessel Regulations of the Canada Shipping Act.

**For more information, contact:**

Service Canada

Safe Boating Line: 1-800-267-6687

Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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## Active Living

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### Funding Sources

If you are interested in offering new or expanded active living programs, be sure to check out the New Horizons for Seniors program on page 27 and Physical Activity Grants on page 36 to determine if your program meets the funding requirements.

### Active Living Coalition for Older Adults (ALCOA)

ALCOA is a national partnership of organizations with an interest in the field of aging and active living. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activities.

**For more information, contact:**

33 Laird Drive

Toronto, ON M4G 3S8

Phone: (416) 423-2163

Toll-free: 1-800-549 9799

E-mail: [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net)

Website: [www.alcoa.ca](http://www.alcoa.ca)

## Nova Scotia 55 + Games Society

The Society promotes the participation of Nova Scotia seniors in recreational, sporting, cultural, creative and social activities throughout the province. It believes that active living promotes healthy living. The second ever Nova Scotia 55+ Games will be held September 27-30, 2007 in the Truro area. Activities are far-ranging, from physical and mental games to a heavy dose of evening entertainment. Representatives are urgently needed from Cape Breton and the Highlands. Volunteers from all regions are encouraged to get involved at the local, regional and/or provincial levels.

**For more information, contact:**

Nova Scotia 55+ Games Society

PO Box 235

Cornwallis Park, NS BOS 1H0

Website: [www.novascotia55plusgames.com](http://www.novascotia55plusgames.com)

or

**Peter Nordland, President**

Cornwallis Park, NS

Phone: (902) 638-8009

Fax: (902) 638-3090

E-mail: [nordland@ns.sympatico.ca](mailto:nordland@ns.sympatico.ca)

**Vivian Wright, Vice President**

Clementsport, NS

Phone: (902) 638-8068

**Leona Grant, Secretary**

Granville Ferry, NS

Phone: (902) 532-2664

E-mail: [freelee@auracom.com](mailto:freelee@auracom.com)

[Knowlton@ns.sympatico.ca](mailto:Knowlton@ns.sympatico.ca)

**Larry Armstrong, Treasurer**

Truro, NS

Phone: (902) 895-5224

E-mail: armstrong\_586@hotmail.com

**Valley Region****Brad Boyd**

Cornwallis Park, NS

Phone: (902) 638-8410

E-mail: bradboyd@ns.sympatico.ca

**Clare/Annapolis Valley****Pat Pyne**

Clementsport, NS

Phone: (902) 638-3102

E-mail: pat.pyne@ns.sympatico.ca

**Eddie Thimot**

Little Brook, NS

Phone: (902) 769-3285

**Central (HRM) Region****George Hughes**

Halifax, NS

Phone: (902) 479-0180

**Ken Brown**

Dartmouth, NS

Phone: (902) 463-2832

E-mail: nsfsna@allstream.net

**Henry Ellsworth**

St. Margarets Bay, NS

Phone: (902) 826-7701

E-mail: hen@ns.sympatico.ca

**Gerry Wist**

Dartmouth, NS

Phone: (902) 433-0398

E-mail: wisty@ns.sympatico.ca

**Fundy Region****Eileen Borgel**

Elmsdale, NS

Phone: (902) 883-7127

E-mail: heborgel@cnova.net

**Eanis and Marlene Collins**

Amherst, NS

Phone: (902) 667-9380

E-mail: elcollins@ns.sympatico.ca

**South Shore****Bob Carter**

Bridgewater, NS

Phone: (902) 543-6426

**Canadian 55+ Games Association (CSGA)**

The Association involves seniors in the planning, leadership, and evaluation of the Canada 55+ Games. The next 55+ Games will be held in Dieppe, New Brunswick from August 26 to 31, 2008.

The Games provide older adults with an opportunity to enhance their well-being through participation in sporting and recreational events, such as tennis, golf, swimming, curling, horseshoes, pool, card games and scrabble, to name just a few. The host community also has the opportunity to put on cultural events or demonstration activities based on the culture and interest in their region. Such cultural activities might include such events as orienteering, quilting, or painting. If such an activity is common across the country, then it may be included as an event.

**For more information, contact:**

Gary Black, President  
Canada 55+ Games Association  
5004 57th Street  
Yellowknife, NT X1A 1Y5  
Phone: (867) 873-5440  
Website: [www.canada55plusgames.com](http://www.canada55plusgames.com)  
E-mail: [info@canada55plusgames.com](mailto:info@canada55plusgames.com)

**or**

Peter Nordland, President  
Nova Scotia 55+ Games Society  
Cornwallis Park, NS  
Phone: (902) 638-8009  
E-mail: [nordland@ns.sympatico.ca](mailto:nordland@ns.sympatico.ca)

## **Dartmouth Volksmarch Club**

This active hiking club organizes recreational walks throughout the year for people of all ages. It is a great way to meet new friends for fitness and fun. The walks are planned well in advance. A schedule is available with information on the dates, length, and difficulty of each route.

**For more information, contact:**

Lily Conrod, President  
c/o Findlay Community Centre  
26 Elliot Street  
Dartmouth, NS B2Y 2X7  
Phone: (902) 466-4421  
E-mail: [benview@ns.sympatico.ca](mailto:benview@ns.sympatico.ca)  
Website: [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com)

## **Elderfit Lunenburg**

This popular aquafit program is offered several times a week (daytime and evening classes) at the Ocean Spa Aquatic Centre in

Lunenburg and the Oak Island Inn, near Oak Island. Both programs provide local seniors and interested others with an opportunity to keep fit and socially active.

**For more information, contact:**

George McKiel  
Phone: (902) 764-2090  
E-mail: [jgmckiel@bwr.eastlink.ca](mailto:jgmckiel@bwr.eastlink.ca)  
**or**

Martha Saunders  
Phone: (902) 766-0272  
E-mail: [johnmartha@eastlink.ca](mailto:johnmartha@eastlink.ca)

## **Elderobics Association of Nova Scotia**

The Elderobics Program of the YMCA is an exercise and education program for older adults. Participants are encouraged to work at their own pace. The program is offered out of 11 sites in the Halifax Regional Municipality. Classes focus on low impact aerobics for cardiovascular fitness, muscular strength and endurance including balance exercises and stretching and relaxation.

**For more information, contact:**

Elderobics Coordinator  
YMCA of Greater Halifax  
Phone: (902) 496-1888, ext. 253

## **Nova Scotia Fitness Association (NSFA)**

This association certifies fitness professionals in Nova Scotia. It is a member of the National Fitness Leader Alliance (NFLA) which means their certified courses are recognized across the country. One of the many certifications that the NSFA offers is an Older Adult Fitness Leader Certification.

It ensures instructors have the knowledge and skills needed to run safe and effective fitness classes for older adults.

**For more information, contact:**

Diane Bellefontaine, NSFA Executive Director  
5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
Phone: (902) 425-1128, ext. 224  
E-mail: [diane@nsfa.info](mailto:diane@nsfa.info)  
Website: [www.nsfa.info](http://www.nsfa.info)

## Seniors' Skate Information

There are a variety of adult skating programs in rinks throughout the province beginning as early as October 1. For more information, contact your local recreation department.

## Ski Atlantic Seniors' Club

Members receive a ski area pass at local ski resorts. Resorts include Ben Eoin, Cape Smokey, Martock, Wentworth, and the New Brunswick areas of Crabbe, Poley and Sugar Loaf Park. If you are a beginner, you can attend group lessons in Alpine skiing. Membership is open to anyone over 55 who has retired from full-time employment, and to anyone 65 or older. *Membership fee:* \$165 per year.

**For more information, contact:**

3650 Hammonds Plains Road  
Unit 14, Suite 361  
Upper Tantallon, NS B3Z 4R3  
E-mail: [SASC@chebucto.ns.ca](mailto:SASC@chebucto.ns.ca)  
Website: [www.sasc.chebucto.org](http://www.sasc.chebucto.org)

## Taoist Tai Chi Society

The Society offers Taoist Tai Chi instruction in locations throughout Nova Scotia, from

Cape Breton to Yarmouth. The gentle turning, stretching movements of Tai Chi are suitable for people of all ages. Seniors especially will benefit as they learn to develop balance, flexibility, timing, muscle tone, co-ordination, concentration, and relaxation. Additionally, the society offers health-recovery classes for those experiencing limited mobility from injuries, strokes, or other health problems. It also has a Taoist Tai Chi set that can be done from a wheelchair.

**For more information, contact:**

Taoist Tai Chi Society of Canada  
Atlantic Region  
Phone: (902) 422-8142  
E-mail: [halifax.ns@ttcs.org](mailto:halifax.ns@ttcs.org)  
Website: [www.taoist.org](http://www.taoist.org)

## Ticker Troop

This group meets twice a week at Mic Mac Mall in Dartmouth. Join them for walking and friendship.

For more information, contact:

Phyllis Vallis  
Phone: (902) 462-5011

## YMCAs and YWCAs

YMCAs and YWCAs offer a number of healthy lifestyle programs for older adults such as aquafit, seniors swim, 50+ fitness classes, strength training, and yoga. Supervised strength training programs are also available in some locations.

**For more information, contact:**

*YMCA of Cape Breton*  
399 Charlotte Street

Sydney, NS B1P 1E3  
Phone: (902) 562-YMCA (9622)  
Fax: (902) 539-3935  
Website: [www.cbymca.com](http://www.cbymca.com)  
E-mail: [info@cbymca.com](mailto:info@cbymca.com)

### ***YMCA of Cumberland***

PO Box 552, 92 Church St.  
Amherst, NS B4H 4A1  
Phone: (902) 667-9112  
E-mail: [cumberland@ymca.ca](mailto:cumberland@ymca.ca)  
Website: [www.ymcaofcumberland.com](http://www.ymcaofcumberland.com)

### ***YMCA of Greater Halifax/Dartmouth***

#### **Administration/Association Services**

1565 South Park Street  
Halifax, NS B3J 2L2  
Phone: (902) 423-9709  
Website: [www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca)

#### **South Park YMCA**

1565 South Park Street  
Halifax, NS B3J 2L2  
Phone: (902) 423-9622

#### **Akerley YMCA**

21 Woodlawn Road  
Dartmouth, NS B2W 2R7  
Phone: (902) 469-9622

#### **Community YMCA**

2269 Gottingen Street  
Halifax, NS B3K 3B7  
Phone: (902) 422-9622

### ***YMCA of Lunenburg***

75 High Street  
Bridgewater, NS B4V 1V8  
Phone: (902) 543-9622  
Website: [www.ymcalunenburgcounty.org](http://www.ymcalunenburgcounty.org)

## **Yoga Atlantic**

Certified Yoga instructors offer senior-friendly courses throughout the province. Chair Yoga is also offered in some areas. To find an instructor in your area, go to

<http://www.yogaatlantic.ca>. If you do not have access to the Internet, contact the Seniors' Secretariat for this information.  
Phone: (902) 424-6322,  
Toll-free: 1-800-670-0065

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## **Leisure and Hobbies**

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### **Opportunities**

Many opportunities to pursue leisure activities and hobbies exist in Nova Scotia. Contact your local recreation department, seniors' centre, club, or council for more information on activities in your area.

### **Northwood Broadcasting Club (NWBC)**

NWBC was launched in 1987. Since then, it has evolved into an important source of information on health issues and leisure opportunities for older adults and provides its audience with a wide variety of easy-listening music.

NWBC is entirely operated by volunteers and reaches listeners throughout Nova Scotia via the Eastlink community channel in your area from 10:00 am - 12:00 pm. You can also listen to a live webcast of the program at **[www.eastlink.ca](http://www.eastlink.ca)**

#### **For more information, contact:**

Toll-free: 1-866-229-6922  
E-mail: [information@nwood.ns.ca](mailto:information@nwood.ns.ca)  
Website: [www.nwood.ns.ca](http://www.nwood.ns.ca)

## Northwood Players

The Northwood Players are an active, imaginative, and exciting group of seniors who come together to bring music, dancing, acting, and joy to their lives and the lives of others.

### For more information, contact:

Shirley Burnstein, Director  
Northwood Community Centre  
2615 Northwood Terrace  
Halifax, NS B3K 3S5  
Phone: (902) 454-3351  
E-mail: [information@nwood.ns.ca](mailto:information@nwood.ns.ca)  
Website: [www.nwood.ns.ca](http://www.nwood.ns.ca)

## Nova Scotia Seniors' Art and Photo Gallery

If you are over the age of 50 and would like to display your artwork or photos, contact the Seniors' Secretariat for details. All proceeds from the paintings and photos sold go directly to you. The gallery is located in the World Trade and Convention Centre, 1800 Argyle Street, Halifax. It is open whenever the WT&CC is open to the public.

### For more information, contact:

Seniors' Secretariat  
Phone: (902) 424-0065  
Toll-free: 1-800-670-0065

## Expositions

### 50+ Expo: Life Is What You Make It

50+ Expo is a special forum for people 50 and over and their families. The expo offers an opportunity to learn about products, programs, and services available in today's marketplace. Shows include: exhibits,



entertainment, a hobbies/crafts area, and educational seminars. The next 50+ Expo will be held on June 8th and 9th, 2007, at Exhibition Park in Halifax.

### For more information, contact:

Valerie White, Chairperson, 50+ expo  
Seniors' Secretariat  
Phone: (902) 424-0065  
Toll-free: 1-800-670-0065

## Volunteer Activities

### Opportunities

Each year, hundreds of retirees and seniors volunteer countless hours in their communities. If you have an interest in helping others and can spare some time, select from among the many community-based organizations listed in this directory and find out how you can help.

Volunteers . . . the heart of our community.

### Provincial Volunteer Awards

Recreation Nova Scotia coordinates the annual Provincial Volunteer Awards Ceremony and Luncheon during National Volunteer Week celebrations. The events serve as a tribute to the voluntary sector and are meant to say thank you to individuals who give so much of their time and talents. Contact Recreation Nova Scotia for details on volunteer recognition resources and gifts such as balloons, lapel pins, mugs, and key chains.

### For more information, contact:

5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
Phone: (902) 425-1128  
E-mail: [info@recreationns.ns.ca](mailto:info@recreationns.ns.ca)  
Website: [www.recreationns.ns.ca](http://www.recreationns.ns.ca)

## Sydney Volunteer Resource Centre

The centre is an entity supported by New Dawn Enterprises. It is dedicated to the support, development and enrichment of the voluntary, not-for-profit sector within the local community. It also supports and manages the Meals on Wheels program for the Sydney area.

**For more information, contact:**

Phone: (902) 562-1245

E-mail: [vrc@newdawn.ca](mailto:vrc@newdawn.ca)

Website: [www.newdawn.ca](http://www.newdawn.ca)

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## Travel

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### Canadian Snowbird Association

This association represents travellers of all ages from across the country. It works in partnership with government and business to educate and advocate on behalf of all travelling Canadians, helping to ensure access to safe, healthy travel with no restrictions on freedom of movement.

**For more information, contact:**

Don Gardiner, Director

Atlantic Canada

Toll-free: 1-800-265-3200

Website: [www.snowbirds.org](http://www.snowbirds.org)

### Customs Information

If you plan to travel outside Canada and require customs information, contact the Canada Border Services Agency.

**For more information, contact:**

Toll-free: 1-800-461-9999

Toll-free TDD: 1-800-267-0825

Website: [www.cbsa-asfc.gc.ca](http://www.cbsa-asfc.gc.ca)

## Passports

Application forms are available at the Passport Office, Canada Post outlets, travel agencies, or on the Internet at [www.ppt.gc.ca](http://www.ppt.gc.ca)

**For more information, contact:**

Passport Office

Department of Foreign Affairs and International Trade

1505 Barrington Street, Suite 1508, Maritime Centre Building

Halifax, NS B3J 3K5

Toll-free: 1-800-567-6868

Toll-free TTY: 1-866-255-7655

Website: [www.ppt.gc.ca](http://www.ppt.gc.ca)

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## Life-Long Learning Opportunities

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### Libraries

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#### Alzheimer Resource Library

The library is a service of the Alzheimer Society of Nova Scotia. Hours: Monday to Thursday, 8:30 am – 4:30 pm and Friday 8:30 am – 4:00 pm.

**For more information, contact:**

Phone: (902) 422-7961

#### Information Resource Centre (Seniors' Secretariat)

The Centre maintains a collection of books, reports, magazines, videos, pamphlets and newsletters on topics related to aging that may be borrowed by the general public. A mail service is available for people who cannot visit the Centre. To obtain a listing of subjects covered, contact the librarian.



**For more information, contact:**

Jane Phillips, Librarian  
1740 Granville Street, 4th Floor  
PO Box 2065, Halifax, NS B3J 2Z1  
Phone: (902) 424-4710  
Toll-free: 1-800-670-0065  
E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)  
Website: [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

**Nova Scotia Regional Public Libraries: Services for Seniors**

The public libraries offer a variety of programs and services to seniors, including large-print books, special collections of information relating to the interests and concerns of seniors, a books-by-mail service, book delivery service, talking-books service, descriptive

videos, and special programs on topics of interest to seniors.

**For more information, contact:**

Your nearest regional library, as listed in your local telephone directory.  
Website: [www.library.ns.ca/regionals](http://www.library.ns.ca/regionals)

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**Gerontology Programs**

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**Mount Saint Vincent University**

MSVU offers the following programs:

- Master of Arts in Family Studies and Gerontology
- Bachelor of Applied Arts (Family Studies and Gerontology) Honours option also available
- Certificate in Gerontology

*Reward yourself....*





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*Many people wait too long and miss out on the enjoyments of the retirement living experience.*

*Our services and amenities alleviate the burden of home maintenance and provide you with a friendly and secure environment. Housekeeping chores, cooking, and eating alone will become a thing of the past.*

*Our recreation programs can provide an atmosphere conducive to meeting new friends. You can enjoy a movie in our theatre or musical entertainment in our lounge. You may also decide to read, e-mail a friend or relative, or just enjoy a cup of coffee with one of your new neighbours.*

*.....with the lifestyle you deserve!*

**Halifax**  
**(902) 457-8621**

**Truro**  
**(902) 843-7275**

**Moncton**  
**(506) 387-7770**

**Dartmouth (2007)**  
**(902) 405-7275**

[www.parklandestates.com](http://www.parklandestates.com)

**For more information, contact:**

Admissions Office  
Mount Saint Vincent University  
166 Bedford Highway  
Halifax, NS B3M 2J6  
Phone: (902) 457-6128  
E-mail: admissions@msvu.ca  
Website: www.msvu.ca

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## **Community Learning Networks**

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Learning programs are available in many communities for older adults at no fee. The programs allow seniors to upgrade their basic skills, set their own goals, and work at their own pace. Individual sessions with volunteer tutors are often available. There are 23 Community Learning Networks located throughout Nova Scotia. For more information, contact the Adult Education office nearest you. You're never too old to learn!

### ***Cape Breton Region***

Phone: 563-2270

### ***Southwestern Region***

Phone: 543-2376

### ***Metro Region***

#### **Metro Halifax**

Phone: 424-8421

#### **Acadian Community**

Phone: 424-5547

#### **African Canadian Community**

Phone: 424-5165

#### **Deaf Community**

Phone: 423-3353

#### **ESL Community**

Phone: 424-8421

### ***Strait Region***

Phone: 625-4031

### ***Northern Region***

Phone: 893-7200

### ***Mi'kmaq Community***

Phone: 893-5989

### ***Valley Region***

Phone: 679-6204

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## **University and Community College Courses for Seniors**

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### **Reduced Tuition Fees**

The following universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis.

#### ***Acadia University, Wolfville***

Free credit course audits for Acadia Lifelong Learning Center (ALL) members.

#### **For more information:**

Contact Student Accounts:  
(902) 542-2201

#### ***Atlantic School of Theology, Halifax***

Fifty percent reduction in tuition to seniors 65+ (as of date of registration) for credit courses.

#### **For more information:**

Phone: (902) 423-6939

#### ***Dalhousie University, Halifax***

Students enrolled in an undergraduate non-professional degree program who are 65 years of age or older at the time of registration are eligible for a senior citizen waiver. This waives only the tuition portion of the fees.

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**For more information:**

Contact Student Accounts:

(902) 494-3998

Website: [www.dal.ca/studentaccounts](http://www.dal.ca/studentaccounts)

***Mount Saint Vincent University,  
Halifax***

Fifty percent reduction in tuition to seniors 65+ for undergraduate credit courses.

For more information:

**Contact Financial Services:**

**(902) 457-6277**

E-mail: [financial.services@MSVU.ca](mailto:financial.services@MSVU.ca)

***NSCAD University, Halifax***

Forty percent discount on tuition fees for all undergraduate courses for seniors 60+.

Twenty percent discount on Continuing Education courses.

**For more information:**

Phone: (902) 494-8195

***Saint Francis Xavier University,  
Antigonish***

Free tuition for all undergraduate credit courses for seniors 65+.

**For more information,**

Contact Student Accounts:

(902) 863-3300

***Université Sainte-Anne, Church Point***

Fifty percent discount on tuition fees for adults 60+ for all credit courses.

**For more information:**

Phone: (902) 769-2114

***Cape Breton University***

Free tuition for seniors 65+ or pre-retired

60+ for all in-class credit courses.

**For more information:**

Phone: (902) 539-5300

**Distance Education Courses**

Distance education programs allow the learner and the educator to work together from a distance to permit a flexible learning schedule. Methods of distance education include television broadcasts, teleconferencing, audio and videotapes, e-mail and the Internet. Contact individual universities for costs. Costs of courses may vary. A calendar of courses is available.

**For more information, contact:**

Association of Atlantic Universities  
Suite 403, 5657 Spring Garden Road  
Halifax, NS B3J 3R4

Phone: (902) 425-4230

Website: [www.dal.ca/aau](http://www.dal.ca/aau)

**Nova Scotia Community College**

In addition to full-time courses, the NSCC offers part-time and distance education courses at its 12 locations around the province. There is no reduced tuition fee for seniors.

**For more information, contact:**

Phone: (902) 491-4911

Toll-free: 1-866-679-6722

E-mail: [www.nsccadmissions@nsc.ca](mailto:www.nsccadmissions@nsc.ca)

Website: [www.nsc.ca/admissions](http://www.nsc.ca/admissions)

**Acadia Lifelong Learning Centre  
(ALL)**

The Centre, a community-driven initiative of Acadia University's Division of Continuing and Distance Education, provides quality educational opportunities to adults 50+.

Reasonably priced non-credit programs are

held on campus during the fall, winter, and spring terms. Membership has its privileges as members are now able to audit Acadia credit courses for free during summer, fall, and winter terms and have free Acadia University Library access.

**For more information, contact:**

Division of Continuing and Distance  
Education

Phone: (902) 585-1434

Toll-free: 1-800-565-6568

E-mail: [allinfo@acadiau.ca](mailto:allinfo@acadiau.ca)

Website: <http://conted.acadiau.ca>

## Elderlearners

Elderlearners, sponsored by the Division of Continuing Education at Saint Mary's University, offers adults age 55 and over, an opportunity to become involved in lifelong learning. Patterned on Universities of the Third Age in Europe, its members continue to educate themselves and share ideas on a wide variety of subjects of interest to older adults through a series of lectures and short courses every fall and winter.

**For more information, contact:**

Cindy Bishara

SMU Division of Continuing Education

Saint Mary's University

Halifax, NS B3H 3C3

Phone: (902) 420-5020

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## Other Seniors' Programs

### Routes to Learning Canada

Routes to Learning Canada is Canada's first and largest learning travel organization. For over 20 years, Routes has offered exceptional learning experiences and at a value that's hard to match. Its travel programs bring you

face to face with fascinating cultures, peoples and environments, providing the perfect balance of learning and adventure. They offer an opportunity to enrich your mind, develop new passions, and share your experiences with engaging travel companions.

**For more information, contact:**

Routes to Learning Canada

4 Cataragui Street

Kingston, ON K7K 1Z7

Toll-free: 1-866-745-1690

Website: [www.routestolearning.ca](http://www.routestolearning.ca)

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## Computers and the Internet

### Community Access Program (CAP)

CAP sites offer affordable access to the Internet. Computers are available for affordable public use. You can read your e-mail, look at websites, check your stocks, or search the Internet. This community-based program, supported by a variety of partnerships, can be found in communities across Canada.

**For more information, contact:**

Toll-free: 1-866-569-8428

Website: [www.nscap.ca](http://www.nscap.ca)

### Annapolis County Surfing Seniors

26 Bay, Rd., Bridgetown, NS, BOS 1C0

Sharon Elliott

Seniors Safety Coordinator

Phone: (902) 665-4481

### CAP Seniors' Programs

A number of CAP sites across the province offer programs to teach seniors how to use a computer and Internet. Classes are taught by seniors at an easy pace, in a friendly, senior's

centre environment. You can join a computer club to share skills and learn more about computers from your peers. If you offer a senior's program at a CAP site and your organization is not listed below, please contact the Seniors' Secretariat at 1-800-670-0065.

**For more information, contact:**

### ***Cape Breton County***

#### **Bay St. Lawrence Centre**

3160 Bay St. Lawrence Rd.  
Bay St. Lawrence, NS B0C 1G0  
Phone: (902) 383-2334  
Website: [www.baystlawrence.org](http://www.baystlawrence.org)

#### **Boularderie CAP Site**

12065 Kempt Head Rd.  
Boularderie, NS B1X 1J9  
Phone: (902) 674-0971  
E-mail: [bcap@vccaps.com](mailto:bcap@vccaps.com)  
Website: [www.boularderie.ca](http://www.boularderie.ca)

### **Cape Breton Seniors' Community Learning Network**

Ruth Boone  
2737 Point Edward Highway  
Point Edward, NS B2A 4P9  
Phone: (902) 564-2729  
E-mail: [rboone@capcbco.ca](mailto:rboone@capcbco.ca)  
Website: [www.capebretonseniors.ns.ca](http://www.capebretonseniors.ns.ca)

#### **Iona CAP Site**

2516 St. Columba Rd.  
Iona, NS B2C 1A9  
Phone: (902) 725-2785  
E-mail: [cap@vccaps.com](mailto:cap@vccaps.com)  
Website: [www.centralcapebreton.com](http://www.centralcapebreton.com)

#### **Middle River CAP Site**

2248 Cabot Trail Highway  
Middle River, NS B0C 1B0

Phone: (902) 295-2951

E-mail: [Middleriver\\_cap@hotmail.com](mailto:Middleriver_cap@hotmail.com)

Website: [www.middleriver.ca](http://www.middleriver.ca)

### **St. Ann's Community**

#### **Education & Enterprise Centre**

51787 Cabot Trail Highway  
Box 53 Englishtown, NS B0C 1H0  
Phone: (902) 295-1940  
E-mail: [stannscap@hotmail.com](mailto:stannscap@hotmail.com)  
Website: [www.stanns.ca](http://www.stanns.ca)

### **Halifax Regional Municipality**

#### **Dartmouth Seniors' Service Centre**

45 Ochterloney Street  
Dartmouth, NS B2Y 4M7  
Phone: (902) 465-5578  
E-mail: [dartseniors@accesswave.ca](mailto:dartseniors@accesswave.ca)

#### **Rockingham Community Centre**

199 Bedford Highway  
Halifax, NS B3M 2J9  
Phone: (902) 490-4686

#### **Sackville Seniors Advisory Council**

45 Connolly Street  
Lower Sackville, NS B4C 1S6  
Phone: (902) 864-5591

#### **Spencer House Seniors' Centre**

5596 Morris Street  
Halifax, NS B3J 1C2  
Phone: (902) 421-6131

## **Did You Know?**

**Nova Scotia has the highest proportion of seniors in Atlantic Canada, and the second highest in the country, behind Saskatchewan.**

## *Lunenburg County*

### **Bridgewater Branch Library**

547 King Street

Bridgewater, NS B4V 1B3

Phone: (902) 543-9222

E-mail: [info@ssrlibrary.ca](mailto:info@ssrlibrary.ca)

Website: [www.ssrlibrary.ca](http://www.ssrlibrary.ca)

### **Lunenburg Branch Library**

19 Pelham Street, Lunenburg

Phone: (902) 634-8008

E-mail: [info@ssrlibrary.ca](mailto:info@ssrlibrary.ca)

Website: [www.ssrlibrary.ca](http://www.ssrlibrary.ca)

## *Queens County*

### **Thomas H. Raddall Branch Library**

145 Old Bridge Street, Liverpool

Phone: (902) 354-5270

E-mail: [info@ssrlibrary.ca](mailto:info@ssrlibrary.ca)

Website: [www.ssrlibrary.ca](http://www.ssrlibrary.ca)

## **Student Connection Program**

This initiative is a partnership between Industry Canada and Service Canada and Industry Canada's Skills Youth Employment Strategy (YES). It offers training to seniors in learning today's latest computer technology.

For a reasonable fee, you can sign up for group training sessions or one-on-one instruction in your home. Topics include: introduction to computers, the Internet, e-mail, online banking and e-commerce.

**For more information, contact:**

Phone: (902) 426-0566

Toll-free: 1-888-807-7777

E-mail: [scp@hollandc.pe.ca](mailto:scp@hollandc.pe.ca)

Website: [www.studentconnection.ns.ca](http://www.studentconnection.ns.ca)

## **Computer Literacy on the Move**

This program aims to teach seniors basic

computer skills, from logging on and using a word processor to surfing the net and accessing e-mail. The program is offered through workshops or in-home tutorials.

**For more information, contact:**

Sarah Downing

Computer Literacy on the Move

Hants Community Hospital

Phone: 1-902-798-5491

Website: [www.hantslearning.ns.ca](http://www.hantslearning.ns.ca)

## **Using Technology? Positively!**

This series of fact sheets on everyday technologies and seniors is available free of charge. Topics include:

- Series Overview
- Telecommunications: Phones and More
- Looking After Your Money: Technology and Banking
- Computers: Getting Online Using the Internet
- For the Good of Your Health: ITechnology and Health Care
- How Are Everyday Technologies Kept Safe?
- Older Adults Mean Business

**For copies of the fact sheets, contact:**

Seniors' Secretariat

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

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## **Planning for your Grandchildren's Education**

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### **Registered Education Savings Plan (RESP)**

Human Resources and Social Development Canada has put in place encouragements for parents, grandparents or other family

members to invest in the education of the next generation. The federal government will add to the savings in a child's Registered Education Savings Plan, with the Canada Education Savings Grant (CESG), a financial incentive for parents, family and friends to save for a child's education after high school. The grant, which is paid directly into the child's RESP, provides an additional contribution at a rate of at least 20 cents on every dollar invested each year up to age 17, depending on net family income.

Families at this lowest income rate are also eligible for the Canada Learning Bond, a one-time \$500 donation to the RESP of any child born after 2003. Families will also receive a \$100 per year contribution for up to 15 years if they are still eligible for the National Child Benefit Supplement. As a further incentive to open an RESP for young children, low income families will receive an additional \$25 with the Canada Learning Bond to cover the cost of setting up the RESP.

**For more information, contact:**

Phone: 1-800-O-Canada

(1-800-622-6232)

TTY: 1-800-926-9105.

Website: [www.canlearn.ca](http://www.canlearn.ca)

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## Employment

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### Employment Insurance (EI)

#### Employment Insurance Regular Benefits

Like all workers who pay into the Employment Insurance, seniors who work and pay into EI after they have started collecting pensions are still eligible for Employment Insurance if they are laid off. If

a pension is payable from the same employment that was used to establish the employment insurance claim, the pension benefits, or newly established CPP benefits, are deducted from the bi-weekly Employment Insurance Benefits in the same manner as earnings. Pension earnings may be excluded on subsequent EI claims.

**For more information, contact:**

Service Canada Employment Inquiries

Toll-free: 1-800-206-7218

Website: [www1.servicecanada.gc.ca/en/gateways/topics/tytgxr.shtml](http://www1.servicecanada.gc.ca/en/gateways/topics/tytgxr.shtml)

#### Employment Insurance Special Benefits

All workers, who are paying into EI, are entitled to draw up to 15 weeks of Employment Insurance **Sickness Benefits**, provided they have a doctor's note substantiating their absence from work. Working seniors who choose to adopt or are starting a family late in life may also be eligible for **Parental Benefits** of up to 35 weeks (which may be divided between the two partners).

#### Compassionate Care Benefits

A new program under Employment Insurance allows individual family members to each take up to six weeks off work to care for a person who has been diagnosed by their doctor with a significant risk of dying within the next six months.

#### Job Search Support

Many seniors choose to supplement their pensions with part-time work. Service Canada sponsors Career Resource Centres in many locations around Nova Scotia to

provide unemployed Canadians of all ages with assistance in finding employment. Services include workshops in resume writing, job search and interview skills and basic computer training. Some of these centres have specialized services for specific client needs.

### **Service Canada Centres**

#### **For more information, contact:**

Toll-free (*General*): 1-800 O Canada  
(1-800-622-6232)

Toll-free (*Employment Inquiries*):  
1-800-206-7218

Website: [www1.servicecanada.gc.ca](http://www1.servicecanada.gc.ca)

### **Social Insurance Number (SIN)**

Service Canada Centres will process applications to obtain, change or replace a Social Insurance Number (SIN). There is no charge for the initial SIN card or to amend a SIN card because of marriage or divorce, but there is a \$10 replacement fee for a lost or stolen card. It is imperative that the applicant have the proper identification to obtain a social insurance card such as a birth certificate or immigration document, as well as marriage certificates where appropriate.

#### **For more information, contact:**

Phone (*English*): 1-800-206-7218  
(*Français*): 1-800-808-6352

[www.servicecanada.gc.ca/en/idcards/idcards.html](http://www.servicecanada.gc.ca/en/idcards/idcards.html)

### **Seniors for Seniors**

Seniors for Seniors provides employment opportunities for workers 50 years of age and older in the Halifax area. Positions available include homemakers, handy-persons, home-cleaners, and companions.

#### **For more information, contact:**

Howard Court or Janet Wilson  
7001 Mumford Road, Tower 1  
Suite 819, Halifax, NS B3L 4N9  
Phone: (902) 454-3674

### **Workers' Compensation Board of Nova Scotia (WCB)**

This organization provides prevention information and education to all employers and workers in the province, and comprehensive workplace injury insurance to 18,000 registered employers and their 300,000 workers. The *Workers' Compensation Act of Nova Scotia* protects both the worker and the employer. It provides for financial assistance, health care services, rehabilitation, re-employment, return-to-work planning, and protection for employers against lawsuits brought as a result of workplace injuries.

#### **For more information, contact:**

Main Office, Halifax  
5668 South Street  
PO Box 1150  
Halifax, NS B3J 2Y2  
Phone: (902) 491-8999  
Toll-free: 1-800-870-3331  
E-mail: [info@wcb.gov.ns.ca](mailto:info@wcb.gov.ns.ca)  
Website: [www.wcb.ns.ca](http://www.wcb.ns.ca)

**or**

Branch Office, Sydney  
336 Kings Road, Suite 117  
Sydney, NS B1S 1A9  
Phone: (902) 563-2444  
Toll-free: 1-800-880-0003

## **Did You Know?**

Seniors will comprise 25% of  
Nova Scotia's population by 2026.



# Transportation

## Gas and Service Stations

Service Nova Scotia and Municipal Relations offers an online service that lets seniors know which gas stations in the province offer full-serve, self-serve, or both levels of services. The website can be found at [www.gov.ns.ca/snsmr/gasstations/listing.asp](http://www.gov.ns.ca/snsmr/gasstations/listing.asp). If you do not have access to a computer, contact the Seniors' Secretariat for information about the gas and service stations nearest you.

### For more information contact:

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

## Licenses and Safe Driving

### Driver's Licenses

Photo driver's licenses are issued by the Registry of Motor Vehicles, a division of Service Nova Scotia and Municipal Relations. The cost to renew a Class 5 (regular) licence for a five-year period is \$63.60.

### *Appointments for Seniors*

People with special needs, including seniors, may schedule a time to renew their license rather than waiting for extended periods of time.

### *Accessible Parking License Plates and Permits*

The Registry of Motor Vehicles ensures that those needing to park close to buildings due to mobility impairments are able to do so. See details on page 34.

### *Veteran's Plates*

Qualified individuals can apply for Veterans' plates by completing the application form and supplying proof of eligibility. An additional \$5 is added to the usual cost of registering your vehicle when you apply for the plate for the first time.

### *Refunds*

You can request a refund if you move out of the province or have stopped driving. Additionally, refunds can be requested by the estate on behalf of deceased drivers. The refund will be for the time remaining in the five-year period for which the driver has paid, minus the \$9.60 photo fee and an administration fee of \$12.14.

### *Office Locations*

Contact the Registry's toll-free information line to locate the office nearest you.

### For more information, contact:

Phone (*Halifax*): (902) 424-5851

Toll-free: 1-800-898-7668

Website: [www.gov.ns.ca/snsmr/rmv](http://www.gov.ns.ca/snsmr/rmv)

## Seniors' Safe Driving Discount Program

Funding provided by Service Nova Scotia and Municipal Relations has made it possible for Nova Scotia drivers, aged 65 and over, who hold a valid driver's licence, to receive a one-time, \$40 rebate on safe driving courses. Since many of the organizations offering this program charge \$40 or less, seniors usually attend for free.

Safe driving courses can help a person to

understand how aging affects their driving skills and discover ways to make up for these changes.

Participation is voluntary and seniors do not have to take a course to keep their driver's licenses. The courses are educational and do not involve a road test.

**For more information, contact:**

Seniors Safe Driving Discount Program  
Service Nova Scotia and Municipal  
Relations

Phone: (902) 424-5851

Toll-free: 1-800-898-7668

Website: [www.gov.ns.ca/snsmr/rmv/safe/senior.asp](http://www.gov.ns.ca/snsmr/rmv/safe/senior.asp)

**For information on a specific course, contact the following organizations:**

*Courses Available Province-Wide*

**Nova Scotia Safety Council**

110 Chain Lake Drive, Unit 3F

Vantage Point 3

Halifax, NS B3S 1A9

Phone: (902) 454-9621

Toll Free: 1-866-511-2211

E-mail: [nssc@nssafety.ns.ca](mailto:nssc@nssafety.ns.ca)

**Nova Scotia Government Retired  
Employees Association**

PO Box 20142

349 Herring Cove Road

Halifax, NS B3R 2K9

Phone: (902) 477-5155

Toll Free: 1-800-677-8666

*Amherst*

**Fundy Driving School**

Springhill, N.S.

Phone: (902) 667-8090

*Annapolis Valley*

**Discover Driving**

Phone: (902) 665-2831

Website: [www.discoverdriving.com](http://www.discoverdriving.com)

*Cape Breton*

**Arriving Safe Driving School**

Phone: (902) 564-6106

*Kentville*

**Fundy Driving School**

Phone: (902) 679-0607

*Halifax/Dartmouth Metro Area*

**Drive Wise Driving Program**

Phone: (902) 434-5113

E-mail: [DriverED@AdvancedDriving.com](mailto:DriverED@AdvancedDriving.com)

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## **Public Transportation Regional Services**

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**Dial-a-Ride Nova Scotia**

Dial-A-Ride Nova Scotia is a support network of non-profit, community-based transportation systems located throughout Nova Scotia. It is a joint initiative of seven departments and agencies. The Dial-A-Ride network was created in response to the pressing need for inclusive transportation services in Nova Scotia. Dial-A-Ride Nova Scotia offers a diverse range of personal transportation services to meet the needs of all Nova Scotians, including wheelchair accessible vehicles for persons with special mobility needs.

**For more information, contact:**

Toll-free: 1-877-305-7433

Website: [www.gov.ns.ca/snsmr/dialaride](http://www.gov.ns.ca/snsmr/dialaride)

or

Karen Ramsland  
Service Nova Scotia and Municipal  
Relations  
Phone: (902) 424-7798

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## Transportation Services by Area/County

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(also, see Shuttle Services on page 61)

### Annapolis County

#### *Kings Transit*

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price. An Accessible Low Floor (ALF) bus operates between Wolfville and Greenwood. The ALF service makes it easier for individuals with physical disabilities to use Kings Transit. Several conditions must be met to use the ALF service. Call for details.

**For more information, contact:**

Phone: (902) 678-7310  
Toll free: 1-888-546-4442  
E-mail: [info@kingstransit.ns.ca](mailto:info@kingstransit.ns.ca)  
Website: [www.kingstransit.ns.ca](http://www.kingstransit.ns.ca)

#### *TransCounty Transportation Society*

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people in the Annapolis County, Western Kings County and the Municipality of Digby who are disabled, elderly, or disadvantaged.

**For more information, contact:**

Debbie Decker  
Phone: (902) 665-1212

Toll-free: 1-877-305-7433, press 7  
E-mail: [admin.tcts@ns.sympatico.ca](mailto:admin.tcts@ns.sympatico.ca)

### Cape Breton Regional Municipality

#### *Handi-Trans*

Handi-Trans is a shared-ride, door-to-door public transportation service for registered mobility impaired residents of seven municipalities in Industrial Cape Breton. The service is operated by Cape Breton Regional Transit Authority and is available by appointment, Monday to Saturday.

**For more information, contact:**

Bernie Steele  
Phone: (902) 539-4336  
E-mail: [dlmacdonald@cbrm.ns.ca](mailto:dlmacdonald@cbrm.ns.ca)

#### *Transit Cape Breton*

This service provides public transportation on fixed-routes in the industrial Cape Breton area. Special fares for seniors are available.

**For more information, contact:**

Phone: (902) 539-8124  
Website: [www.cbrm.ns.ca/portal/community/transit/](http://www.cbrm.ns.ca/portal/community/transit/)

### Municipality of Clare

#### *Le Transport de Clare*

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to persons with disabilities and seniors. This service operates Monday to Friday, 8:00 am - 4:00 pm.

**For more information, contact:**

Volunteer Manager  
Dispatch Operator: (902) 769-2477  
E-mail: [crobicheau@auracom.com](mailto:crobicheau@auracom.com)  
Website: [www.gov.ns.ca/snsmr/dialaride](http://www.gov.ns.ca/snsmr/dialaride)  
(Choose Transportation Services in NS)

## Colchester County

### *Colchester Transportation Cooperative Ltd. (CTCL)*

Through the Dial-a-Ride network, this service provides safe, affordable and accessible public transportation to people who are disabled, elderly, or disadvantaged.

**For more information, contact:**

Phone: (902) 896-7433

E-mail: [info@ctcl.ca](mailto:info@ctcl.ca)

Website: [www.ctcl.ca](http://www.ctcl.ca)

### *Able Transit (Truro)*

This service, operated by the Disabled Consumers' Society of Colchester County, is designed to meet the needs of disabled consumers in Truro and surrounding areas.

**For more information, contact:**

Phone: (902) 895-2110

## Digby County

### *Kings Transit*

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors' passes are available at a discount price. Accessible Low Floor (ALF) buses operate between Wolfville and Bridgetown. The ALF service makes it easier for individuals with physical disabilities to use Kings Transit. Several conditions must be met to use the ALF service. Call for details.

**For more information, contact:**

Phone: (902) 678-7310

Toll free: 1-888-546-4442

E-mail: [dbrownell@kingstransit.ns.ca](mailto:dbrownell@kingstransit.ns.ca)

Website: [www.kingstransit.ns.ca](http://www.kingstransit.ns.ca)

## East Hants

### *East Hants Alternative Transportation Services (EHATS)*

This service provides safe, affordable, and accessible public transportation in East Hants to people who are elderly or disadvantaged. EHATS is looking for volunteer drivers. Membership is required in order to access the service and is available for \$20 per year.

**For more information, contact:**

Arlene Campbell-Plante

224 Highway 214, STE 108

Elmsdale, NS B2S 1J7

Phone: (902) 883-4716

E-mail: [E\\_H\\_A\\_T\\_S@hotmail.com](mailto:E_H_A_T_S@hotmail.com)

## Halifax Regional Municipality

### *Metro Transit*

This service provides public transportation on fixed-routes in the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors' metro pass, a 20-ticket sheet, or when paying cash. Metro Transit has added Accessible Low Floor (ALF) buses to its service, on designated routes. The ALF service makes it easier for individuals with physical disabilities to use Metro Transit. Several conditions must be met to use the ALF service. Call for details.

**For more information, contact:**

Metro Info Line: (902) 490-4000

TDD Line: (902) 490-6645

E-mail: [MetroInfo@region.halifax.ns.ca](mailto:MetroInfo@region.halifax.ns.ca)

Website: [www.halifax.ca/metrotransit](http://www.halifax.ca/metrotransit)

### ***Metro Transit Access-A-Bus***

This service, operated by Metro Transit, provides a shared-ride, door-to-door, public transportation service for people who are declared eligible through the registration process. The service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, and Bay Road.

**For more information, contact:**

Phone: (902) 490-6999

TTY: (902) 490-6664

E-mail: [contactHRM@region.halifax.ns.ca](mailto:contactHRM@region.halifax.ns.ca)

Website: [http://www.halifax.ca/metrotransit/access\\_a\\_bus.html](http://www.halifax.ca/metrotransit/access_a_bus.html)

### ***An Extra Hand Transportation***

This private service offers door-to-door transportation in the Halifax/Dartmouth area. Available Monday to Friday during the day. Call in advance.

**For more information, contact:**

Phone: (902) 830-7244

### ***Book-A-Ride***

This service provides transportation to medical appointments in Sackville and surrounding areas for seniors and those with disabilities. Call 24 hours in advance.

**For more information, contact:**

Phone: (902) 864-5591

(902) 864-2165

### ***Need-a-Lift Transportation Services***

This service provides accessible transportation for individuals with power and manual wheelchairs and three and four wheel scooters.

**For more information, contact:**

Kevin Bulley

Phone: (902) 222-LIFT (5438)

Website: [www.needalift.ca](http://www.needalift.ca)

E-mail: [needalift@eastlink.ca](mailto:needalift@eastlink.ca)

### ***VON Transportation***

This service provides people in the Halifax Regional Municipality with transportation to health-related appointments, errands, etc. It operates Monday to Friday from 9:00 am - 3:00 pm. Booking is required a week in advance.

**For more information, contact:**

Transportation Coordinator

Phone: (902) 455-7433

### ***Callow Wheelchair Buses***

Wheelchair accessible buses can be booked by groups and individuals who require transportation for recreational purposes. This is a not-for-profit service dedicated to providing group and recreational transportation for veterans and physically challenged persons.

**For more information, contact:**

Tom Waters, Executive Director

Rosemarie Leblanc, Secretary

Phone: (902) 422-9433

### **Hants County**

#### ***West Hants Dial-a-Ride***

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

**For more information, contact:**

Janice Caldwell, Dispatcher

Phone: (902) 792-1800  
Toll-free: 1-877-305-7433  
E-mail: [dialaride@hantscountycan.org](mailto:dialaride@hantscountycan.org)  
Website: [www.hantscountycan.org](http://www.hantscountycan.org)

## **Kings County**

### ***Kings Transit***

This service provides public transportation on fixed-routes in the Annapolis Valley area from Wolfville to Weymouth, including Digby.

Seniors' passes are available at a discount price. An Accessible Low Floor (ALF) bus operates between Wolfville and Greenwood.

The ALF Service makes it easier for individuals with physical disabilities to use Kings Transit.

Several conditions must be met to use the ALF service. Call for details.

#### **For more information, contact:**

Phone: (902) 678-7310

E-mail: [dbrownell@kingstransit.ns.ca](mailto:dbrownell@kingstransit.ns.ca)

Website: [www.kingstransit.ns.ca](http://www.kingstransit.ns.ca)

### ***Kings Para-Transit Society***

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged in the Eastern Kings County area. Transportation to Halifax for medical appointments is also available twice a week.

#### **For more information, contact:**

Phone: (902) 681-2846

Toll-free: 1-877-305-7433

E-mail: [ats@ns.sympatico.ca](mailto:ats@ns.sympatico.ca)

## **Lunenburg County**

### ***Senior Wheels Association, Bridgewater***

This association runs an eight-passenger, wheelchair-accessible bus in the town of Bridgewater and seven kilometres outside the town limits. The service is offered to seniors and disabled persons of all ages and is sponsored by the Bluenose Golden K. Kiwanis Club. *Times:* Daily, and some evenings by request. *Fees:* Free of charge. To reserve a ride, please phone one day in advance.

#### **For more information, contact:**

Phone: (902) 543-2255

(answering service)

## **Pictou County**

### ***Central Highlands***

### ***Association of the Disabled (CHAD)***

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

#### **For more information, contact:**

Ron Levy, New Glasgow

Phone: (902) 755-1944

Toll free: 1-877-305-7433

E-mail: [r.levy@ns.sympatico.ca](mailto:r.levy@ns.sympatico.ca)

Website: [www.gov.ns.ca/snsmr/dialaride](http://www.gov.ns.ca/snsmr/dialaride)

(choose Transportation Services in NS)

### ***VON Volunteer Transportation Program***

Transportation to health related appointments in Pictou County is provided during the day, Monday to Friday. Advance booking is required.

**For more information, contact:**

Sheila Hoeg, Coordinator  
VON New Glasgow  
Phone: (902) 755-4524

## Queens County

### *VON Seniors' Assisted Transportation Program*

In partnership with Queens County Crime Prevention Program, this service provides transportation to medical appointments, grocery stores, banks, and other important locations for seniors.

**For more information, contact:**

Margo Walsh Leaman, Coordinator  
VON Liverpool  
Phone: (902) 354-3297  
E-mail: vonqueens@ns.sympatico.ca

## Yarmouth County

### *Hut's Transit*

This service provides public transportation on fixed-routes within the town of Yarmouth, from Monday to Friday from 8:00 am – 5:00 pm.

**For more information, contact:**

Gary Hudson  
Phone: (902) 749-4309 (direct to bus)

### *Handicapped Organization Promoting Equality (HOPE)*

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation in Yarmouth County to people who are disabled, elderly, or disadvantaged. Special arrangements can be made for evening or weekend trips.

**For more information, contact:**

Bill Crawford, Yarmouth

Phone: (902) 742-6579

Toll free: 1-877-305-7433

E-mail: hopecentre@ns.sympatico.ca

Website: www.yarmouthweb.com/hope/

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## Shuttle Services

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These private businesses operate on a fee for service basis.

### **Amero's Shuttle Service, Inc.**

(Yarmouth - Halifax)

Returns Daily.

**For more information, contact:**

Toll-free: 1-888-283-2222

### **Campbell's Shuttle Service**

(Yarmouth - Halifax)

Personalized service is offered daily in a seven-passenger van.

**For more information, contact:**

Phone: (902) 742-6101

Toll-free: 1-800-742-6101

### **Cloud Nine Shuttle Service**

(Yarmouth - Halifax)

Returns daily.

**For more information, contact:**

Toll-free: 1-888-805-3335

### **Health Care Shuttle**

(Pictou - Halifax)

Door-to-door transportation to and from appointments is provided, by appointment only. Drivers are available to help clients in and out of hospitals, doctors' offices, etc.

**For more information, contact:**

John Henderson

Phone: (902) 922-3066

For emergencies: (902) 759-2554

## **Moir's Shuttle Service**

**(Cape Breton - Halifax)**

Clean, comfortable and safe transportation with onboard movies. From Halifax to Cape Breton and Cape Breton to Halifax twice daily, everyday. Leaves at 8 am and 5 pm.

**For more information, contact:**

Phone: (902) 488-6682

Toll-free: 1-866-633-6647

Website: [www.moirsshuttle.piczo.com](http://www.moirsshuttle.piczo.com)

## **Valley Drug Mart Health**

**(Middleton - Halifax)**

Daily service is available to any patient who has an appointment with a specialist in Halifax. Donations are greatly appreciated.

**For more information, contact:**

Phone: (902) 825-4822

## **Sloane's of Hants**

### **Helping Hand Transport**

**(Truro - Halifax - Windsor)**

Door-to-door return service to your appointments is provided. Assistance is available, if needed. Day trips for up to three persons are also available. Wheelchair is available, but the vehicle is not wheelchair accessible. Call in advance.

**For more information, contact:**

John Sloane, Shubenacadie

Phone: (902) 883-2149

## **Federal Retirement Income Programs**

### **Service Canada**

Service Canada provides one-stop service for information or access to many of the federal

government programs, including Old Age Security and Canada Pension Plan. Call, click, or come in for service is its message to the Canadian public, encouraging people to call **1-800 O Canada (1-800-622-6232)** for general information or **1-800-277-9914** for information on Canada Pension Plan and Old Age Security. You can also go on-line to [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) or visit one of their Service Canada Centres across Canada.

## **Financial Programs**

### **Old Age Security & Canada Pension Plan**

#### **Old Age Security (OAS)**

OAS provides a monthly support payment to all seniors over the age of 65 who have lived in Canada for at least 10 years since the age of eighteen, regardless of whether they worked or not. Employment history is not a factor in determining eligibility, nor must the applicant be retired to receive this benefit. A person can apply for OAS benefits any time from six months to a year before his/her 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

#### ***Information for Higher Income Seniors***

In 2006, pensioners with an individual net income above \$62,144 will repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a



pensioner's net income is \$101,118 or above.

### ***The Guaranteed Income Supplement (GIS)***

The GIS provides a monthly non-taxable benefit to low income Old Age Security recipients. To determine if you qualify for GIS, call **1-800-277-9914**. Remember, to receive the GIS, you must re-apply each year by filing an income statement or completing and income tax return. In January 2007, GIS payments were increased by about \$18 a month for single seniors and \$29 a month for couples. *If you qualify for the GIS, you may also qualify for special benefits from the Government of Nova Scotia, including the Property Tax Rebate Program, and Pharmacare Program (no fee for the Pharmacare Premium).*

### ***The Allowance and the Allowance for Survivors***

The Allowance is a monthly benefit for low income seniors between the age of 60-64 whose spouses or common-law partners are receiving OAS and GIS. There is also an Allowance for Survivors for low income surviving spouses/partners who are not yet eligible for OAS. The Allowance stops when the recipients become eligible for an Old Age Security pension at age 65, if they leave Canada for more than six months, if there is a change in marital status, or at death. Recipients must re-apply every year for this benefit by filing an income statement or completing an income tax return. In January 2007, payments were increased by about \$18 a month for single seniors and \$29 a month for couples.

### ***Important Notes***

The GIS and the allowances are intended for low-income seniors who live in Canada. The payments will stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.

### ***How to Apply***

For more information or application forms for these programs, visit your nearest Service Canada Centre, or:

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

TTY: 1-800-255-4786

Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
(click on seniors).

### ***Canada Pension Plan (CPP)***

Canada Pension Plan, which is administered by Service Canada, provides a monthly pension to Canadians who contributed to the Plan or to both the Canada Pension Plan and the Quebec Pension Plan during their working years.

The plan provides benefits when a contributor to the plan retires, becomes disabled, or dies. You must apply for these benefits. The amount of the benefit depends on the amount of earnings and contributions to the plan. All CPP benefits are paid out of the CPP fund and are subject to income tax.

**A regular pap test  
could save your life!**

## ***Full Retirement Pension and Reduced Pension***

This is a monthly benefit payable to eligible contributors who are 65 years of age or older. Canadians who apply at age 65 will receive the full benefit rate for which they paid in. This benefit will continue even if you return to work at a later date. Once you begin to receive your CPP pension, you must stop contributing to CPP. When you become 65 years of age you do not need to stop work to receive a retirement pension. Applicants may apply for a reduced pension starting at age 60 (earning requirements must be met).

## ***Canada Pension Disability Benefit***

The disability benefit is available to people who have made enough contributions to the CPP, and whose disability prevents them from working at any job on a regular basis. The disability must be long lasting or likely to result in death. People who qualify for disability benefits from other programs may not qualify for the CPP disability benefit. There are also benefits available to the children of a person who receives a CPP disability benefit. It may take as long as three months for an application for a disability benefit to be accepted. The time frame is much shorter for terminally ill applicants. If an application for a CPP disability benefit is not granted, there are three opportunities to have an application reviewed. CPP Disability ends at age 65 when the applicant is eligible for regular CPP and OAS.

For more information about programs available for persons with disabilities visit [www.pwd-online.ca](http://www.pwd-online.ca) or visit your Service Canada Centre.

## ***Survivor's Benefit***

This is a monthly pension paid to the spouse or common-law partner of a deceased CPP contributor. The amount of the pension is determined by the amount of the deceased's contributions to the plan, the age of the surviving spouse or common-law partner at the time of death, whether there are dependent children, or if the surviving spouse or common-law partner is disabled. All the above mentioned benefits apply to same sex common law partners and spouses, the same as opposite sex couples.

## ***Death Benefit***

This is a lump-sum benefit paid to the estate of the deceased CPP contributor, if contributions were made to the plan for a minimum qualifying period. Maximum Benefit: \$2,500.

## ***Children's Benefit***

This benefit is paid on behalf of a deceased contributor or a CPP disability benefit recipient to dependent children providing the legislative requirements are met. The monthly benefit is a flat-rate amount.

## ***Seniors' Card***

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

## ***How to Apply***

For more information or application forms for OAS, GIS, and CPP programs, visit your nearest Service Canada Centre, or:

Toll-free (*English*): 1-800-277-9914

Sans frais (*Français*): 1-800-277-9915

TTY: 1-800-255-4786

Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
(click on seniors).

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## Veterans Affairs Canada

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### Veterans Affairs Canada (VAC)

Veterans Affairs Canada offers a wide range of services and benefits to qualified Veterans; Canadian Forces members; serving and discharged members of the RCMP; certain civilians; and their families. For more information on services and benefits, to find out if you qualify, or to apply, please call:

Toll-free (*English*): 1-866-522-2122

Sans frais (*Français*): 1-866-522-2022

### Veterans' Independence Program

The Veterans' Independence Program (VIP) is a national home care program that helps qualified Veterans, still-serving Canadian Forces disability pensioners, and certain civilians to remain healthy and independent in their own homes and communities. Your ability to access VIP services depends on your health needs and if these services are available to you through another federal, provincial or municipal program.

**For more information, contact:**

Toll-free (*English*): 1-866-522-2122

Sans frais (*Français*): 1-866-522-2022

### Royal Canadian Naval Benevolent Fund

This fund provides grants or loans to regular and reserve force personnel who have served in the Royal Canadian Navy prior to 1968, or subsequently in the Maritime Command of the Canadian Forces, to Canadian Merchant Navy War Veterans, and to their dependants.

Financial need is deemed to exist when an applicant or dependant is suffering hardship due to lack of necessities such as food, clothing, shelter and medical care. The most frequent requests for aid are for dental work, home repairs and improvements, education, optical needs, hearing aids, and furniture moving and storage. The principal beneficiaries are between the ages of 60 and 89.

**For more information, contact:**

Lee Harrison, Secretary Treasurer

RCN Benevolent Fund

PO Box 505, Station B

Ottawa, ON K1P 5P6

Phone: (613) 996-5087

Toll-free: 1-888-557-8777

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## Provincial Financial Aid Programs

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### Property Tax Rebate Program

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This program, administered by Service Nova Scotia and Municipal Relations, is designed to help eligible seniors remain in their own home by providing them with an annual rebate on their municipal property taxes. The program provides eligible homeowners with a 50 percent rebate on the municipal property taxes paid the previous year, up to a maximum of \$400 per year (subject to a possible increase in 2007). The rebate in 2007 is for property taxes paid in 2006.

## ***Eligibility***

You are eligible to receive the rebate if you meet the following criteria:

- You were receiving either the Guaranteed Income Supplement (GIS) or the Allowance in January of this year. To find out if you qualify for the GIS or the Allowance, call Service Canada at **1-800-277-9914**.
- You are living in your home at the time you apply for the rebate and continue to reside in the home.
- Your 2006 property taxes were paid in full.

## ***Application Process***

### **Previous Applicants**

If you received the Property Tax Rebate in 2006 and were in receipt of the Guaranteed Income Supplement or the Allowance in January of 2007, an application form will automatically be mailed to you in July. To receive the rebate, simply complete the application form and return it to the Senior Property Tax Rebate Program by December 31, 2007.

### **New Applicants**

To determine your eligibility for the rebate, call Service Nova Scotia and Municipal Relations, toll-free at **1-877-296-9338**. If you are eligible, an application form will be mailed to you in August. To receive the rebate, simply complete the application form and return it to Service Nova Scotia and Municipal Relations by December 31, 2007.

### **For more information, contact:**

Seniors' Property Tax Rebate Program  
Service Nova Scotia and Municipal  
Relations

Business Registration

PO Box 283

Halifax NS B3J 2N7

Phone (*Halifax*): (902) 424-4500

Toll Free: 1-877-296-9338

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## **Nova Scotia Department of Community Services**

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This department promotes the independence, self reliance, security and well being of the people it serves. See specific information about housing and home repairs on page 95 and Seniors Special Assistance, below.

### **For more information, contact:**

Head Office NS Department of  
Community Services

PO Box 696

Halifax, NS B3J 2T7

Phone: See Field Offices

Website: [www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

## **Seniors Special Assistance**

Funding may be available, on an exceptional basis, to low income seniors who have special needs and no means of paying to have those needs met. To qualify, all other funding sources must be explored including the federal Old Age Security Program and Guaranteed Income Supplement. For more information or to discuss your eligibility, contact the Department of Community Services Field Office nearest you.

## **Field Offices**

### ***Central Region***

**Cole Harbour:** (902) 435-7472

**Dartmouth (Portland):** (902) 424-1600

**Halifax:** (902) 424-4150

Sackville: (902) 869-3600

### *Eastern Region*

Sydney: (902) 563-3300

Glace Bay: (902) 842-4000

North Sydney: (902) 794-5110

Port Hawkesbury: (902) 625-0660

### *Northern Region*

Antigonish: (902) 863-3213

Colchester: (902) 893-5950

Cumberland: (902) 667-3336

Guysborough: (902) 533-4007

Pictou: (902) 755-7363

### *Western Region*

Annapolis: (902) 532-2358

Bridgewater: (902) 543-5527

Digby: (902) 245-5811

Hants: (902) 798-8319

Kings: (902) 678-6176

Queens: (902) 354-2771

Shelburne: (902) 637-2335

Yarmouth: (902) 742-0741

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## **Emergency Food Services**

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### **Feed Nova Scotia**

Provides food relief to individuals, families, and organizations across the province.

**For more information, contact:**

213 Bedford Highway

Halifax, NS B3M 2J9

Phone: (902) 457-1900

Website: [www.metrofoodbank.org](http://www.metrofoodbank.org)

**This fall, get your flu shot!**

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## **Vital Statistics and Proof of Age**

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### **Birth, Marriage, and Death Certificates**

Service Nova Scotia and Municipal Relations, Vital Statistics office, issues birth, marriage and death certificates for persons who were born, married or died in Nova Scotia.

You may request a birth, marriage or death certificate by contacting Vital Statistics in person, by mail, fax, or e-mail. You may also make application for a birth certificate online by visiting: <http://www.gov.ns.ca/snsmr/vstat/certificates/birth.asp> and click on the "birth certificate on-line" option.

When you apply for a birth certificate, you must give your full name (first, middle, and last); the date and place of birth, your parents' full names (including mother's maiden name) and your father and mother's birthplace. For marriage certificates, you must provide the names of both parties to the marriage and the date and place of marriage. For death certificates, you will need to give the name of the deceased and



**NOVA SCOTIA  
Liberal  
CAUCUS**

5151 George Street  
Suite 1402  
PO Box 741  
Halifax, NS B3J 2T3

Phone: 902-424-8637  
Fax: 902-424-0539  
Toll Free: 1-877-778-1917  
[www.nsliberalcaucus.com](http://www.nsliberalcaucus.com)

the date and place of death. You must also state the reason for your request. The fee for each short form certificate is \$26.50. A detailed certificate is \$32.00. Visa or MasterCard are accepted.

If you were born outside Nova Scotia, the Vital Statistics Office may be able to give you information on where to write for your birth certificate.

Counter service is available in the Hollis Street office, Monday to Friday, 8:30 am - 4:30 pm, excluding holidays.

**For more information, contact:**

Vital Statistics Office  
1690 Hollis Street, PO Box 157  
Halifax, NS B3J 2M9  
Phone (Halifax): (902) 424-5851  
Toll-free: 1-800-898-7668  
E-mail: [vstat@gov.ns.ca](mailto:vstat@gov.ns.ca)  
Website: [www.gov.ns.ca/snsmr/vstat](http://www.gov.ns.ca/snsmr/vstat)

## Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination, which may have duplicate records.

## Proof of Age

Many reductions and benefits are available to seniors. To receive them you are expected to prove your age. Many businesses will accept your Old Age Security (OAS) Identification Card, passport, driver's license, or a general photo ID card, such as the one available from the Registry of Motor Vehicles.

## Seniors' Card (OAS)

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

**For more information, contact:**

Service Canada  
Toll-free (English): 1-800-277-9914  
Sans frais (Français): 1-800-277-9915

## Photo IDs

Service Nova Scotia and Municipal Relations offers an identification card service. For more information about what is required to obtain a photo ID or office locations, contact the number below. The fee for the service is \$14.60 and the card is valid for five years.

**For more information, contact:**

Phone (*Halifax*): (902) 424-5851  
Toll-free: 1-800-898-7668  
Website: [www.gov.ns.ca/snsmr/RMV/other/idcard.asp](http://www.gov.ns.ca/snsmr/RMV/other/idcard.asp)

## Passports

Your passport can be used for identification purposes (see page 46 for more information.)

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# Taxes

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## Personal Income Tax

Canadian citizens are required to fill out income tax forms to calculate the amount of taxes they should pay each year. These must be returned to the Canada Revenue Agency (CRA) by April 31 of the following year.

Depending on your situation and if you filed an income tax return last year, you may receive a personalized income tax

package through the mail. General income tax returns and guides are available from your income tax office or local post office. It is now possible to file your income tax return via the Internet.

When calling about your income tax, be sure to have your questions ready and your social insurance number and tax papers handy.

**For more information, contact:**

Canada Revenue Agency  
Automated Information: 1-800-267-6999  
Refund Enquiries: 1-800-959-1956  
Income Tax Enquiries: 1-800-959-8281  
Forms and Publications: 1-800-959-2221  
Website: [www.cra-arc.gc.ca/forms](http://www.cra-arc.gc.ca/forms)

## Community Volunteer Income Tax Program

Available to individuals who need help completing their income tax return and have limited income (generally, \$25,000 for a single person, or \$30,000 for a family). For a list of volunteer tax clinics in your area, ask the Canada Revenue Agency or call the Seniors' Secretariat toll-free at **1-800-670-0065**. The clinics are offered free of charge throughout Nova Scotia from the middle of March to the end of April. If you would like to offer your services as a volunteer, training is provided.

**For more information, contact:**

Mainland Nova Scotia except  
Antigonish/Strait Area  
Pat Olmstead  
Canada Revenue Agency  
Phone: (902) 426-5149  
Toll-free: 1-888-704-8110

Cape Breton and Antigonish/Strait Area

Judy Doyle

Canada Revenue Agency

Phone: (902) 564-2592

Toll-free: 1-877-818-8808

## Service for Seniors

An income tax filing service is available to seniors who meet certain criteria. Those eligible for this service will receive a letter in the mail inviting them to file their income tax return for free using a touch-tone telephone. The service requires clients to identify themselves and answer a few "yes" or "no" questions. During the assessment process, the client's income will be included automatically using information from the Canada Revenue Agency. The client will be allowed the basic personal amount, the age amount and, if applicable, the disability amount. Clients do not have to prepare their income tax return prior to using Service for Seniors. After they have filed, a Notice of Assessment will be issued to confirm the amount of their Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP) or Net Federal Supplements.

### Service for Seniors: Eligibility Criteria

- Over age 65
- Only income in 2006 was from Old Age Security (OAS), Canada Pension Plan (CPP), Quebec Pension Plan (QPP), or Net Federal Supplements.
- Taxable income in 2006 was less than a predetermined amount if the client is entitled to the disability amount.

To use Service for Seniors, call Canada Revenue Agency's existing TELEFILE service at **1-800-959-1110**. Once you enter your social

insurance number and access code, the Telefile service will know if you are eligible to use the new service.

## Caregiver Tax Tips

Seniors are entitled to a number of tax credits including: Basic Personal Credit, Age Credit, Personal Disability Credit, and Credits for Medical Expenses. Caregivers are also entitled to additional tax credits, including: Caregiver Credit, Spousal Credit, Dependent Disability Credit, Spousal Transfer Credit, Eligible Dependent Credit, and Infirm Dependent Credit.

For more information, refer to your tax guide, speak with a financial advisor, or call the Canada Revenue Agency at **1-800-959-8281**.

## GST Credit

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with moderate or lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information section on Page 1 of your tax return. If you are eligible, you will receive payments in July, October, January, and April. Only one member of each family unit is eligible to apply.

### For more information, contact:

Canada Revenue Agency  
Toll-free: 1-800-959-1953

## When You Retire

This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call Canada Revenue Agency at **1-800-959-2221**.

# Legal Matters

## Nova Scotia Department of Justice

The Department of Justice has a number of resources to help seniors who have been victimized by crime. Victim Services Officers are there to help you as your case proceeds through the criminal justice system. They can help you prepare a victim impact statement and provide information to help you understand the criminal justice system. They can also help you apply for counselling to deal with the trauma of the crime.

Victim Services has four regional offices in Dartmouth, Kentville, New Glasgow, and Sydney and sub-offices in Yarmouth and Port Hawkesbury. All of their offices have toll-free numbers.

To help fight fraud against seniors and elder abuse, resource material is available on the Internet (see address below).

### For more information, contact:

5151 Terminal Road, PO Box 7  
Halifax, NS B3J 2L6

Phone: (902) 424-3309

Toll-free: 1-888-470-0773

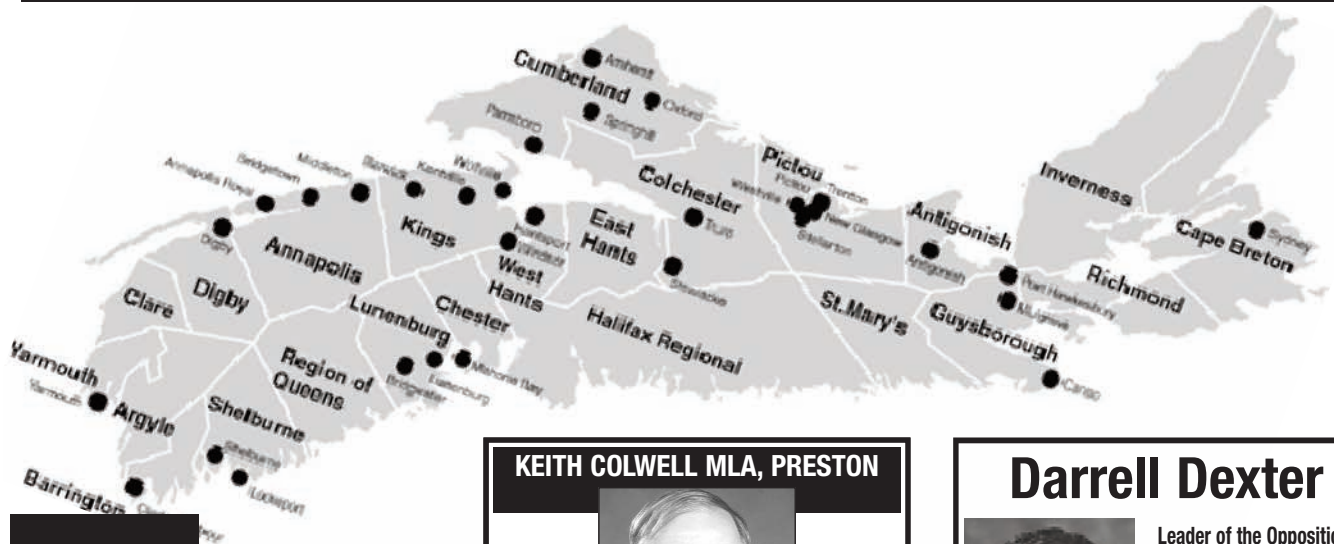
Website: [www.gov.ns.ca/just](http://www.gov.ns.ca/just)

## Guaranteed Income Supplement (GIS)

If you are 65+, have a low or modest income, and are not receiving the GIS, call the Old Age Security Program to see if you qualify for benefits. Call **1-800-277-9914**.



# Some of Your Government Representatives



**KEITH COLWELL MLA, PRESTON**



Best wishes to all Nova Scotians

For information help:  
 2345 Highway #7, Box 1, Comp 4,  
 East Preston, Nova Scotia B2Z 1G6  
 Telephone: 433-1494 Fax: 435-1712  
 Email: colwellkw@gov.ns.ca

**Darrell Dexter**



**Leader of the Opposition  
NDP**

**Leader's/Caucus Office:**  
 Phone: 424-4134 Fax: 424-0504  
 Toll Free in Nova Scotia:  
 1-888-247-0448

**MLA - Cole Harbour**  
 971 Cole Harbour Rd.  
 Dartmouth, NS B2V 1E8  
**Phone: 462-5300**  
**Fax: 462-5306**

E-mail: ndpcaucus@gov.ns.ca  
 www.ndpcaucus.ns.ca

**Cecil Clarke**



Here to  
—help!

176 Commercial St.,  
 North Sydney  
 Ph: 794-4060  
 Fax: 794-

E-mail: mlaclarke@ns.sympatico

**Murray Scott MLA**

Serving Cumberland South



6 McFarlane Street  
 Springhill, N.S.  
 B0M 1X0  
 Ph: 902 597 1998  
 Fax 902 597 8080

E-Mail: murrayscottmla@eastlink.ca

**JUDY STREATCH MLA**

Serving Chester-St. Margarets



Bizee Centre 2B Comp. 2  
 Black Point, N.S. B0J 1B0  
 Phone: 858-5839 • Fax: 858-3101  
 email: jstreach@eastlink.ca

**Harold (Jr.) Theriault, MLA**  
 Digby/Annapolis



310 Conway Ave  
 PO Box 1038  
 Digby NS B0V 1A0  
**Ph: 902-245-2991**  
**Fax: 902-245-6853**

Email: junior@ns.aliantzinc.ca



**Marilyn Morela**

Dartmouth South -Portland Valley

NDP Critic  
 Senior Citizens Secretariat  
 phone: 463-6673 fax 463-4973

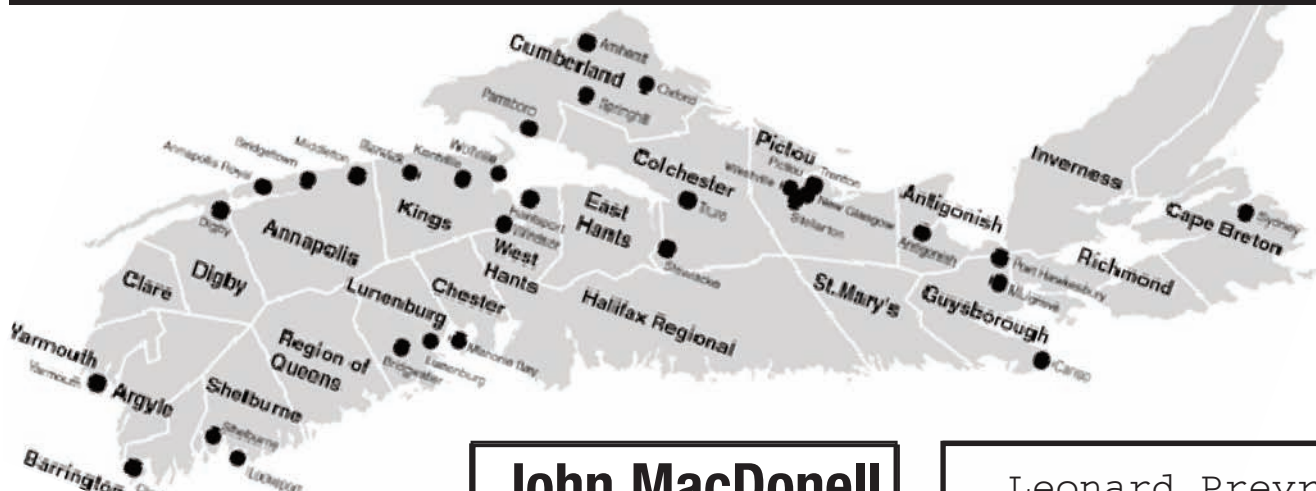
**Joan Massey**

MLA  
 Dartmouth  
 East



#303 - 63 Tacoma Drive  
 Dartmouth, NS B2W 3E7  
**Phone: 464-3805 • Fax: 462-8675**  
 Email: joanmasseymla@ns.aliantzinc.ca

# Some of Your Government Representatives



## John MacDonell MLA Hants East



202 Highway #2  
Unit 5 Enfield,  
N.S. B2T 1C8  
**Ph. 883-7308**  
**Toll Free**  
**1-888-827-2212**  
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## Leonard Preyra ~MLA for Halifax Citadel~



989 Young Ave. (Young and Inglis)  
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preyra@eastlink.ca www.preyra.ca



## Gordie Gosse MLA

*Serving Cape Breton Nova*  
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Ph: (902) 564 9161  
Fax: (902) 564 9975



## Pat Dunn, MLA

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B2H 5Y1  
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EMAIL: patdunmla@ns.aliantzinc.ca



## Karen Casey MLA Serving Colchester North

30 Duke St., Truro, N.S. B2N 2A1  
**Phone: 902-893-2180**  
**Fax: 902-893-3064**  
Email: karencasey@ns.aliantzinc.ca

## Percy A. Paris, M.L.A.



*Honoured to Serve  
Seniors of Waverley-  
Fall River-Beaver  
Bank*

**Constituency Office**  
273 Windsor Junction Road,  
Windsor Junction, NS, B2T 1G7  
Phone: 902-860-4004 • Fax: 902-860-0197

E-mail: percy.paris@ns.aliantzinc.ca



## Chuck Porter

902-798-5779  
www.chuckporter.ca

## Clarrie MacKinnon MLA

Serving Pictou East



Office hours:  
Mon, Tues,  
Wed, Fri - 9 to 5  
Every Thursday is  
Community Office Day  
1905 Main St., Westville  
Phone: 902-396-1853  
Fax: 902-396-1853

Email: clarriemla@ns.aliantzinc.ca

# Some of Your Government Representatives

**Keith Bain MLA**  
Victoria - The Lakes



*Honored to Serve  
Seniors in the  
Community of Victoria  
- The Lakes*

**Constituency Office**

1551 Old Route 5 Big Bras d'Or, NS B1X 1B5  
Tel. (902) 674-0089 Fax: (902) 674-0191  
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Office Hours: Mon. to Fri. 10 a.m. to 4 p.m.



**ERNEST L. FAGE  
MLA**  
Cumberland North

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With You"*

103 South Albion St.  
Amherst, N.S. B4H 2X2

Phone 667-2332  
Fax 667-1520

Email: elf@ns.sympatico.ca

**Mark Parent  
MLA**  
Kings North



*"Listening  
to your  
concerns."*

Ph. 902-678-2730 • Fax 902-678-4236

**David Morse MLA**



*Serving  
Kings  
South*

Phone 902-681-1257  
Fax: 902-681-2015

E-Mail morse.mla@ns.sympatico.ca



**Carolyn  
Bolivar-**

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410 King Street,  
Bridgewater, N.S. B4V 1A9

Ph. 902 530 0001  
Fax: 902 530 0004

**David Wilson  
MLA**  
Serving  
Sackville-Cobequid



51 Cobequid Road, Suite 105  
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Ph: 864 0396  
Fax: 864 8409



**Michele Raymond, MLA**

Halifax Atlantic  
47 Williams Lake Rd.  
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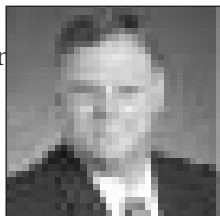
mhraymondmla@eastlink.ca  
www\_mhraymond.ca



**Trevor Zinck, MLA**  
Dartmouth North  
NDP Critic for Community Services

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tzinck@ns.aliantzinc.ca

**Michael G. Baker**



~Lunenburg constituency~

10 Pelham Street, PO Box 315,  
Lunenburg, NS B0J 2C0

Phone: (902) 634-4199 Fax: (902) 634-4199

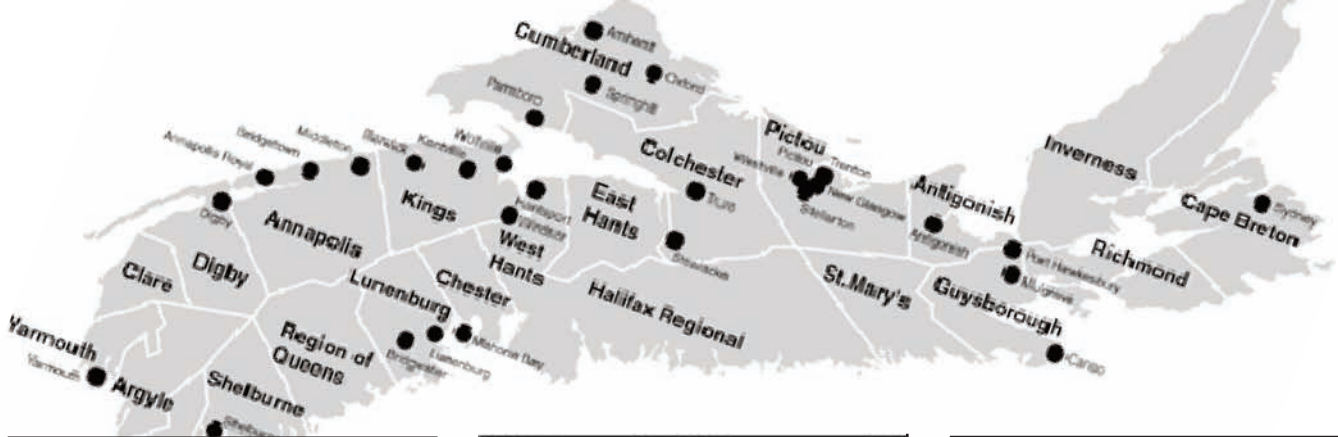
**Sterling Belliveau  
MLA Shelburne County**



Constituency  
Offices  
Barrington  
637-3200  
Shelburne  
875-9090  
Toll free:  
1-800-753-  
7696

mlashburne@eastlink.ca

# Some of Your Government Representatives




**M.P. HALIFAX WEST**  
**geoff regan**

For information or assistance:  
Phone: 426-2217 Fax: 426-8339  
email: [geoff@geoffregan.ca](mailto:geoff@geoffregan.ca)  
[www.geoffregan.ca](http://www.geoffregan.ca)

Suite 222, 1496 Bedford Hwy. Bedford, NS B4A 1E5

**Alexa McDonough**  
**MP for Halifax**



Tel: 426-8693  
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[alexa@eastlink.ca](mailto:alexa@eastlink.ca)  
[www.alexahfx.ca](http://www.alexahfx.ca)

**LEN GOUCHER MLA**  
~ Serving Bedford ~



Phone: 902-832-1593  
Fax: 902-832-2418  
Email: [mلاغoucher@ns.aliantzinc.ca](mailto:mلاغoucher@ns.aliantzinc.ca)

**Charlie Parker MLA**  
*Serving Pictou West*



49 Water St., P.O. Box 149  
Pictou, N.S. B0K 1H0

Phone: 902-485-4550 Fax: 902-485-7088  
Email: [charlieparkermla@ns.aliantzinc.ca](mailto:charlieparkermla@ns.aliantzinc.ca)

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Tusket, N.S. B0W 3M0

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**Richard Hurlburt MLA**  
Serving Yarmouth



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368 Main Street  
Yarmouth, N.S.  
B5A 1E9

Ph: 902-742-8120 / 902-742-8486  
Fax: 902-742-8157  
Email: [rhurlburt@ns.aliantzinc.ca](mailto:rhurlburt@ns.aliantzinc.ca)

**Bill Casey MP**



28 Esplanade Truro, Nova Scotia  
B2N 2K3 Phone: (902) 893-2455

103 South Albion Street Amherst, Nova Scotia  
B4H 2X2 (902) 667-8679

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**JAMIE MUIR**  
**M.L.A.**



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Office Hours: Monday-Thursday  
8:30am - 1:00pm  
2:00pm - 4:30 pm

28A Esplanade (Truro Centre)  
Truro, NS B2N 2K3  
**893-8679**

1463969

**Hon. Robert Thibault, M.P.**  
**West Nova - Nova Ouest**



1-349 Main Street  
Middleton, Nova Scotia  
Ph. 902.825.2320  
Fax: 902.825.3475

Complexe Pier One  
101, rue Water, suite 1-A  
Tél: 902.742.6808  
Télé. 902.742.6815

## Legal Information Society of Nova Scotia

The Society helps Nova Scotians find out about the law over the phone, online, and in print. Call the Legal Information Line weekdays at **1-800-665-9779** to talk to a counsellor, get information any time through Dial-a-Law **(902) 420-1888** or go online **www.legalinfo.org**. Information and resources are available on such topics as wills, family and criminal law, powers of attorney, guardianship, and many other legal topics. The Society also operates a speaker's bureau.

A *Seniors and the Law* information kit is available for purchase from the society. Single copies of the following pamphlets are available free of charge from either the Society at **(902) 454-2198** or Seniors' Secretariat at **1-800-670-0065**. They are also available on the Society's website.

- Patients' Rights
- The Public Trustee
- Elder Abuse (The Adult Protection Act)
- Living Wills
- Making a Will
- When You Need Help to Manage in Your Home
- Collection Agencies
- Consumer Reporting Agencies
- Guardianship of Adults
- Power of Attorney
- How to Avoid Phone Fraud
- How to Avoid Mail Fraud
- How to Avoid Internet Fraud

**For more information, contact:**

5523B Young Street  
Halifax, NS B3K 1Z7

Phone: (902) 454-2198

E-mail: [www.legalinfo.org](http://www.legalinfo.org)

## Legal Information Line and Lawyer Referral Service

The Legal Information Society operates a legal information line and lawyer referral service.

Legal information is available Monday to Friday, 10:00 am - 3:00 pm and Tuesday and Wednesday, 5:00 pm - 7:00 pm, from September until May.

**For more information, contact:**

Phone: (902) 455-3135

Toll-free: 1-800-665-9779

## Dial-A-Law

This service, managed by the Legal Information Society, provides general information 24 hours a day on a wide variety of topics using brief tape-recorded messages. Although the service is free, long distance charges apply if you live outside the Halifax calling area. Lawyers throughout the province volunteer their time to review the information to keep it up to date.

**To use this service, contact:**

Phone: (902) 420-1888

## The Law and Older Nova Scotians

This publication is a handbook of federal and Nova Scotia law and other related issues of interest and importance to Nova Scotia seniors. It is available by contacting the Seniors' Secretariat at **1-800-670-0065**.

## Public Trustee

The Public Trustee is a lawyer named by the provincial government to help adults and

children who are unable to look after their financial affairs. The Public Trustee may perform various functions, including:

- Managing estates of living persons who need services of a trustee, guardian, attorney or other fiduciary not readily available in the private sector to such living persons.
- Administering estates of deceased persons and has standing to apply for a grant of administration or administration with will annexed in any case where no grant of probate or administration has been issued.
- Consenting to medical or surgical treatment of a mentally incompetent hospital patient when consent cannot be obtained from the patient's guardian, spouse or next-of-kin.
- Acting as litigation guardian or representative in litigation for minor, incompetent, deceased, missing or unascertained litigants in respect of whom a court makes representation orders.

The Public Trustee receives many requests for assistance. Each case is reviewed by the Public Trustee to determine if it is an appropriate case for the Public Trustee's intervention.

There are fees charged by the Public Trustee for its services. The fees charged are in accordance with the fees provided by legislation and the Rules of Court.

**For more information, contact:**

Public Trustee of Nova Scotia  
PO Box 685  
Suite 405, 5670 Spring Garden Road  
Halifax, NS B3J 2T3  
Phone: (902) 424-7760

## Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

## Nova Scotia Legal Aid

Legal Aid may be granted to a person on Social Assistance or in an equivalent financial position where there is merit in providing legal assistance in certain areas of family and criminal law. Please refer to your telephone book (white, blue or yellow pages under Legal Aid or Nova Scotia Legal Aid) for the office nearest you.

**For more information, contact:**

Office of the Executive Director  
Nova Scotia Legal Aid Commission  
102-137 Chain Lake Drive  
Halifax, NS B3S 1B3  
Phone: (902) 420-6578  
Toll-Free: 1-877-420-6578  
E-mail: [nsla.exec@ns.sympatico.ca](mailto:nsla.exec@ns.sympatico.ca)

## Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school at Dalhousie University.

**For information contact:**

Reception, 2209 Gottingen Street  
Halifax, NS B3K 3B5  
Phone: (902) 423-8105

## Small Claims Court

This court provides a quick, informal, and cost-effective method for deciding claims up to \$15,000 (not including interest). If you are making a claim, neither you nor the person

whom the claim is against will need a lawyer. Small Claims Court is less formal than other courts and the case is presented to an adjudicator rather than a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings. Contact the clerk of the Small Claims Court nearest you for more information. Look for the telephone number in the government section of your telephone directory, under the heading of Courts.

## Human Rights

### Nova Scotia Human Rights Commission

The Commission is an independent government body charged with the administration of the province's Human Rights Act, which protects Nova Scotians from discrimination.

The Commission's services include:

- Providing free information, on a confidential basis, to people who believe they may have experienced discrimination.
- Investigating complaints of discrimination.
- Providing education and information programs on diversity and stopping sexual harassment.
- Consulting with organizations to help them set up their own policies and programs.

The Commission has offices in Halifax, Sydney, Digby, and New Glasgow.

**For more information, contact:**

6th Floor, Joseph Howe Building

1690 Hollis Street  
PO Box 2221  
Halifax, NS B3J 3C4  
Phone: (902) 424-4111  
Toll-free: 1-877-269-7699  
E-mail: [hrcinquiries@gov.ns.ca](mailto:hrcinquiries@gov.ns.ca)  
Website: [www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)

## Consumer Information and Complaints

### Reverse Mortgages

A reverse mortgage allows a homeowner to gain income by taking out a loan against their home. The amount available depends on your age, your spouse's age, and the location and type of your home.

There may be benefits to getting a reverse mortgage, but it does not suit all personal and financial situations. The Seniors' Secretariat has a collection of information that will further your understanding of reverse mortgages. This will help you decide if a reverse mortgage is right for you. To obtain a copy of the reverse mortgage information package, contact the Seniors' Secretariat at **1-800-670-0065**.

### Canadian Home Income Plan (CHIP)

Canadian Home Income Plan (CHIP) provides reverse mortgages to Canadian seniors. If you are 62 or older and own your home, you may be eligible to get a reverse mortgage through designated Canadian banks or investment and financial planning firms.

**For more information, contact:**

Canadian Home Income Plan  
45 St. Clair Avenue West, Suite 600  
Toronto, ON M4V 1K9  
Toll-free: 1-800-563-2447

**Better Business Bureau of the  
Maritime Provinces Inc.**

This organization answers over 60,000 calls from consumers each year looking for information on, or assistance with, firms doing business in the Maritime Provinces. The CAMVAP program also helps consumers resolve disputes with automobile manufacturers.

**For more information, contact:**

Don MacKinnon  
1888 Brunswick Street, Suite 805  
Halifax, NS B3J 3J8  
Phone: (902) 422-6581  
Toll free: 1-800-422-5413  
E-mail: [bbbmp@bbbmp.ca](mailto:bbbmp@bbbmp.ca)  
Website: [www.bbbmp.ca](http://www.bbbmp.ca)

**Concerns about Businesses**

If you are concerned that the person or business you are dealing with is not licensed or providing adequate service, contact Service Nova Scotia and Municipal Relations.

This government department is responsible for examining and licensing many business people, including collection agencies, cemetery and funeral services, direct sellers, mortgage brokers and lenders.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to

trust monies.

**For more information, contact:**

Phone (*Halifax*): (902) 424-5200  
Toll-free: 1-800-670-4357

**Concerns about Insurance  
and Financial Institutions**

If you are concerned about the business practices of financial institutions such as trust and loan companies, credit unions, and insurance companies or agents, contact the Department of Finance.

**For more information, contact:**

Phone: (902) 424-6331  
Toll-free: 1-800-670-4357  
Website: [www.gov.ns.ca/enla/fin/fininst.htm](http://www.gov.ns.ca/enla/fin/fininst.htm)

**Concerns About Investments**

The Nova Scotia Securities Commission protects investors from practices and activities that tend to undermine their confidence in the fairness and efficiency of securities markets. Contact the Commission for a free copy of the brochure, *Protecting Your Finances: How To Avoid Investment Fraud and Scams*. Additional brochures related to investing are also available at [www.gov.ns.ca/nssc/investored.htm](http://www.gov.ns.ca/nssc/investored.htm).

**For more information, contact:**

Nova Scotia Securities Commission  
Joseph Howe Building  
2nd Floor, 1690 Hollis Street  
PO Box 458, Halifax, NS B3J 2P8  
Phone: (902) 424-7768  
Website: [www.gov.ns.ca/nssc](http://www.gov.ns.ca/nssc)

**Debtor Assistance**

This service provides financial counselling and assistance through legal options under



the *Bankruptcy and Insolvency Act*. These programs may provide you with flexibility in restructuring and repaying your debt.

**For more information, contact:**

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

Website: [www.gov.ns.ca/snsmr/consumer/debtor/](http://www.gov.ns.ca/snsmr/consumer/debtor/)

## **Nova Scotia Office of the Ombudsman**

The Office of the Ombudsman provides for the impartial processing of complaints against provincial and municipal government departments, agencies, boards, and commissions.

The Ombudsman provides parties to a dispute with an opportunity to be heard, listens, and treats individuals fairly with dignity, respect, and courtesy. A seniors initiative has recently been developed whereby staff will assist seniors in navigating through government processes and provide an independent oversight to seniors in long term residential care facilities. Individuals are encouraged to contact this Office after you have contacted the government body with your concern and have not been able to have the matter resolved.

**For more information, contact:**

PO Box 2152

Halifax, NS B3J 3B7

Phone: (902) 424-6780

Toll-free: 1-800-670-1111

## **Residential Tenancies and Condominiums**

Tenancy complaints between landlords and tenants are mediated by staff at Service Nova Scotia and Municipal Relations. Issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems. Call today for information.

Condominiums are also registered with the department. If you have a concern about the declaration, by-laws, and rules governing your condominium unit, contact the department for assistance.

**For more information, contact:**

Service Nova Scotia and Municipal Relations

Phone: (902) 424-5200

Toll-free: 1-800-670-4357

Website: [www.gov.ns.ca/snsmr/consumer/resten](http://www.gov.ns.ca/snsmr/consumer/resten)

or

[www.gov.ns.ca/snsmr/consumer/arbitration.asp](http://www.gov.ns.ca/snsmr/consumer/arbitration.asp) for further information related to rules governing your condominium.

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## **Insurance**

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### **Overview**

#### ***Hints for Consumers***

Because of the importance of insurance in our lives, before you purchase it, it would be wise to consult with a qualified insurance agent or broker who is able to assess your needs and give you advice on how to meet those needs. Regardless of the type of

insurance you are purchasing, it can pay to shop around. Obtain quotations from a number of insurance providers and compare both the coverage and the price.

### ***Life Insurance***

For many people, the major obstacle to purchasing life insurance is the existence of medical problems. In some cases, seniors have health conditions that would result in denial of application for life insurance. Some companies will issue policies with a moderate amount of life insurance to anyone, regardless of health conditions.

### ***Home Insurance***

Seniors who own homes or condominiums or who live in rented premises should have their property insured.

### ***Automobile Insurance***

Contact the Seniors' Secretariat at **1-800-670-0065**, for a brochure about auto insurance.

### ***Health Insurance***

Health insurance plans cover some of the health benefits not provided by your provincial health care program, such as semi-private hospital rooms, ambulance

benefits, and vision care. Dental insurance is also available.

### ***Travel Health Insurance***

Travellers would be wise to purchase travel health insurance if they are leaving Canada even for just a few hours. You may even consider purchasing it when you travel to another province, since some health services, such as ambulance fees, are not covered when you are there. Travel health insurance policies are available from a number of sources, including insurance agents or brokers and travel agents.

### **Insurance Providers**

Refer to the yellow pages of your telephone directory for local information on insurance providers.

### **Office of the Superintendent of Insurance**

This office enforces the *Insurance Act*. It licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The superintendent has the authority to take disciplinary actions if the Act is not followed. The office responds to complaints, inquiries, or information about insurance matters, but does not settle insurance claims.

Publications are available online.

[www.gov.ns.ca/enla/insurance](http://www.gov.ns.ca/enla/insurance) and clicking publications.

**For more information, contact:**

PO Box 2271

Halifax, NS B3J 3C8

Phone: (902) 424-6331

E-mail: [fininst@gov.ns.ca](mailto:fininst@gov.ns.ca)

**FINANCIAL SECURITY PLANNING**



**Maritime Wealth Management**  
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Financial Security Advisor  
Maritime Wealth Management  
Phone: (902) 429-2696  
Fax: (902) 422-3493  
Toll Free: 1-888-205-7011  
[mwm@freedom55financial.com](mailto:mwm@freedom55financial.com)

1600-1959 Upper Water St. | Purdy's Wharf Tower 1 | Halifax, NS B3J 3N2  
Representing London Life Insurance Company and a range of financial companies.

## Consumer Advocate for Auto Insurance

The Consumer Advocate listens to the concerns of individuals and groups regarding automobile insurance. This public input is used to develop more consumer-friendly policies.

### For more information contact:

George Jordan, Consumer Advocate  
Environment and Labour

Phone: (902) 424-2794

Toll-free: 1-800-898-7668

E-mail: jordangw@gov.ns.ca

## Insurance Bureau of Canada (IBC)

IBC is the national trade association of insurance companies. Its members insure the homes, cars, and businesses of Canadians.

### For more information, contact:

IBC Atlantic Regional Office

1969 Upper Water Street, Suite 1706

Halifax, NS B3J 3R7

Phone: (902) 429-2730 ext. 227

Toll-free: 1-800-565-7189

Website: www.ibt.ca

## Canadian Life and Health Insurance Association

This association represents the interests of insurance companies whose members provide life and health insurance. Contact the Association's Consumer Assistance Centre for information and brochures. The Centre can also help you resolve concerns and complaints or help you locate the lost policies of a recently deceased family member.

### For more information, contact:

Toll-free: 1-800-268-8099

E-mail: CAC@clhia.ca

Website: www.clhia.ca

## Elder Abuse

Elder abuse is any action or inaction that threatens the health or well-being of a senior. This includes all types of abuse such as physical, sexual, emotional and financial abuse as well as neglect and self-neglect. Elder abuse can happen anywhere at home, in the community or in care facilities. If you or someone you know has been abused there are people and organizations that can help, including the following:

**Seniors' Secretariat:** For information about programs and services relating to elder abuse or advice about who to contact for help, call the Secretariat toll-free at **1-800-670-0065**. You may also request a copy of the policy paper; Nova Scotia Elder Abuse Strategy Towards Awareness and Prevention.

**Police:** Abuse is a crime and may fall under the Criminal Code. If you know of a senior who you suspect is being abused, it is your duty to report it. If the situation is an emergency or if it could be dangerous, call 911.

**Adult Protection:** If you know of a senior in need of protection, call Adult Protection Services at the Department of Health at **1-800-225-7225**. Adult protection workers can intervene and offer services to help those in need of protection to live safely. They can also answer questions about the *Adult Protection Act*. (See page 106 for more information.)

### Help Lines

(See page 30 for more information.)

## Criminal Injuries Counselling Program

If you have been the victim of a violent crime (including home invasion) in Nova Scotia, you may be eligible for paid professional counselling services to help you deal with the trauma resulting from the crime.

### For more information, contact:

Criminal Injuries Counselling Program  
Policing and Victim Services Division  
Department of Justice  
Phone: (902) 424-4651  
Toll-free: 1-888-470-0773  
E-mail: [parkerlg@gov.ns.ca](mailto:parkerlg@gov.ns.ca)

## Victim Services

See page 70 for information about this service that helps individuals victimized by crime.

# Safety and Fraud Prevention

## Protecting Yourself from Fraud

A big issue for many seniors is safety—both physical and financial. Many organizations are available to help keep you safe but your best defense is your own common sense and knowledge about how to protect yourself.

Anyone can become a victim of fraud. Scam artists take advantage of thousands of Canadians each year, from all walks of life. They deliberately target seniors and use a variety of ways to reach them such as tele-marketing, online offers, and door-to-door canvassing and sales. Consider following

these tips to avoid being taken advantage of by a scammer:

- Never agree to send someone money so that you can win a prize.
- Be careful about paying for products you have not seen.
- Don't pay someone up front to recover money for you.
- Don't give in to pressure from a salesperson. If the deal is legitimate, they will wait.
- Ask for all offers in writing as well as a call back number, and references.
- Don't be afraid to ask questions and make sure your questions are answered. If you don't understand the offer, do not buy anything.
- Before investing money, get a second opinion from your spouse, a trusted friend, a lawyer or your financial advisor.
- Don't give personal information about credit cards or bank accounts unless you initiate the call.
- Take notes of every contact you have with a salesperson include date and time.
- Always take the time to read the fine print.

These tips have been adapted from brochures printed by Prevention & Awareness of Crime & Theft (PACT) and Canadian Securities Administrators (CSA).

For more information, visit the PACT website at <http://www.pactns.ca> or the Nova Scotia Securities Commission website at <http://www.gov.ns.ca/nssc> or call the Nova Scotia Securities Commission at (902) 424-7768.

## Seniors' Secretariat

The Seniors' Secretariat has many brochures and videos on seniors' safety. For more information call the Secretariat at **1-800-670-0065**.

## ABCs of Fraud

### (Scotiabank Fraud Awareness Program)

Consumer fraud, the #1 crime against seniors, can create serious health and financial problems. Public awareness is the most effective defense. In Nova Scotia, The ABCs of Fraud program is managed by the Rotary Club of Halifax. This program is an educational and interactive mix of presentations, skits, exercises, and discussions to help you recognize potential frauds and learn effective ways to protect yourself. To arrange a free presentation for your group, please contact the Rotary Club representative below.

### For more information, contact:

Bill VanGorder

Phone: (902) 454-2267

Toll Free: 1-800-670-0065

Email: [billvangorder@ns.sympatico.ca](mailto:billvangorder@ns.sympatico.ca)

## Partners Against Crime and Theft (PACT)

This program, sponsored by a partnership of government and non-government organizations, addresses the problem of fraud and other thefts.

PACT focuses on educating seniors about telefraud and thefts. It also suggests ways to report suspected fraudulent activities. Victims of telemarketing fraud in Nova Scotia lose more than \$4,000 per incident. Many of these victims are seniors.

If you think you have been approached by a telemarketing fraud firm or feel you may be a victim, call:

- **Your local police service**
- **Better Business Bureau of the Maritime Provinces**

Toll-free: 1-800-422-5413

- **PhoneBusters**

Toll-free: 1-888-495-8501

For a copy of PACT's information brochure, call the Seniors' Secretariat, at **1-800-670-0065** or visit [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

## RCMP Seniors' Safety Program

This program invites you to talk to a civilian representative of the RCMP in your own home, at your convenience, about your safety concerns. It is a way for seniors and the RCMP to work together to help prevent crime and keep communities safe. The program provides information on elder abuse, personal safety and well-being, household security, consumer frauds and scams, Vial of Life, vehicle/driving safety, medication safety, and general information about the legal system. Public presentations and educational workshops for older adults are also available. The program is free of charge.

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2863 Isleville Street, Halifax, NS B3K 3X4  
[www.centurymedical.com](http://www.centurymedical.com)      1-800-477-5207

**For more information, contact:**

**Annapolis County RCMP**

Sharon Elliott

Bridgetown, NS

Phone: (902) 665-4481

(902) 825-2000

(902) 638-8825

E-mail: sharon.elliott@rcmp-grc.gc.ca

**Antigonish RCMP**

Kimberly Timmons

Phone: (902) 863-6500

E-mail: kimberly.timmons@rcmp-grc.gc.ca

**Cole Harbour RCMP**

Betty Nauffts

Phone: (902) 426-8703

**Digby RCMP**

Dawn Thomas

Phone: (902) 245-2579

E-mail: dawn.thomas@rcmp-grc.gc.ca

**Enfield RCMP**

Dolly Mosher

Phone: (902) 883-1569

**Fall River RCMP**

Nancy MacDonald

Phone: (902) 860-4362

(902) 861-3011

**Hants County**

Seniors' Safety Program Association of Hants  
County

Judy Gregory

Phone: (902) 798-8380

Email: seniorsafety@yahoo.ca

Website: seniorsafetyprogram.ca

**Meteghan RCMP (in English or French)**

Helene Comeau

Phone: (902) 645-2326

E-mail: helene.comeau@rcmp-grc.gc.ca

**Pictou County Municipalities  
Crime Prevention Association**

Barbara Dewtie

Phone: (902) 396-3855

E-mail: crimeprevention@eastlink.ca

**Queens County RCMP**

Linda Wentzell

Milton, NS

Phone: (902) 354-3691

(902) 350-0231

**RCMP Community Policing**

Many RCMP detachments have designated community policing officers who focus on seniors' issues as a part of their jobs. These RCMP members can provide a range of information to seniors and deliver presentations to community groups.

**For more information, contact:**

**Headquarters "H" Division**

Sargeant In-Charge

Community Policing

PO Box 2286, 3139 Oxford Street

Halifax, NS B3J 3E1

Phone: (902) 426-7075

**Annapolis RCMP**

Cst. Dale Guy

Phone: (902) 665-4481

**Antigonish RCMP**

Cst. Jennifer Arnold

Phone: (902) 863-6500

**Bridgewater RCMP**

Cst. Stephen Smith  
Phone: (902) 527-5555

**Cape Breton First Nations**

Cst. Walter Denny  
Phone: (902) 295-0122

**Chester RCMP**

Cst. Susan Foote  
Phone: (902) 275-3583

**Colchester County RCMP**

Cst. Krista Myers  
Phone: (902) 893-6820

**Cumberland County Detachment**

Cst. Paul Calder  
Phone: (902) 667-3859

**Digby RCMP**

Phone: (902) 245-2579

**Enfield RCMP**

Phone: (902) 883-7077

**Halifax District Detachment RCMP**

Cpl. Joe Taplin  
Phone: (902) 490-1497

**Cole Harbour RCMP**

Cst. Tamu Bracken  
Phone: (902) 426-8703  
E-mail: [tamu.bracken@rcmp-grc.gc.ca](mailto:tamu.bracken@rcmp-grc.gc.ca)

**or**

Cst. Peter Marshall  
Phone: (902) 426-8130

**Lower Sackville RCMP**

Cst. Curt Wentzell

Phone: (902) 864-6000

**or**

Cst. June Chaisson  
Phone: (902) 864-6000

**Musquodoboit Harbour RCMP**

Cst. Dawn Duhart  
Phone: (902) 889-3300

**Sheet Harbour RCMP**

Cpl. Sandi Merrell  
Phone: (902) 885-2510

**Tantallon RCMP**

Cst. Debbie Maloney  
Phone: (902) 826-3100

**or**

Cst. Shawn Mason  
Phone: (902) 826-3100

**Inverness County RCMP**

Phone: 258-2213

**Kings County RCMP**

Cst. Les Kakonyi  
Phone: (902) 679-5555  
E-mail: [leslie.kakonyi@rcmp-grc.gc.ca](mailto:leslie.kakonyi@rcmp-grc.gc.ca)

**Queens Detachment**

Cst. Grant Webber  
Phone: (902) 354-5721

**Windsor Rural RCMP**

Cst. George Cameron  
Phone: (902) 798-2207

**Yarmouth RCMP**

Cst. Mark Connell  
Phone: (902) 742-8777

## Municipal Police - Contacts for Seniors

Many municipal police forces have designated officers who focus on seniors' issues. The officers provide a range of information to seniors, and are often willing to make presentations to community groups, as is the case with the Seniors' Safety and Security Program offered by Halifax Regional Police and programs through Springhill Police. As contact information is obtained from other municipal policing agencies in Nova Scotia it will be added to this directory. In the interim, contact your local police agency for more information.

### Halifax Regional Police

Sgt. Julia Cecchetto  
Seniors' Safety and Security Program  
Community Relations/Crime  
Prevention  
Phone: (902) 490-5397  
E-mail: cecchej@halifax.ca

### Springhill Police Department

Cst. Doug Williams  
Community Officer  
Phone: (902) 597-3770  
597-3779  
E-mail: dwilliams@townofspringhill.ns.ca

## Highway Help Program

The Canadian Association of Chiefs of Police has created a program to ensure highway safety. *Call Police* signs hook onto car windows, making them visible to passing motorists. Their purpose is to alert other drivers that help is needed and to call the police. Once the police are notified, an officer will be dispatched to assist the stranded driver. This system prevents drivers from having to leave their vehicle, especially in unsafe weather conditions.

*Call Police* signs are available through Crime Stoppers by contacting:

### For more information, contact:

Fred Hicks  
Toll-free: 1-888-284-4458  
E-mail: highwayhelp@sympatico.ca  
Website: www.highwayhelp.org

## Know Your Medications!

Talk to your doctor or pharmacist about the medications you are taking.

## Live safely and independently in your own home



Lifeline has provided **peace of mind** to Nova Scotia Seniors and their families for over 30 years.

Just press the help button and you are connected to a caring professional in seconds!  
Help is on the way.

No installation fee

  
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Call Lifeline today at  
**492-3443**

or toll free at  
**1-800-543-3546**

www.lifeline.ca



## Safely Home: Alzheimer Wandering Registry

The Alzheimer Society of Canada, in cooperation with the RCMP and local police, offers a program to ensure those with Alzheimer's who may wander away from home, are returned safely.

After completion of the program's registration form and payment of a \$25 registration fee, the participant will receive a bracelet, ID card, and a caregiver handbook.

### For more information contact:

Alzheimer Society of Nova Scotia

Phone: (902) 422-7961

Toll-free: 1-800-611-6345

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## Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

### Seniors Check-In Program (Bridgewater)

**Contact:** Cst. Greg Smith

or Sgt. John Warr

Bridgewater RCMP

Phone: (902) 527-5555

### Northwood Telecare (Halifax Regional Municipality)

This service offers a reassuring daily phone call to seniors or medically-at-risk people who live alone. If there is a problem, a family member or friend can be notified.

Phone: (902) 421-6387

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## Personal Emergency Response Systems

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A personal emergency response system allows seniors immediate, 24-hour access to emergency help at the touch of a button.

There are several emergency response systems to choose from and fees for the systems average \$1 a day.

For more information about the emergency response systems available in the marketplace, contact the organizations below:

### Cape Support Systems Inc.

Phone: (902) 539-6962

Toll-free: 1-866-635-1591

# Victoria Hall

*A gracious residence for  
senior women since 1860.*

Active, independent living in a home-like setting. Three floors of single rooms are furnished by residents and are accessible by elevator. Room, meals, staff supports, laundry, and

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**Long and short term guests are welcome.**

For tours and further details please call:

**422-3969**

1824063

## Family 1st Medical

Phone: (902) 681-0202

Toll-free: 1-800-565-2021

## Lifeline

Phone: (902) 492-3443

Toll-free: 1-800-LIFELINE (543-3546)

Website: [www.lifeline.ca](http://www.lifeline.ca)

## Medic Aid Response Systems

Phone: (902) 454-8877

Toll-free: 1-800-565-9135

## Northwood *In-Touch*

Phone: (902) 492-3346

Toll-free: 1-800-461-3346

## Emergency Medical Information

### Vial of Life

The Vial of Life provides emergency medical personnel with vital and perhaps life-saving medical information about you if they are called to your home and find you unconscious or very ill.

The vial is a small plastic container. It contains a specially designed form on which you record medical information such as your name, health card number, medical history, the name and phone number of your doctor and a contact person. The vial is kept inside your fridge and a Vial of Life sticker is placed on the outside of your fridge to alert

## HOREHAM      AGE HE    A   E   O   E

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*Options include:*

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**For further information contact:  
Lara Parsons Tel: 902-275-5631 Ext. 242**

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- Experienced Healthcare Professionals to assist in your Home Oxygen and CPAP Needs
- Servicing Nova Scotia since 1969
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# 1-866-446-6302

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emergency personnel that vital medical information is available.

Thanks to the efforts of local sponsors, the Vial of Life kits are now available free of charge in many communities. To find out who to contact in your area, call the Seniors' Secretariat at **1-800-670-0065**.

## **MedicAlert**

MedicAlert gives first-responders and health care professionals instant access to a member's personal and medical information in an emergency. Membership includes a member record and a bracelet, necklet or watch engraved with personalized medical information, the MedicAlert 24-hour Emergency Hotline number and a member ID linked to an electronic health record.

MedicAlert identification cannot be purchased in retail outlets. Membership application forms can be found in doctor's offices, clinics, pharmacies and hospitals, or through the MedicAlert website. *Hours:* Monday to Saturday, 9am - 5pm EST.

### **For more information, contact:**

Canadian MedicAlert Foundation  
2005 Sheppard Avenue East, Suite 800  
Toronto, Ontario M2J 5B4

Toll-free: 1-800-668-1507

E-mail: [medinfo@medicalert.ca](mailto:medinfo@medicalert.ca)

Website: [www.medicalert.ca](http://www.medicalert.ca)

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## **Nova Scotia Emergency Management Office (EMO)**

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EMO is responsible for ensuring the safety and security of Nova Scotians, their property and environment by providing for a prompt and coordinated response to an emergency. To help individuals prepare for emergencies

such as hurricanes, floods, severe storms and winter power failures, an emergency planning guide and other pamphlets are available.

### **For more information, contact:**

PO Box 2581

Halifax, NS B3J 3N5

Phone: (902) 424-5620

Toll-free: 1-866-424-5620

Website: [www.gov.ns.ca/emo](http://www.gov.ns.ca/emo)

## **Did You Know?**

**Did you know that it takes more than will power to quit smoking? It takes skills, support, and your own motivation. For help call the Cancer information Service at 1 888 939-3333. (Monday to Friday, 9 a.m. to 6.p.m.).**

## **Did You Know?**

**Men and women over the age of 50, have a reduced capacity to produce vitamin D through sun skin exposure. Therefore, it is recommended all adults over the age of 50 take a daily vitamin D supplement.**

# Housing

Various government departments and the private sector are involved in the provision of housing and care for seniors. Information on specific types of

housing can be found elsewhere in *Programs for Seniors*. Just turn to the page numbers listed below.

## ***Housing and Care Options for Seniors***

<b>Page No.</b>	<b>Type of Housing or Care Facility</b>	<b>Description</b>
<b>91</b>	Houses, Condominiums, and Apartments	Personal dwellings that are available for purchase or rent in the private market.
<b>91</b>	Co-operative Housing	Housing units generally owned by a not-for-profit community group that has incorporated to provide housing for its members.
<b>91</b>	<b>Public Non-Profit Seniors Self-Contained Apartments</b>	Affordable apartment style rental units for low-income seniors and other individuals in need.
<b>91</b>	<i>Congregate Housing/ Supportive Housing</i>	Seniors apartment buildings with a live-in attendant who provides residents with some assistance or referrals.
<b>92</b>	<i>Enriched Housing Projects</i>	Apartment-style rental units for low-income seniors which are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, house keeping, laundry, personal care, etc.
<b>92</b>	Assisted Living Facilities	Privately-owned facilities designed to meet the needs of independent seniors who require accommodation and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. These homes are not licensed to provide care.
<b>94</b>	Boarding Homes	Private homes providing accommodation, meals, and some support services to seniors. These homes are not licensed to provide care.
<b>110</b>	<b>Approved/Licensed Facilities</b> <i>Community Based Options for Seniors</i>	Homes approved by the Department of Health to provide accommodation and Level 1 care* for one to three seniors.
<b>110</b>	<i>Residential Care Facilities</i>	Licensed facilities providing accommodation and Level 1 care* to four or more persons.
<b>110</b>	<i>Nursing Homes</i>	Licensed facilities providing accommodation and primarily Level 2 care** for one or more persons.

\* Level 1 Care: For those who need some supervision and limited help with personal care.

\*\* Level 2 Care: For those who require help with personal care and professional nursing care.

# Houses, Condominiums, and Apartments

A variety of housing options for seniors are available for purchase or rent in the private market.

## Co-operative Housing

A co-operative housing complex is generally owned by a not-for-profit community group, which is incorporated to provide housing for its members.

### For more information, contact:

Co-operative Housing Foundation of  
Canada

Nova Scotia Office

1099 Marginal Road, Suite 201

Halifax, NS B3H 4P7

Phone: (902) 423-7119

Toll-free: 1-866-213-2667

E-mail: [info@chfc.ca](mailto:info@chfc.ca)

Website: [www.chfc.coop](http://www.chfc.coop)

## Public Non-Profit Housing

Information about seniors self-contained apartments, congregate housing/supportive housing, and enriched housing is available from your local housing authority. See listing on this page.

## Seniors' Self-Contained Apartments

These apartment style rental units, located throughout Nova Scotia, have affordable rental rates for seniors and individuals in

need. Some apartments are designed for those with physical disabilities. Rent is based on an established graduated income rental scale. For a list of these apartment buildings call your local housing authority listed below.

## Congregate Housing/ Supportive Housing

These seniors' apartment buildings, Mountain View Manor in Yarmouth and H.A. Johnson Manor in Truro, have a live-in attendant who provides residents with some assistance or referrals. For more information on these projects, call the responsible housing authority.

## Enriched Housing

These apartment style, affordable rental units are connected directly to nursing homes. Residents are able to purchase the support services they need such as meals, housekeeping, laundry, personal care, etc. For a list of these complexes, call your local housing authority listed below.

## Housing Authorities

### Annapolis Valley Housing Authority

1005 Kentucky Court

New Minas, NS B4N 4N1

Phone: (902) 681-3179

Toll-free: 1-800-441-0447

### Cape Breton Island Housing Authority

18 Dolbin Street

PO Box 1372

Sydney, NS B1P 6K3

Phone: (902) 539-8520

Toll-free: 1-800-565-3135

### **Cobequid Housing Authority (Amherst)**

144 Victoria Street East  
PO Box 753  
Amherst, NS B4H 4B9  
Phone: (902) 667-8757  
Toll-free: 1-800-934-2445

### **Truro**

9 Church Street  
Truro, NS B2N 3Z5  
Phone: (902) 893-7235  
Toll-free: 1-877-846-0440

### **Eastern Mainland Housing Authority**

176 Archimedes Street  
PO Box 116  
New Glasgow, NS B2H 5E1  
Phone: (902) 752-1225

### **Metropolitan Housing Authority**

2131 Gottingen Street, 5th Floor  
Halifax, NS B3K 5Z7  
Phone: (902) 420-6000  
Toll-free: 1-800-565-8859

### **South Shore Housing Authority**

821 King Street, Suite 4  
Bridgewater, NS B4V 1B7  
Phone: (902) 543-8200  
Toll-free: 1-888-845-7208

### **Tri-County Housing Authority**

368 Main Street, Suite 206  
Yarmouth, NS B5A 1E9  
Phone: (902) 742-4369  
Toll-free: 1-800-306-3331

## **Housing Authority Boards**

Each of the seven housing authorities has a Board that includes a tenant representative. These Boards are responsible for tenant and applicant related issues and complaints. Normally tenants and applicants will attempt to sort out their concerns with housing authority staff. However, if either party is dissatisfied with the staff decision they may appeal the decision to the Board. All requests for an appeal can be addressed to the chairperson of the respective housing authority listed above.

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## **Assisted Living Facilities**

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These privately owned facilities are designed to meet the needs of independent seniors who require accommodations and access to services such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities. The homes are not licensed to provide care. Accommodation and service fees vary.

### ***Metro Region***

#### **The Berkeley**

*Halifax*

Green Street

Phone: (902) 429-2222

*Dartmouth*

Eisner Boulevard

Phone: (902) 434-9415

*Bedford*

Convoy Run

Phone: (902) 835-6222

### **Country Living Estates**

2540 A&B Prospect Road  
Halifax, NS B3T 1V3  
Phone: (902) 852-2673  
E-mail: cle@hfx.eastlink.ca

### **Kingswood Residence**

15 Brenda Drive  
Halifax, NS B4B 1J9  
Phone: (902) 835-4998  
E-mail: kganski@eastlink.ca  
Contact: Kris and Mariola Ganski

### **Melville Heights**

24 Ramsgate Lane  
Halifax, NS B3P 2R6  
Phone: (902) 477-3313

### **Northwood**

- Independent apartments
- Assisted Living
- Enriched Living
- Special Needs of Deaf Seniors

### **For more information, contact:**

Northwood Resident Services  
Phone: (902) 454-3356

### **Parkland Estates**

Aberdeen Hall, Bradford Hall,  
Cameron Hall  
3 Fairfax Drive  
Halifax, NS B3S 1J3  
Phone: (902) 457-0234  
E-mail: smartell@shannex.com

### **Victoria Hall**

2438 Gottingen Street  
Halifax, NS B3K 3B9  
Phone: (902) 422-3969  
Website: www.victoriahall.ca

### ***Cape Breton Region***

#### **Williston House**

65 Churchill Drive  
Sydney, NS B1S 3N6  
Phone: (902) 539-5267  
E-mail: dmacneil@coveguesthome.com  
Website: www.coveguesthome.com

### ***North Shore Region***

#### **Parkland Estates**

378 Young Street  
Truro, NS B2N 7H2  
phone: (902) 895-2891  
E-mail: thefferan@shannex.com

### ***South Shore Region***

#### **Shoreham Village**

Chester, NS B0J 1J0  
Phone: (902) 275-5631

### ***Valley Region***

#### **Gladys M. Manning**

#### **Retirement Community**

38 Manning Drive, RR1  
Windsor, NS B0N 2T0  
Phone: (902) 798-0441  
Email: spencerhome@health.nb.ca

#### **Kingsway Gardens**

#### **Retirement Residence**

Phone: (902) 798-5075  
Toll-free: 1-877-898-2122  
Email: kingsway.gardens@ns.  
sympatico.ca  
Website: www.kingswaygardens.ns.ca

#### **Orchard View Apartments**

c/o Grand View Manor  
110-A Commercial Street  
Berwick, NS B0P 1E0  
Phone: (902) 538-3118

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## Boarding Homes

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Some private homes provide accommodation, meals, and support services to seniors. They are not licensed to provide care and are unregulated. Before deciding if one of these facilities is right for you, consider visiting the home to view the accommodations. Find out about the services it offers and its fees.

Instead of living in a boarding home, many seniors choose to live in a care facility licensed by the Province of Nova Scotia. Call the Continuing Care toll-free line at **1-800-225-7225**, for consultation about placement in a facility that participates in the Department of Health's single entry access system for continuing care.

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## Housing Services, Department of Community Services

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Housing Services is responsible for provincial housing initiatives including program delivery, social housing operation, and residential land development. Services are provided through four regional offices and seven housing authorities. Contact information for the Regional and District Housing Offices can be found below. Housing Authorities are listed on page 91. **For more information, contact:**

## Regional/District Housing Offices

### *Amherst District Office*

144 East Victoria Street  
PO Box 486  
Amherst, NS B4H 4A1  
Phone: (902) 667-1161  
Toll-free: 1-800-933-2101

### *Bridgewater District Office*

821 King Street, Suite 4  
Bridgewater, NS B4V 1B7  
Phone: (902) 543-7336  
Toll-free: 1-800-278-2144

### *Cape Breton Regional Office*

Provincial Building  
360 Prince Street, Suite 22  
PO Box 1267  
Sydney, NS B1P 5L1  
Phone: (902) 563-2120  
Toll-free: 1-800-567-2135

### *Central Regional Office*

176 Archimedes Street  
PO Box 481  
New Glasgow, NS B2H 5E5  
Phone: (902) 755-5065  
Toll-free: 1-800-933-2101

### *Metro Regional Office*

PO Box 2462  
2131 Gottingen Street, 5th Floor  
Halifax, NS B3J 3E4  
Phone: (902) 424-5110  
Toll-free: 1-800-774-5130



### ***Truro District Office***

9 Church Street  
Truro, NS B2N 3Z5  
Phone: (902) 893-5999  
Toll-free: 1-866-525-5454

### ***Western Regional Office***

101 Maggee Drive  
PO Box 1000  
Middleton, NS B0S 1P0  
Phone: (902) 825-3481  
Toll-free: 1-800-564-3483

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## **Home Improvement Grants and Loans**

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The following home improvement grants and loans programs are offered through the Department of Community Services, Housing Services. The programs are intended to help low-income seniors and families maintain their homes:

- Access-A-Home Program
- Emergency Repair Program
- Family Modest Housing Program
- Home Adaptations for Seniors' Independence
- Parent Apartment Program
- Provincial Housing Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Senior Citizens' Assistance Program
- Small Loans Assistance Program
- Home Preservation Program (Affordable Housing Program)

*For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you or go to [www.gov.ns.ca/coms/](http://www.gov.ns.ca/coms/)*

### **Grants for Home Repairs (do not have to be repaid)**

#### ***Provincial Housing Emergency Repair Program (PHERP)***

Provides grants of up to \$5,000 to lower-income households to carry out emergency and health and safety-related repairs to their homes. The income limit on eligibility varies depending on location and household size.

#### ***Senior Citizens' Assistance Program (SCAP)***

Provides grants of up to \$5,000 to seniors who are at least 65 years of age, to carry out emergency and health and safety-related repairs to their homes. The amount of the grant available depends on the household income level. The income limit for eligibility varies depending on location and household size.

#### ***Access-A-Home Program***

Provides grants of up to \$3,000 to help homeowners renovate their homes to make them wheelchair accessible. The amount of the grant available depends on the applicant's income level. The annual income limit for eligibility is \$30,000.

#### ***Emergency Repair Program (ERP)***

Assists eligible homeowners in rural areas to carry out urgent repairs to deal with health and safety hazards. Examples include repairs to unsafe wiring and heating systems and

installing new wells and septic systems. The maximum grant available is \$6,000. The income limit for eligibility varies, depending on location and household size.

## **Provincial Loan and Mortgage Programs**

### ***Parent Apartment Program (PAP)***

Provides homeowners with loans of up to \$25,000 for the creation of affordable accommodation for family members who are at least 50 years of age. Parent apartments may be located either within or attached to existing single-family houses. The annual income of the parent(s) must be less than \$20,000.

### ***Small Loans Assistance Program (SLAP)***

Provides homeowners with loans of up to \$20,000 for home renovations, additions, or repairs. Annual income must be less than \$35,000.

## **Help for Major Repairs and Adaptations**

### ***Residential Rehabilitation Assistance Program (Homeowner RRAP)***

Provides a forgivable loan of up to \$16,000 to qualifying homeowners who own and occupy sub-standard housing, to make repairs so that the home will meet minimum health and safety standards. The amount of assistance available depends on the cost of modifications. The income limit for eligibility varies depending on location and household size.

### ***Disabled Residential Rehabilitation Assistance Program (Disabled RRAP)***

Provides a forgivable loan of up to \$16,000 to qualifying homeowners to carry out work needed to modify homes occupied by someone with a disability. The amount of assistance available depends on the cost of the modifications, household income, and household size. The income limit for eligibility varies, depending on location and household size.

### ***Home Adaptations for Seniors' Independence (HASI)***

Provides financial assistance of up to \$3,500 to qualifying homeowners and tenants who have their landlord's consent, to carry out home adaptations needed to extend the time that lower-income seniors, who are at least 65 years old, can live in their home independently. The income limit for eligibility varies, depending on location and household size.

### ***For more information***

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you as listed on page 94 or go to [www.gov.ns.ca/coms/](http://www.gov.ns.ca/coms/)

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## **Home Maintenance, Renovations, and Environmental Assessment**

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### **Energy Use in the Home**

The Nova Scotia Department of Energy provides a toll-free telephone line for Nova Scotians who have questions about energy

use in the home, including insulation, windows, heating systems, condensation, and energy conservation.

**For more information, contact:**

Toll-free: 1-800-670-4636

Website: [www.gov.ns.ca/energy](http://www.gov.ns.ca/energy)

## **Environmental Home Assessment Program**

This program is designed to inform Nova Scotians about the importance of their on-site water and wastewater services, as well as their home oil tank. The home assessment will provide educational information about the importance of regular well water quality testing, pumping of the septic system and maintenance of the oil tank. Call to make an appointment for a free home assessment.

**For more information, contact:**

### *Western Region*

#### **Clean Annapolis River Project**

Phone: 532-7533

### *Central and Northern Regions*

#### **Clean Nova Scotia**

Phone: 1-800-665-5377

### *Eastern Region*

#### **Atlantic Coastal Action Program**

Phone: (902) 567-1628

## **Home Safe Living Inc.**

This company helps seniors and persons with physical disabilities make their homes safe and accessible by providing solutions that allow them to live more independently in their own homes.

**For more information, contact:**

Home Safe Living Inc.

300 Prince Albert Road, Suite 100

Dartmouth, NS B2Y 4J2

Phone: (902) 404-7233

E-mail: [info@homesafeliving.com](mailto:info@homesafeliving.com)

Website: [www.homesafeliving.com](http://www.homesafeliving.com)

## **Nova Scotia Home Builders Association (NSHBA)**

A helpful information package on home renovations, including a list of members who are professional, reputable renovators, is available from NSHBA, a non-profit organization of independent homebuilders, renovators, and corporate members. The association works to improve the housing industry.

**For more information, contact:**

15A Oland Crescent

(Bayers Lake Business Park)

Halifax, NS B3S 1C6

Phone: (902) 450-5554

Toll-free: 1-800-668-2001

E-mail: [nshba@nshba.ns.ca](mailto:nshba@nshba.ns.ca)

Website: [www.nshba.ns.ca](http://www.nshba.ns.ca)

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# **Provincial Health Services**

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## **Nova Scotia's Health Care System**

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The Nova Scotia government is committed to ensuring that everyone in Nova Scotia has access to a quality health care system that is integrated, community-based, and sustainable.

Nova Scotia's health system is comprised of the Department of Health, Department of Health Promotion and Protection, nine District Health Authorities (DHAs), 37 Community Health Boards (CHBs), and the IWK Health Care Centre. Each organization has an important role to play in planning for and delivering health care services to Nova Scotians.

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## **Nova Scotia Department of Health Promotion and Protection**

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In February 2006, Premier Rodney MacDonald announced the creation of the Department of Health Promotion and Protection. This new department brings together Nova Scotia Health Promotion, the Public Health branch of the Department of Health, and the Office of the Chief Medical Officer of Health. By bringing together experts in promotion, prevention and protection, government is taking the next step forward in creating a healthier and safer Nova Scotia. This department is also responsible for physical activity, sport & recreation; tobacco control; addiction prevention; injury prevention; healthy sexuality, problem gambling services; and healthy eating.

**For more information, contact:**

Department of Health Promotion and Protection  
PO Box 487  
Halifax, NS B3J 2R7  
Phone: (902) 424-4807  
Toll-free: 1-866-231-3882 (toll free)  
E-mail: [healthpromotion@gov.ns.ca](mailto:healthpromotion@gov.ns.ca)

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## **Nova Scotia Department of Health**

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The Department of Health has many responsibilities related to the overall functioning of the health care system, including health planning and evaluation. It is also responsible for the province-wide management and delivery of Insured Services, Emergency Health Services, and Continuing Care Services.

**For general information, contact:**

Department of Health  
Joseph Howe Building, 1690 Hollis Street  
PO Box 488  
Halifax, NS B3J 2R8  
Phone: (902) 424-5818  
Toll-free: 1-800-387-6665

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## **District Health Authorities and Community Health Boards**

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### **District Health Authorities (DHAs)**

Within Nova Scotia, nine district health authorities and the IWK Health Centre govern and manage the delivery of hospital and community-based health services. Each DHA is governed by a volunteer board of directors which oversees the delivery of health services in its community. The Nova Scotia Department of Health provides operational funding to the district health authorities. DHAs work with Community Health Boards, foundations, auxiliaries, volunteers and other partners in health to meet the health needs of communities.

## **Community Health Boards (CHBs)**

Within Nova Scotia, Community Health Boards work to assess local health needs and develop community health plans, which identify ways to improve the overall health of the community. Community Health Boards are made up of volunteers who work with residents of the health districts to build a health system that meets the needs of local communities. Community Health Boards develop health plans for local needs, help support local health initiatives, engage in public consultation, and nominate individuals for membership on the Board of Directors of District Health Authorities.

**For more information, contact:**

### ***South Shore Health***

*Serving Lunenburg and Queens Counties*

90 Glen Allan Drive  
Bridgewater, NS B4V 3S6  
Phone: (902) 527-5202  
E-mail: [info@ssdha.nshealth.ca](mailto:info@ssdha.nshealth.ca)  
Website: [www.ssdha.nshealth.ca](http://www.ssdha.nshealth.ca)

### ***South West Health***

*Serving Shelburne, Yarmouth, and Digby Counties*

Yarmouth Regional Hospital  
60 Vancouver Street  
Yarmouth, NS B5A 2P5  
Phone: (902) 742-0517  
E-mail: [bjohnson@swndha.nshealth.ca](mailto:bjohnson@swndha.nshealth.ca)  
Website: [www.swndha.nshealth.ca](http://www.swndha.nshealth.ca)

### ***Annapolis Valley Health***

*Serving Annapolis and Kings Counties*  
PO Box 490, 121 Orchard Street

Berwick, NS B0P 1E0  
Phone: (902) 538-3431  
Website: [www.avdha.nshealth.ca](http://www.avdha.nshealth.ca)

### ***Colchester East Hants Health Authority***

*Serving Colchester County and most of the Municipality of East Hants*  
Colchester Regional Hospital  
207 Willow Street  
Truro, NS B2N 5A1  
Phone: (902) 893-5554 ext.2119

### ***Cumberland Health Authority***

*Serving Cumberland County*  
34 Prince Arthur Street  
Amherst, NS B4H 1V6  
Phone: (902) 661-1090

### ***Pictou County Health Authority***

*Serving Pictou County*  
Aberdeen Hospital  
835 East River Road  
New Glasgow, NS B2H 3S6  
Phone: (902) 752-8311  
(902) 752-7600  
Website: [www.pcha.nshealth.ca](http://www.pcha.nshealth.ca)

### ***Guysborough Antigonish Strait***

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"...Promoting Quality of Life since 1966."

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Halifax, Nova Scotia B3K 5B2  
Phone: (902) 429-0550  
Fax: (902) 492-3703  
[www.svnh.ca](http://www.svnh.ca)



149 bed accredited nursing home, providing professional high quality care for the elderly.

## ***Health Authority***

*Serving Antigonish, Guysborough, Richmond Counties and the southern portion of Inverness County*

St. Martha's Regional Hospital  
25 Bay Street  
Antigonish, NS B2G 2G5  
Phone: (902) 867-4273

## ***Cape Breton District Health Authority***

*Serving Cape Breton, Victoria, and Inverness Counties*

235 Townsend Street  
NSPC Building 2nd floor  
Sydney, NS B1P 5E7  
Phone: (902) 563-2711

## ***Capital Health***

*Serving Halifax Regional Municipality, West Hants, and Mount Uniacke*

Suite 2142, 1796 Summer Street  
Halifax, NS B3H 3A7  
Phone: (902) 473-2058

## ***IWK Health Centre***

PO Box 9700  
5850/5980 University Avenue  
Halifax, NS B3K 6R8  
Phone: (902) 470-6629

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## **Nova Scotia Health Insurance/MSI**

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Nova Scotia's health insurance plans, generally referred to as Medical Services Insurance (MSI), provide eligible residents with coverage for medically required hospital, medical, dental, and optometry services, with

some restrictions.

The pamphlet, *Insured Health Services* in Nova Scotia, provides detailed information about eligibility, registration, and the plans themselves. Copies are available from the MSI office.

### **For more information, contact:**

Medical Services Insurance (MSI)  
7 Spectacle Lake Drive  
Dartmouth, NS B3B 2S1  
Phone: (902) 496-7008  
Toll-free: 1-800-563-8880  
E-mail: [MSIEnquiry@medavie.bluecross.ca](mailto:MSIEnquiry@medavie.bluecross.ca)

## ***Eligibility***

To be eligible for insured health services under the health insurance plans you must be:

- a Canadian citizen or be legally entitled to remain in Canada
- a permanent resident of Nova Scotia
- ordinarily present in Nova Scotia for at least 183 days in any calendar year.

Some people are not eligible for insurance coverage in Nova Scotia, as they are covered by other health plans. These include: regular members of the RCMP and the Canadian Forces, tourists and visitors to the province, students from other provinces, and inmates of federal penitentiaries.

Persons moving to Nova Scotia from elsewhere in Canada will become eligible for insured health services programs on the first day of the third month following the month in which they become a resident of Nova Scotia.

During this waiting period, they will

continue to receive coverage from their former province of residence. It is their responsibility to contact that province to ensure their coverage is continued.

Persons from outside Canada establishing permanent residence in Nova Scotia may apply for coverage. Please contact the MSI office for details.

### **Registration**

You can register through the MSI office by phone or in person.

### **Nova Scotia Health Cards**

When your application has been processed, each member of your family will receive a Nova Scotia Health Card, which must be presented whenever you require insured services. Please carry your signed health card with you at all times.

### **Renewal**

Nova Scotia Health Cards are issued for a four-year period. Renewal notices will be mailed three months prior to the expiry date. There is no charge to renew your card. If you use an expired health card, you may be asked to pay for services.

### **Lost or Stolen Cards**

There is a \$10 charge to replace a lost or stolen card. Visit or contact the MSI office at the address and phone number listed above.

### **Change of Address**

It is in your best interest to ensure MSI has your most up-to-date contact information and mailing address. When you have a new address, you should contact MSI.

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## **Ambulance Services**

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You are highly advised to call Emergency Health Services (EHS) ambulance for medical emergencies. **Dial 911 for help.** Highly trained paramedics can provide immediate assistance to minimize further injury, especially in cases of suspected stroke or heart attack. Payment plans are available so don't let the cost of an ambulance prevent you from calling **911**. It can make the difference between life and death. If your ambulance bill is related to a motor vehicle accident or work-related injury and you have Stipulated Third Party Insurance, you must submit your bill to your insurer for payment.

Users of ambulance services pay a portion of the cost of providing the service.

**Tip:** *Since ambulance fees are not an insured service, anyone who travels outside of Nova Scotia are strongly advised to purchase travel insurance to cover ambulance fees incurred in other provinces.*

### **Ambulance Fees**

Payment plans are available to all patients transported by ambulance.

The following fees are subject to change without notice:

**No Fee:** There is no fee for medically essential transportation between approved health care facilities providing you are a resident of Nova Scotia with a valid MSI card. The same pertains to the transportation of Acute Home Care patients.

**\$120:** Applies to an individual who is transported from an incident location to an approved facility, providing they have a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to their place of residence, with a physician's approval.

**Note:** *The fees listed above pertain to patients who do not have stipulated third-party insurance coverage. The fees below apply only to patients with that insurance coverage.*

**\$150:** Applies to a mobility challenged patient whose transport either begins or ends at their place of residence and is to a physician's office, dentist's office, physiotherapist's facility, or respite care facility. Written approval from a physician is required to obtain the mobility challenged rate.

**\$600:** Applies to an individual who is transported from a motor vehicle collision to an approved facility. The same fee will apply if an individual has a work related injury and Workers' Compensation coverage.

**\$600:** Applies to all non-interfacility transports for Non-Nova Scotians, Canadian citizens.

**\$900:** Applies to all transports for Non-Canadian citizens.

### ***Payment Process***

An invoice will be sent to you in the mail advising you of the fee and where to send your payment.

**Special Arrangements:** If you cannot afford to pay the invoice all at once, contact the billing office to set up payment arrangements. This will make it possible for you to pay the invoice over time, interest free, until such time as the invoice is paid in full. As long as there is an amount owing, an invoice will be sent to you each month.

**Appeal Process:** If you feel you have been billed incorrectly or have an issue with the service you received, you should discuss the matter with your local billing office. If the matter cannot be resolved by the billing administrator, you can make a formal appeal. Appeals packages can be obtained through the billing department at the numbers listed below.

### **For more information, contact:**

EHS NS Billing Administration

Phone: (902) 832-8337

Toll-free: 1-888-280-8884

or

Paul Maynard, Supervisor

Phone: (902) 832-5500

E-mail: [pmaynard@emci.ca](mailto:pmaynard@emci.ca)

Website: [www.gov.ns.ca/health/](http://www.gov.ns.ca/health/)

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## **Seniors' Pharmacare Program**

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Pharmacare is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs. More detailed information is available on the Department of Health website at

**[www.gov.ns.ca/health/pharmacare](http://www.gov.ns.ca/health/pharmacare)**





## **DEPRESSION TAKES AWAY MOMENTS LIKE THIS**

**During the past month have you been bothered by**

- **Little interest or pleasure in doing things?**
- **Feeling down, depressed or hopeless?**

**If you answered yes to one or both questions,  
see your family doctor or other  
health professional.**



To request a print copy of the website information, contact the Seniors' Secretariat at **1-800-670-0065**.

**To apply for Pharmacare, contact:**

Seniors Pharmacare Program  
PO Box 9322, Station A  
Halifax, NS B3K 6A1  
Phone: (902) 429-6565  
Toll-free: 1-800-544-6191  
Website: [www.gov.ns.ca/health/pharmacare](http://www.gov.ns.ca/health/pharmacare)

### ***Eligibility***

You are eligible to join Pharmacare if:

- You are a Nova Scotia resident.
- You have a valid Nova Scotia Health Card
- You are at least 65 years old; and you do NOT have drug coverage through Veterans Affairs Canada, First Nations and Inuit Health, or a private drug plan.

**Note:** *Members of the Public Service Health Care Plan who receive the Guaranteed Income Supplement (GIS) are eligible for Pharmacare.*

### ***New Residents***

Seniors who move to Nova Scotia must apply for and receive a Nova Scotia Health Card before applying for Pharmacare.

### ***Benefits***

The Nova Scotia Formulary details which drugs and supplies are benefits under the Pharmacare program. The Formulary is managed by a committee of experts who decide which drugs should and should not be covered by Pharmacare based on clinical evidence. The experts include family doctors, geriatricians, pharmacists, and drug information specialists. The formulary is available on the Department of Health website at: [www.gov.ns.ca/health/pharmacare](http://www.gov.ns.ca/health/pharmacare).

### ***Coverage***

Medications and supplies covered by Pharmacare include:

- Prescribed medicines that are listed as benefits in the Nova Scotia Formulary
- Some prescribed ostomy supplies
- Prescribed diabetic supplies (including testing materials), needles, and syringes

**Note:** *Medications and supplies must be prescribed by a doctor, dentist, recognized nurse practitioner, or authorized optometrist. The prescription must be filled in a Nova Scotia Pharmacy to be covered.*

### ***Generic Drugs***

Generic drugs are dispensed under Pharmacare. Generic drugs are the same as the name-brand drugs but cost less.

**Note:** *If you choose a more expensive brand-name drug when a generic brand is available, you will have to pay the difference in price between the two. If you tried the generic brand and had a reaction to it, and your doctor reports this reaction to Pharmacare, the program may pay for the brand-name drug.*

### ***Application Process***

You are eligible for Pharmacare on the first day of the month in which you turn 65. An information package will be sent to you two to three months before you turn 65. Once Pharmacare has received any required payments, prescriptions can be billed to the program. To join the program, you must complete an application form and send any payment required to Pharmacare.

**Note:** *When filling a prescription, make sure you notify the pharmacy of your Pharmacare coverage.*

## ***Pharmacare Card***

Your Nova Scotia Health Card is also your Pharmacare card. Your card must be shown to the pharmacist to get your Pharmacare benefits.

## ***Annual Renewal***

An information package and a form to complete and return to Pharmacare will be sent to you in February or March, provided you were covered by Pharmacare the year before.

## ***Pharmacare Fees***

Most seniors who join Pharmacare pay an annual “premium” (membership fee) for coverage under the program. They also pay a “co-payment” fee, which is a portion of the prescription cost for each prescription filled. Pharmacare fees are reviewed annually and are subject to change.

## ***Co-payment***

Each time you receive a prescription, you must pay 33 percent of the total prescription cost for each prescription filled (a minimum co-payment is \$3 and the maximum is \$30 per prescription). You will not be required to pay more than \$382 a year in co-payments. Co-payments are paid to your pharmacist when you pick up your prescription. When you have reached your maximum annual co-payment limit of \$382, your pharmacist will notify you. Co-payment totals are calculated from April 1 to March 31 each fiscal year.

## ***Premium***

Depending on your family income, you may be required to pay the full premium, a reduced premium, or no premium at all.

**Full Premium:** \$424 per year.

**Reduced Premium:** If you are a low-income senior who does not get the GIS, you may qualify for a reduced premium if you are single, and your income is less than \$24,000 a year, **or** you are married and your income plus your spouse’s income add up to less than \$28,000 a year.

**Premium Exemption:** If you receive the Guaranteed Income Supplement (GIS), you are not required to pay the premium unless you have an outstanding balance. To find out if you qualify for the GIS, call **1-800-277-9914**.

## ***Premium Cost for People Who Apply***

**Late:** If you do not apply for Pharmacare coverage within three months of your eligibility date, or decide to leave Pharmacare and join again later, you have to wait 90 days for your coverage to start and pay one and a half times the premium for your coverage for five years.

**Payment of Premium:** Options for paying your premium are: all at once, quarterly, or monthly via cheque, money order, Visa, MasterCard, or automatic withdrawal. You will get a receipt when you have paid your premium in full. Call Pharmacare at **1-800-544-6191** for details.

**Refunds:** A refund can be requested if a senior moves out-of-province or passes away. The refund will be for the number of months left in the year for which the premium was paid.

## Travel Arrangements

If you plan to be out of the province for more than 90 days and you need medicine for that time, you can obtain up to a 180 days supply. Please contact your pharmacist or doctor to ensure you have a sufficient amount of medication prior to traveling out-of-province.

**Note:** *Pharmacare does not pay for prescriptions that you get outside of Nova Scotia. So, if you plan to leave the province, you should arrange for extra health care insurance coverage before you leave.*

## Income Tax Deductions

Your premiums and co-payments are eligible to be included in the calculation of your income tax deduction for medical expenses. Review the Canada Revenue Agency's Income Tax Return & Benefit Guide for more information or contact the Agency for details (see page 68).

## Change of Address

If you are moving, contact Pharmacare by mail or phone and advise them your new address.

See contact information on page 104.

## Medication Use

A booklet, *Knowledge is the Best Medicine*, is available from the Seniors' Secretariat. It contains useful information about the medicines you take. Call **1-800-670-0065**.

## Private Health Insurance

Private insurance carriers offer coverage for health services not covered by the provincial health insurance programs. These include such items as preferred hospital accommodation, prescription drugs, extended health services, and long-term care insurance.

**Insurance Providers:** The yellow pages of your local telephone directory will list local health insurance providers under the heading of "Insurance, Life and Health."

## Continuing Care Services

Continuing care is an integral part of Nova Scotia's integrated health system. It serves people who need ongoing care, either on a long-term or a short-term basis. Services include:



Daniel J. Lomas  
Mutual Fund Representative

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toll free: 1-888-244-4560;

email: [daniel.lomas@lfs.ca](mailto:daniel.lomas@lfs.ca) or

visit my website: [www.danlomas.ca](http://www.danlomas.ca)

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- Home Care
- Self Managed Care
- Facility-Based Respite Care
- Long-Term Care (such as a nursing home or a residential care facility)
- Protection for Vulnerable Adults

For specific information on continuing care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia. *Hours* (Seven days a week): 8:30 am - 4:30 pm.

**For more information, contact:**

Toll-free: 1-800-225-7225

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## Home Care

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Home Care provides community based health care services and assistance with the daily activities of living to Nova Scotians of all ages who require support to stay in their homes for as long as it is safely possible. Home Care services are provided to individuals who meet program eligibility criteria and are based on a comprehensive assessment of the person's needs. The services are meant to add to the help people can receive from others, such as family members, the community, or friends. Home Care is always the first option considered for care in the community and Home Care works together with other parts of the health care system.

Home Care services can support and prolong independent community living, prevent or delay admission to either a long term care facility or hospital, and promote earlier discharges of patients from hospital, when

appropriate. Home Care also helps clients link to professional services and other community-based resources such as Meals on Wheels or foot care clinics.

The following direct services available through Home Care are delivered by a network of health care professionals and home support workers. All service providers meet standards for training and competency set by Continuing Care and by their respective professional associations and governing bodies.

### *Supportive Care*

A range of personal care and home support services are available. Personal care services help the client with daily living tasks such as dressing/undressing, bathing, toilet use, feeding, and/or help with mobilization. Home support services help the client with tasks such as light housekeeping, laundry, and/or meal preparation. In-home respite services for caregivers are also available.

### *Nursing Services*

Home care nurses provide a variety of nursing services in clients' homes. Nursing services through home care include nursing assessment, health teaching, health monitoring and treatment. Direct nursing care in the home can include activities such as intravenous therapy, dressing changes, catheter care, post-operative care following hip or knee replacement surgery, and/or assistance with medication management.

### *Home Oxygen*

Home oxygen services provide oxygen concentrators and related supplies in the

home, to individuals who require long-term oxygen therapy and who meet program and medical eligibility requirements.

### ***Assessment Process***

If you require an assessment for Home Care, a care coordinator employed by the Continuing Care branch of the Department of Health will call you and arrange for a time to meet with you to complete the assessment. Urgent assessments take priority and are addressed first.

### ***Ongoing Case Management***

The care coordinator provides ongoing monitoring and adjustment of the services, as your needs change. The care coordinator can also help you to connect with programs in the community, such as meal programs or foot care clinics. If your needs exceed what Home Care can provide, your care coordinator will provide you with information that may include an application for long term care placement. Home care services may be provided up to the approximate equivalent of the public cost of a long-term care placement. If you require long-term care, they may assist you with the process for placement in a home that will best meet your needs.

### ***Client Fees***

Depending on income and family size, there may be a minimal charge to Home Care clients for the supportive care and/or home oxygen services they receive. There are no charges for home care nursing services or for the supplies used during a nursing visit. The fees charged to the client are not intended to recover the full costs of providing the

service. The care coordinator will determine applicable client fees during the assessment. The amount you pay is determined by your income and family size. A sliding fee scale is used and fees for each income category are outlined in a table that is available upon request. There is a monthly maximum amount that any client can be charged, depending on the client income category they fall into. Here are a few examples of the home care fees charged, based on different annual incomes and family sizes:

### ***Annual Family Income***

#### **\$0 to \$18,785**

Regardless of family size, there is no charge for supportive care services and no monthly oxygen fee.

#### **\$18,786 to \$35,570**

If you are single, there is a \$10 per hour fee for supportive care services, \$60 monthly fee for oxygen and a maximum fee amount of \$100 per month for all home care services received. If there are two people in the family there is no charge for supportive care services and no monthly oxygen fee.

#### **\$35,571 to \$43,823**

If you are single, there is a \$10 per hour fee for supportive care services, \$120 monthly fee for oxygen, and a maximum fee amount of \$200 per month for all home care services received. If there are two people in the family, the hourly rate for supportive services is \$10, the monthly oxygen fee is \$60, and the maximum fee amount is \$100 per month for all home care services.

## **\$43,824 to \$50,075**

If you are single, there is a \$10 per hour fee for supportive care services, \$180 monthly fee for oxygen, and a maximum fee amount of \$300 per month for all home care services received. If there are two people in the family, the hourly rate for supportive care services is \$10 per hour, the monthly oxygen fee is \$120, and the maximum fee amount is \$200 per month for all home care services.

### ***Cancelled Visit Fee***

For home care clients who are not be available for a scheduled home support visit and who do not provide 24-hour notice of cancellation, there will be a fee of up to \$50 charged for each missed visit. The fee may be waived under special circumstances.

#### **For more information, contact:**

Continuing Care

Toll-free: 1-800-225-7225

Outside of NS: (902) 424-4288

### ***Licensing, Standards, and Quality of Care***

Questions or concerns about licensing, standards, and quality of continuing care services (homecare and long-term care) should be directed to the Monitoring and Evaluation Branch, Department of Health.

#### **For more information, contact:**

Monitoring and Evaluation,

Continuing Care

Department of Health

PO Box 488

Halifax, NS B3J 2R8

Phone: (902) 424-0104

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## **Self Managed Care**

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Self managed care provides clients with funding to assume full responsibility for the management, organization and delivery of their support service needs. Conditions of the funding are governed by a contract between the client and the Department of Health. Self Managed Care promotes and supports individual initiative, self reliance, self sufficiency, and responsibility.


Under the Self Managed Care program individuals may be able to access funding up to a monthly maximum of \$3,500. Funding is available for support services such as personal care and homemaking services. Registered professional health services, like nursing, continue to be provided directly through Continuing Care's home care services. Persons accessing Self Managed Care may also be subject to the home care fee process, (see above).

#### **For more information, contact:**

Continuing Care

Toll-free: 1-800-225-7225

Outside of NS: (902) 424-4288

- 
- |  |                        |
|--|------------------------|
| Professional Nursing Care                | Home Support Service   |
| • Nursing visits                         | • Personal care        |
| • Foot care                              | • Homemaking           |
| • Private duty nursing                   | • Maternal/infant care |
| • DVA TAPS Cards accepted                | • Respite care         |
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## Facility-Based Respite Care

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Some long-term care homes have beds set aside to allow a person's care needs to be met in a long-term care home while his or her caregivers have a break. This service is called "respite care". Effective November 1, 2006 the provincial standard daily respite charge is \$28.70. There is a cap of 28 days per year for respite clients, which ensures equitable access across the community. Assessment for and placement in respite beds is coordinated through the Department of Health by contacting the Continuing Care toll-free line at **1-800-225-7225**.

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## Long-Term Care

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If your care needs exceed what Home Care can provide, Continuing Care Services staff can help with your admission to a licensed long-term care home for seniors, depending on the type of care you need. Call the Continuing Care toll-free line at **1-800-225-7225** for a listing of the homes in your area.

### *Levels of Care*

Seniors who require long-term care come under the following categories:

- **Residential Care Facility (RCF):** for those who need supervision and limited help with personal care.
- **Nursing Home Level 1/ Level 2 Care:** for those who require help with personal care and professional nursing care. The differences between Nursing Home Level 1 and 2 care relates to the degree and intensity of care and assistance required by the individual.

### *Other Types of Homes*

For information on other types of seniors housing, refer to the pages in this directory that deal with: boarding homes, retirement homes/assisted living facilities and enriched housing units. Many of these facilities offer a range of services to seniors. However, they are not licensed by the province and their residents are not eligible for financial assistance.

### *Long-Term Care Homes*

Individuals applying for long-term care through the Department of Health's single-entry access system are admitted to one of the following types of homes, depending on their care needs:

**Nursing Homes:** These facilities are licensed to provide accommodation and primarily Level 2 care. There are 72 nursing homes with a combined total of 5,819 beds. The homes are licensed and regularly inspected by the Department of Health.

All individuals requiring care, even those who can afford to pay the cost of care themselves, apply through the Department of Health's single-entry access system for Continuing Care services by calling **1-800-225-7225**.

**Residential Care Facilities:** These facilities are licensed by the Department of Health to provide accommodation and Level 1 care to four or more persons. There are 31 facilities with a combined total of 709 beds. The facilities are regulated and regularly inspected by the Department of Health. Individuals requiring Level 1 care generally apply through the Department of



Health's single-entry access system for Continuing Care services by calling **1-800-225-7225**.

A small number of residential care facilities operate outside of the Department of Health's single-entry access system for continuing care. To access those facilities, you may apply directly to the facility, as long as you can afford to pay their fees.

**Community Based Options:** These homes are approved by the Department of Health to provide Level 1 care for one to three persons. Approved homes are inspected by the Department of Health and must follow the *Interim Guidelines for Community Based Options*. To apply to an approved community based options home, call the Continuing Care toll-free line at **1-800-225-7225**.

### ***Licensing, Standards, and Quality of Care***

Questions or concerns about licensing, standards, and quality of continuing care services (home care and long-term care) should be directed to the Monitoring and Evaluation Branch, Department of Health.

**For more information, contact:**

Monitoring and Evaluation, Continuing Care  
Department of Health  
PO Box 488  
Halifax, NS B3J 2R8  
Phone: (902) 424-0104

### ***General Information: Long-Term Care***

Information on the application and assessment process for placement in a Department of Health long-term care home

is available from the Continuing Care toll-free line.

**For more information, contact:**

Continuing Care  
Toll-free: 1-800-225-7225  
Website: [www.gov.ns.ca/health](http://www.gov.ns.ca/health)

### ***Application/Assessment Process***

Contact the Continuing Care toll-free line at **1-800-225-7225**, to apply for a long-term care home. A care coordinator will call you and arrange for a time to meet with you to complete the assessment and application process. Together with you, the care coordinator will determine whether home care or long-term care is best for you. The care coordinator will also collect the information that starts the financial application process for help with nursing home costs.

### ***Eligibility/Approval***

After the care coordinator assesses your care needs, your application will be sent to an eligibility review authority in the Department of Health for final approval to determine the kind of facility that best meets your needs. Your name will then be placed on the waiting list for the homes of your choice according to the date your application was approved. The department's eligibility authority decides each case based on an individual's needs, the legislation (Social Assistance Act, Adult Protection Act, Homes for Special Care Act), and the provincial long-term care policies.

## ***Eligibility Appeal Process***

If you disagree with the decision made on your eligibility for long-term care, there is an administrative review process.

## ***Choosing a Home***

If you are currently living at home, you will be asked to identify the community you wish to live in and the long-term care home in which you prefer to live. The nursing home you select could be in a community where relatives live or anywhere else in Nova Scotia.

*Note: If you agree to be placed on the waiting list for more than one home, you must accept placement in the first home that becomes available.*

## ***Waiting Lists***

A person is placed on the waiting list for a long-term care home on the date they are officially confirmed by the Department of Health as needing long-term care. The Department of Health coordinates the waiting list chronologically by that date. The Department will be putting wait list information for long term care facilities on its web site, in the near future.

## ***Waiting for Admission from Home***

The amount of time you will be required to wait before being admitted into a home depends on how many people are waiting to get into the home or homes you selected. If your situation worsens after you apply for care and while you are waiting for an opening, your care coordinator may be able to arrange for other services, such as additional home care or respite care. If you feel you

need hospital care, don't hesitate to call your family doctor.

## ***Admission from Home***

If you are living at home and are offered a place at a long-term care facility you had chosen, your acceptance is generally expected within the day of offer. An admission date will then be arranged with the long term care facility. If you refuse to accept the offer, you will be considered not ready for admission to any home. Your name may then be removed from all waiting lists.

## ***Transferring from One Home to Another***

If you are placed in a nursing home and decide you want to move to a different home, you can contact the Continuing Care toll-free line to arrange for your name to be placed on the waiting list for the facility of your choice.

## ***Waiting for Admission from Hospital***

If you are in hospital and the doctors have said you are ready to leave for a long-term care home, you will be offered an admission to the first available home within a 100 km driving distance of the community where you want to live. This policy is called the "first available bed" policy. As soon as your name comes to the top of the list for your preferred facility, you will be offered the opportunity to transfer. This policy ensures you receive the right kind of care as quickly as possible. Since hospital beds are urgently needed for people requiring medical services that only hospitals can provide, it is not

possible for you to stay in the hospital until a room comes up in a home of your choice. When your doctor says that your medical condition no longer requires hospitalization, the hospital may discharge you or begin to charge you for care.

### ***Hospital Fees***

Hospital patients whose doctors have said their medical condition no longer requires hospitalization, and who are waiting for the first available bed in a home within 100 km of the community where they want to live, may be charged \$50 a day to remain in hospital while awaiting placement. Those patients who refuse the first available bed in their area may be discharged or charged \$205 a day if they remain in the hospital. Patients who are on a waiting list for a long-term care bed are required to pay the same amount as they would in a long-term care facility. If you are concerned about hospital fees, contact your hospital social worker. They can explain this policy to you in detail.

### ***Fees for Long-Term Care***

Effective January 1, 2005, the Department of Health began fully covering the health care component of a long-term care facility costs for eligible residents. That leaves residents to pay the accommodation costs, as well as personal expenses similar to seniors living in the community. Each year, the Department of Health sets the maximum accommodation rates based on the average operating costs of the three types of long term care facilities across the province. The following rates are effective for one year from November 1, 2006:

**Nursing Homes:** Maximum accommodation rate \$75.50 per day

**Residential Care Facilities:** Maximum accommodation rate \$49.00 per day

**Community Based Option:** Maximum accommodation rate \$46.00 per day

There is no additional fee for private rooms. Individuals who cannot pay the maximum accommodation rate can apply to have their rate reduced, leaving the remaining costs to be paid by the Department of Health. A person's rate can be reduced through a financial assessment based on their net income. Net income is derived from line 236 "net income" minus line 435 "taxes payable" of the person's most recently completed Canada Revenue Agency Income Tax and Benefit Return.

### ***Financial Assessment Process***

As part of your application to a long-term care home, your care coordinator will help you get started on the process. If you are applying for a reduction to the Maximum Accommodation Charge, you will be asked about your income, and asked to sign consent forms that will allow the financial

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1-800-565-2021

1824045

assessment review officers from the Department of Health to verify financial information with the Canada Revenue Agency. This information is kept confidential. The financial assessment determines whether you are eligible for a reduced accommodation charge.

Everyone who applies to a nursing home must complete a financial application.

### ***Splitting Income Between an Applicant and their Spouse***

The income belonging to you and your spouse will be evenly divided between the two of you. If after conducting the 50-50 income split, the spouse has an assessed income that falls below a designated Spousal Income Threshold (\$15,045 per year, effective November 1, 2006), then the couple can request that the Department of Health revise the income split to leave more of the couple's combined income with the spouse in the community. The department can reduce the authorized accommodation rate as long as the applicant (resident) is not left with less than the Minimum Retained Income amount of \$2,556 per year.

### ***Financial Assessment Appeal Process***

If you disagree with a decision regarding your authorized accommodation charge, you can request a review. This is done by filling out the Review Request Form that is attached to the *Notice of Authorized Charge* letter sent by the Department of Health. The letter informs you of the amount you will be expected to contribute toward the costs of your care. The Review Request Form will ask you to explain why you want to appeal. The

Review Request Form must be received by the Department of Health within 30 days from the receipt of the *Notice of Authorized Charge* letter. The Department of Health conducts an administrative review where it makes sure all the right things were done to arrive at the decision.

### ***Paying for the Cost of Care***

When you enter a nursing home, you will pay the home directly for your care based on the accommodation charge authorized by the Department of Health.

Residents who cannot afford to pay the Maximum Accommodation Charge retain the greater of either \$213 a month or 15 percent of their assessed annual income. Of course, residents also retain all their assets. The resident uses assets and retained income to cover items of personal need (e.g. Pharmacare co-pay, clothes, etc.) and items of personal enjoyment by the resident (e.g. hairdressing, subscriptions, etc.). The resident has full control over the use and management of their retained income and assets.

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## **Protecting Vulnerable Adults (Adult Protection)**

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Adults in need of protection are those aged 16 or older, who are abused or neglected and who cannot physically or mentally protect or care for themselves.

If you suspect that an adult is in need of protection, the Adult Protection Act requires you to report any such information, even if the information is confidential or privileged. Adult protection workers with the

Department of Health have the authority to intervene and offer services to help people live safely.

### **Vulnerable Adults**

Individuals are vulnerable for many different reasons. For instance, they may have an intellectual, physical, or mental disability that makes it impossible for them to protect themselves from emotional or physical abuse. Or, their personal circumstances may prevent them from caring for themselves properly.

### **Other Adults**

Adults who are capable of making choices about how they'd like to live are not considered adults in need of protection, even if their personal hygiene becomes poor or their housekeeping drops off. If they have no physical problems, are mentally competent and are capable of looking after themselves, the Adult Protection Act does not consider them to be in need of protection.

### **Reporting Process**

If you know of an adult in need of protection, you must report it immediately to the Department of Health by calling **1-800-225-7225**. An adult protection worker will assess the situation. If, after the assessment, the worker believes that the person you have reported does need protection, the department will begin a more detailed investigation. If the adult is found to need protection, the worker will provide services to help.

### **Financial Abuse**

The Adult Protection Act does not cover situations of financial abuse. However, if financial abuse is discovered during an Adult Protection investigation, the adult will be referred to an authority who can help safeguard his/her financial interests.

### **Elder Abuse**

For more information on elder abuse, see page 81.

**For more information or to report a case of suspected abuse or neglect, contact:**

Adult Protection Services  
Department of Health  
Toll-free: 1-800-225-7225

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## **Public Health Services**

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Public Health Services works in partnership with communities, families, and individuals to prevent illness, protect and promote health, and achieve well-being. Staff includes public health nurses, health educators, dental hygienists, nutritionists, support staff, medical officers of health, epidemiologists, and administrators and managers.

**For more information, contact:**

### **District Main Offices**

#### *Wolfville*

Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.

Phone: (902) 542-6310

### Truro

Serving Colchester, Cumberland, and Pictou Counties and most of the Municipality of East Hants.

Phone: (902) 893-5820

### Sydney

Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.

Phone: (902) 563-2400

### Dartmouth

Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.

Phone: (902) 481-5800

## Addiction Services

This service provides prevention, treatment, and rehabilitation services for individuals and their families, with alcohol, drug, and gambling problems.

For more information, contact:

### District Offices

#### Dartmouth

Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.

Phone: (902) 424-5623

#### Lunenburg

Serving Lunenburg and Queens Counties.

Phone: (902) 634-7321

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Glenbourne Plaza,  
480 Parkland Dr.,  
Unit 9, Halifax  
1-877-834-1400  
Bayview Lake area, off of Lacombe Drive,  
across from the Home Depot

Moncton (506) 854-7339    Fredericton (506) 459-3668    Bathurst (506) 548-9379    Saint John (506) 657-0800    Charlottetown (902) 566-5673    Summerside (902) 436-3236

**ACADIA UNIVERSITY**

Continuing and Distance Education

**The ALL Centre has even more to offer.**

The Acadia Lifelong Learning Centre (ALL) is a community driven initiative of Acadia University that provides quality educational opportunities for adults 50+. ALL membership has its benefits:

- Free Acadia credit course audits
- Free Vaughan Memorial Library access
- Reduced course and special event fees
- Free seminars, lectures and readings
- Special events and outings
- Invitations to participate in community events
- E-list of ALL and community events

Join us for **The Best of ALL, in 2007** – an exciting and interactive weekend of lectures, seminars, keynote address, outings and entertainment.

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1-800-565-6568

<http://conted.acadiau.ca>

### ***Pictou***

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Phone: (902) 485-4335

### ***Sydney***

Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.

Phone: (902) 563-2060

### ***Valley***

Serving Annapolis and Kings Counties.

Phone: (902) 825-6828

### ***Yarmouth***

Serving Digby, Yarmouth, and Shelburne Counties.

Phone: (902) 742-2406

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## **Problem Gambling Help Line**

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See information on page 31.

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## **Mental Health Services**

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A wide-range of mental health services are offered by District Health Authorities to meet the needs of Nova Scotians, including seniors. Specialized mental health services for seniors are offered in some health districts. These are described after the list of mental health services offices below.



*Be Active!  
Be Smart!*

Our bodies are meant to move.  
Keep your body active.  
The benefits outweigh the risks.



Find out more about our work at [www.gov.ns.ca/ohp](http://www.gov.ns.ca/ohp)

## Mental Health Services Offices

**Amherst:** (902) 667-3879

**Antigonish:** (902) 863-4511

**Bridgewater:** (902) 527-5228

**Dartmouth:** (902) 464-6054

**Digby:** (902) 245-4709

**Halifax QEI:** (902) 473-2492

**Inverness:** (902) 258-1911

**Kentville:** (902) 679-2870

**Middleton:** (902) 825-4825

**New Glasgow:** (902) 755-1137

**Shelburne:** (902) 875-4200

**Sydney:** (902) 567-8170

**Truro:** (902) 893-5526

**Windsor:** (902) 792-2042

**Waterville:** (902) 538-3103 ext.136

**Yarmouth:** (902) 742-4222

## Seniors Mental Health Program

### Cape Breton District Health Authority

This program is designed to meet the mental health needs of seniors in the Cape Breton Health District. Health care professionals experienced in seniors' mental health provide assessment, treatment, and information to clients, as well as support and information to families and to staff in long-term care facilities. A particular area of focus is the identification and treatment of

## Country Living Estates Senior Residence

2540 Prospect Road, Hatchet Lake

- 15 minutes from Halifax

Phone: 852-2673 Fax: 850-2344

24 hour care 10 beds - all private rooms

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seniors with mental illness and the management of challenging behaviours. A variety of services are available including health promotion, education, outreach (home visitations), and in-patient programs. Staff work in consultation with two local geriatricians and a geriatric psychiatrist.

**For more information, please contact:**

Brian MacIsaac

Phone: (902) 567-8170

## Seniors' Mental Health Service

### Capital Health

This service is designed to meet the mental health needs of people 65 and older. A variety of services are available, including health promotion, education, outreach (home visitations), day program, and in-patient programs.

The Seniors' Day Program offers education and support to seniors who experience anxiety and depression. Educational groups focus on learning positive habits for healthy living, coping with grief, relaxation and dealing with negative thinking. Health care professionals experienced in the field of seniors' mental health provide treatment and information to clients, as well as, support and information to family members. Emphasis is placed on providing services in the home setting or community. A person's mental health is as important as their physical health. The Seniors Mental Health Service encourages seniors to access help when required.

**For more information, contact:**

Nova Scotia Hospital Site

Phone: (902) 464-6054



or

Queen Elizabeth II Site

Phone: (902) 473-7799

## Seniors' Mental Health Service

### Kings and Annapolis Counties

This service, coordinated by a nurse and delivered with social work, occupational therapy, and psychology professionals is designed to meet the mental health needs of seniors. Assessments and visits at home are provided by a nurse and psychiatrist. Family physicians are involved throughout the process. Early memory loss, education and support groups are offered for families of individuals with dementia. Regular consultation with all nursing homes in the counties is also provided. Team members are open to input from consumers and families with their ideas on how to further develop the service.

**For more information, contact:**

Kings County

Phone: (902) 679-2870

or

Annapolis County

Phone: (902) 825-4825

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## Preventing Falls

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### Preventing Falls Together Program

Anyone can fall. But as we get older we are more at risk of falling. Injuries from falls cause pain, suffering and loss of independence especially among seniors. Falls are the most preventable health concern for older adults.

*Preventing Falls Together*, a program of Community Links, funded by Nova Scotia Health Promotion and protection has coalitions in 12 areas of Nova Scotia. Coalitions develop local strategies for reducing falls and offer services, education and programs to help reduce falls, and the impact of falls. Coalition members include seniors, those working with seniors, health and rehabilitation professionals and businesses in local communities.

**For more information, contact:**

Carol McAllister, Coordinator

Phone: (902) 576-2420

E-Mail: [coordinator@preventingfalls.together.ca](mailto:coordinator@preventingfalls.together.ca)

or

Susan King, Field Worker, Eastern NS

Phone: (902) 539-6098

E-mail: [nseast@preventingfalls.together.ca](mailto:nseast@preventingfalls.together.ca)

Website: [www.nscommunitylinks.ca](http://www.nscommunitylinks.ca)

### Falls Clinic

Nova Scotians, aged 65 and over who have fallen or have mobility and balance difficulties can be referred to the clinic by their family doctor or by any professional with agreement from the family doctor.

Professionals will assess the senior's overall health status, medications, the risk factors involved in falling, home safety, walking aids, footwear and foot care and home supports. They will then recommend treatment and provide counseling. The goal of the clinic is to prevent future falls in those at risk of falling.

**For more information, contact:**

Falls Clinic, Geriatric Day Hospital

1st Floor Camp Hill Veterans' Memorial Building  
5955 Veterans' Memorial Lane  
Halifax, NS B3H 2E1  
Phone: (902) 473-2493

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## Specialized Health Programs for Seniors

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### Centre for Health Care of the Elderly

The centre provides health care services for older adults. Specific programs include: geriatric assessment unit, geriatric restorative (rehabilitation) unit, geriatric day hospital, and specialty outpatient clinics, such as the memory disability clinic, and falls clinic. **A referral must be made by a physician.** The centre is located in the Camp Hill Veterans' Memorial Building, QEII, Halifax. Clinics are also held in the Annapolis Valley, Lunenburg, and Antigonish.

**For more information, contact:**

Centre for Health Care of the Elderly  
Camp Hill Veterans' Memorial Building  
Halifax, NS B3H 2E1  
Phone: (902) 473-8603  
Website: [www.geriatrics.ca](http://www.geriatrics.ca)

### Geriatric Day Hospital QEII Health Sciences Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. **Physician referrals are required.**

**For more information, contact:**

Geriatric Day Hospital  
Camp Hill Veterans' Memorial Building  
1st Floor, 5955 Veterans' Memorial Lane

Halifax, NS B3H 2E1  
Phone: (902) 473-2493

## Geriatric Services, Cape Breton District Health Authority

This service is located at the Cape Breton Regional Hospital site and serves the aging Cape Breton Population. It includes includes two geriatricians and two geriatric nurse clinicians. It offers a consulting service and sees clients on a referral basis only. Clients can be seen in the out-patient clinic, hospital, nursing home or, in some cases, their own home. The service offers support, education for seniors, their families, and caregivers. It provides professional and public education sessions on senior's health issues.

**For more information, contact:**

1482 George Street, Level 1  
Sydney, NS B1P 1P3  
Phone: (902) 567-8190

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## Accommodations for Health Care Patients and Visitors

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### Queen Elizabeth II Health Sciences Centre (QEII) Accommodations

(Halifax)

For details on special accommodation rates for patients and families using the QEII facilities, check the QEII website at:

[www.cdha.nshealth.ca/facilities/qe2hsc](http://www.cdha.nshealth.ca/facilities/qe2hsc)

For a print copy of this information, call the Seniors' Secretariat at **1-800-670-0065**.

## **Point Pleasant Lodge (Halifax)**

The Lodge is a non-profit facility with accommodations for individuals using any medical services within the Halifax area or visiting patients.

Rooms include television and telephone service and private bath. Smoking and non-smoking rooms are available, as well as accommodations for physically challenged individuals. The Lodge provides a cafeteria and reading lounge, along with laundry facilities, elevator service and limited free parking. It is within walking distance of the QEII Health Sciences Centre and the IWK Grace Health Centre.

### **Room rates:**

Single occupancy: \$40

Double Occupancy: \$60

Call for information on family occupancy.

Reservations are recommended.

### **For more information, contact:**

Point Pleasant Lodge

1121 South Park Street

Halifax, NS B3H 2W6

Phone: (902) 421-1599

E-mail: [guestservices@pointpleasantlodge.com](mailto:guestservices@pointpleasantlodge.com)

Website: [www.pointpleasantlodge.com](http://www.pointpleasantlodge.com)

## **The Lodge That Gives**

Cancer patients who normally reside in Nova Scotia, at a distance from Halifax, can stay at the lodge while receiving medical attention. Family members can stay while visiting a loved one in the hospital. To arrange a first-time reservation, you can speak to a cancer specialist, a local

representative of the Canadian Cancer Society, or the booking clerk at the Halifax treatment centres.

### **For more information, contact:**

Lodge Co-ordinator

5826 South Street

Halifax, NS B3H 1S6

Phone: (902) 420-1849

## **Fidelis House (Kentville)**

Fidelis House provides accommodation for patients needing to be in the Valley area for appointments or treatment, as well as families of patients who want to be near their loved ones in times of illness or surgery.

Fidelis House has 12 double occupancy rooms available with a private washroom.

There is a communal kitchen and living room with a television. Laundry facilities are available. Breakfast foods are provided and coffee and tea are available at any time. There is a specially equipped room available for physically challenged individuals. The house is staffed around the clock with volunteers and is within walking distance of the Valley Regional Hospital. *Fee:* \$20 per night, per person.

### **For more information, contact:**

Fidelis House Society

140 Exhibition Street

PO Box 125

Kentville, NS B4N 3W4

Phone: (902) 679-6567

E-mail: [fideishouse@ns.aliantzinc.ca](mailto:fideishouse@ns.aliantzinc.ca)

Website: [www.nsnet.org/fidelishouse](http://www.nsnet.org/fidelishouse)

## Health Screening Programs

### Nova Scotia Breast Screening Program

This program assists in the early detection of breast cancer. It offers information on breast health and mammography (breast X-rays) to women aged 50 and older who have no diagnosed breast problems.

**Clinics:** There is a clinic in the Halifax Shopping Centre. A mobile van provides breast screening for the Eastern Health area. A second van serves the Western Health area. A mobile unit serves the northern area out of Truro.

**For more information, contact:**

NS Breast Screening Program  
Halifax Shopping Centre  
Tower 1, Suite 103  
7001 Mumford Road  
Halifax, NS B3L 4N9  
Phone: (902) 473-3960  
Toll-free: 1-800-565-0548

### Cervical Cancer Prevention Program

This program, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of cervical cancer. Its mandate includes public education, health professional education, development and dissemination of standards for laboratory services, provincial cytology/colposcopy registry, and research.



## Preventing Falls Together

*Take these steps to prevent falls in your home and community.*

- Remove throw rugs and loose carpet from your home, business, or community centre.
- Ensure you have proper lighting; use bright light bulbs and night-lights.
- Make sure the routes you travel and or maintain are safe; walkways should be level, clear and well lit.
- Public buildings should be easily accessible – steps should be secure and have handrails.



For more information call 902-576-2420.  
[www.nscommunitylinks.ca](http://www.nscommunitylinks.ca)



Find out more about our work at [www.gov.ns.ca/ohp](http://www.gov.ns.ca/ohp)

Pap test awareness brochures and information about where to get a pap test in your area is available upon request.

Participation in committees and the CCPP volunteer network is invited and welcome.

**For more information, contact:**

Margery MacIsaac, Program  
Coordinator

Bethune Building, Room 555A

1278 Tower Road

Halifax, NS B3H 2Y9

Phone: (902) 473-7438

Toll-free: 1-888-480-8588

E-mail: [papforlife@ccns.nshealth.ca](mailto:papforlife@ccns.nshealth.ca)

Website: [www.cancercare.ns.ca](http://www.cancercare.ns.ca)

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## Services for Frail, Disabled, or Homebound Seniors

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### Endorsement Disclaimer

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The Seniors' Secretariat does not endorse or recommend any commercial products or private-sector services in this directory.

Consumers are encouraged to be cautious and ensure the individuals and companies they deal with are reputable. When hiring a care provider, be sure to ask for their credentials and for personal references from previous clients. See page 78 in this directory for information about the Better Business Bureau. Contact Service Nova Scotia and Municipal Relations at **1-800-670-4357** to determine if a business is registered.

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## Essential Services

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### Nova Scotia Power Critical Customer Communication Program

Nova Scotia Power has a program for customers who rely on electricity for life support, such as oxygen therapy, or critical home care. The program provides important information about planned power outages, restoration time changes, and unplanned power outages expected to last more than four hours. The information will be provided via telephone for those who are registered.

**For more information, contact:**

Nova Scotia Power

Customer Service Manager B-15

PO Box 910

Halifax, NS B3J 2W5

Phone: (902) 428-6230

Toll-free: 1-800-428-6230

Website: [www.nspower.ca](http://www.nspower.ca)

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## Adult Day Programs

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Day programs provide seniors with a social environment in which they can participate in activities and meet new people. Many day programs have special services available such as health monitoring, foot care, hair styling, and exercise. Some programs offer information sessions, group outings, and social events. Usually a snack and lunch are provided. Other programs serve the needs of individuals with memory loss and confusion from Alzheimer disease and other forms of dementia. Fees vary depending on the programs and services provided.

For more information, or to enroll in an adult day program, contact the programs in your area.

## **Adult Day Programs**

### ***Berwick***

#### **VON Annapolis Valley Branch**

Adult Day Program

Barb Rand RN and Brenda Harland RN  
Western Kings Memorial Health Centre

121 Orchard Street

Berwick, NS B0P 1E0

Phone: (902) 538-7844

### ***Glace Bay***

#### **Victoria Haven Nursing Home**

5 Third Street

GlanceBay, NS B1A 6E8

Phone: (902) 849-4127

### ***Halifax Regional Municipality***

#### **Oakwood Terrace Adult Day Program**

Thia Rutledge

10 Mount Hope Avenue

Dartmouth, NS B2Y 4K1

Phone: (902) 469-2794, ext. 199

E-mail: g.comeau@oakwood

terrace.ns.ca

#### **Breakaway Adult Day Program**

VON of Greater Halifax

Paula Yanch, St. Andrews Centre

6955 Bayers Road

Halifax, NS B3L 4S4

Phone: (902) 453-5800 ext. 231

### **Northwood Homecare**

#### **Adult Day Programs**

(Halifax, Dartmouth and Sackville)

Phone: (902) 454-3347

Website: [www.nwood.ns.ca](http://www.nwood.ns.ca)

### **The Birches**

Eileen MacNeil

Musquodoboit Harbour, NS B0J 2L0

Phone: (902) 889-3474

### ***Lunenburg County***

#### **Breakway Adult Day Program**

VON Lunenburg County

Laurie Clark

Box 147

1924 Nothwest Road

Blockhouse, NS B3J 1E0

Phone: (902) 624-0876

Email: [laurie.clark@von.ca](mailto:laurie.clark@von.ca)

### ***Parrsboro***

#### **South Cumberland**

#### **Community Care Centre**

Debbie Fullerton or Brenda Roberts

Parrsboro, NS B0M 1S0

Phone: (902) 254-2540

### ***Pictou***

#### **Take a Break Program**

Sharon Lynch PO Box 250

Pictou, NS B0K 1H0

Phone: (902) 485-4341

### ***Sydney***

#### **Parkdale House**

47 Byng Avenue

Sydney, NS B1P 6J4

Phone: (902) 567-1787

## *Sydney Mines*

**Northside Harbourview Hospital**  
Seniors' Day Program  
Mary Robertson 22 Richard Street  
Sydney Mines, NS B1V 2H7  
Phone: (902) 736-2831 ext. 140

## *Truro*

**VON Colchester East Hants Branch**  
Adult Day Program  
Sharon Fairbanks, Johnson Manor  
9 Church Street  
Truro, NS B2N 3Z5  
Phone: (902) 893-7001

## **VON Cumberland**

Randi Helm  
43 Prince Arthur, Amherst B4H 3Z5  
Phone: (902) 667-8796

## **VON Pictou County**

Wendy Macdonald  
835 East River Road  
New Glasgow B2H 3S6  
Phone: (902) 752-3184

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## **Volunteer Visiting Programs**

### **Volunteer Visiting Program**

This program, offered by the VON of Greater Halifax matches volunteers with clients who are socially isolated to provide one-to-one friendship and support. The program reaches seniors in Halifax, Dartmouth and other areas in the Halifax Regional Municipality.

### **For more information, contact:**

Anne Forbes  
Phone (Halifax): (902) 455-7433  
Donna Hanczaryk  
Phone (Dartmouth): (902) 455-6654

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## **In-Home and Community Meal Programs**

### **Nova Scotia Meals Network**

The network publishes a provincial directory of meal programs for seniors, including Meals on Wheels, Wheels to Meals (community meal programs), and Private Recipe Frozen Meals. The directory is available from Spencer House Senior Centre in Halifax at **421-6131**, the Seniors' Secretariat at **1-800-670-0065** and by calling the Continuing Care toll-free line at **1-800-225-7225**.

### **Meals on Wheels**

Hot meals are prepared locally and delivered by volunteers to your home for a modest fee.

### **Frozen Favorite Meals**

Individually frozen meals are prepared and delivered to your home for a modest fee. You can choose your own complete menu from a tempt-



**Assisted**

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**Adjoining**

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**Grand view** Bedroom Units Rent

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- Emergency Power and Utilities.
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- Include: Personal Care, Bathing, medication Management, Emergency call

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110

**(902) 538-3118**

ing array of main dishes. Ask about special diets and pureed meals. For more information about frozen meal delivery, contact your local VON branch (see page 142).

### ***Community Meal Programs***

A number of organizations across the province sponsor hot meal programs for seniors. Such programs are often referred to as Lunch Bunch. For a modest fee, these programs provide you with a place to socialize and a chance to enjoy a nutritious meal in the company of others.

### ***Information***

For specific information on meal programs in your area, contact the Continuing Care toll-free line at **1-800-225-7225**, or the Nova Scotia Meals Network representative nearest you, as follows:

## **Meals Network Representatives**

### **Central Nova Scotia**

Deborah Dostal  
Spencer House Senior Centre  
5596 Morris Street  
Halifax, NS B3J 1C2  
Phone: (902) 421-6131

### **Eastern Nova Scotia**

Joan Fownes, Dietitian  
Victoria County Memorial Hospital  
Box 220, Baddeck, NS B0E 1B0  
Phone: (902) 295-2112  
E-mail: jfownes@cbdha.nshealth.ca

### **Northern Nova Scotia**

Sheila Hoeg  
VON New Glasgow  
Phone: (902) 755-4524

### **Western Nova Scotia**

Vivian MacMillan  
Box 427, Windsor, NS B0N 2T0  
Phone: (902) 798-4913

## **Meals And More**

This service offers home-delivered meals in the greater Amherst area. Choose from a wide variety of frozen meals, soups, and desserts, which come ready to heat in an oven or microwave. Call its dietitian to discuss your dietary needs (vegetarian, diabetic, low-fat, low-salt, renal, gluten, lactose-free and pureed or minced food can be arranged). Free delivery in the greater Amherst area. Arrangements can be made to have home delivered meals throughout the Maritimes.

### **For more information, contact:**

Susan Kastuk-Ridlington, Dietician  
Phone: (506) 536-8102  
(toll-free from Amherst)  
E-mail: meals@nbnet.nb.ca

## **M&M Meat Shops**

Specializing in single serving meals and portion controlled meats, as well as frozen

**A lifetime of talking, eating, kissing and smiling.  
Is it any wonder oral health is so important to us?**

**“Every member of my family**

deserves healthy teeth and gums. It all starts with the regular care and sound advice offered by our dental hygienist - a health professional who is accessible and affordable”





fruit and vegetable blends. Many of these foods are fully cooked and just require reheating using a toaster oven or microwave. Stores located in: Bedford, Bridgewater, Dartmouth, Halifax, Lower Sackville, New Glasgow, New Minas, Truro, and Sydney. E-flyer available. Every Tuesday Seniors 65 or over receive a 5 percent discount. Website: [www.mm-meatshops.com](http://www.mm-meatshops.com)

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## Health Equipment and Supplies

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### Aliant Telecom

Aliant offers a variety of telephone services for people with hearing, speech, sight, or motion disabilities.

**For more information, contact:**

Toll-free: 1-800-694-9313

TTY/TDD: 1-800-276-3105

### Canadian Red Cross Society Health Equipment Loan Service

This program operates loan depots throughout the province. You can often get crutches, canes, walkers, wheelchairs, commodes, raised toilet seats, and bathtub aids. Loans are free. You can borrow items for up to three months. Donations are welcome.

**For more information, contact:**

1940 Gottingen Street

Halifax, NS B3J 3Y2

Phone: (902) 423-3680

### Medical/Hospital Supply Services

Medical/hospital supply companies offer

rentals, sales and repairs of health care equipment. Items can include canes, wheelchairs, elevators, and motor scooters. The yellow pages of your local telephone directory may list these services under the headings: Medical Equipment and Supplies, Hospital Equipment and Supplies, Wheelchairs, or Elevators.

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## Adaptive Clothing

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### Dignity by Design

Only retail storefront in Atlantic Canada carrying a full line of adaptive clothing, accessories and wheelchair capes. They carry a large variety of diabetic socks. Custom clothing, alterations, and personal consultations are also available on request.

**For more information, contact:**

Sharon Freeman

5530 Kaye Street

Halifax, NS B3K 1Y5

Phone: (902) 835-5738

Toll-free: 1-877-869-2814

E-mail: [specialtogs@ns.sympatico.ca](mailto:specialtogs@ns.sympatico.ca)

Website: [www.dignitybydesign.ca](http://www.dignitybydesign.ca)

or [www.diabeticsocks.ca](http://www.diabeticsocks.ca)



• Full Pedorthic Services  
• Certified Pedorthist (C)  
• Certified Pedorthic Technician

• Orthopedic Footwear  
• Walking & Running Footwear  
• Gait Analysis

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**Please Call for Custom Fitting Appointment**

1649 Barrington Street, 5th Floor, Halifax, NS B3J 1Z9

**Phone/fax (902) 420-0610**  
**[orthoticseast@ns.aliantzinc.ca](mailto:orthoticseast@ns.aliantzinc.ca)**  
**[www.orthoticseast.ca](http://www.orthoticseast.ca)**

18-49371

## **Easy Living Shops Canada Ltd.**

This company sells specialized clothing for seniors who live in nursing homes, hospitals, manors, or their own homes. Clothing is designed to be attractive and durable.

### **For more information, contact:**

Paula Chambers, NS Representative  
Phone: (902) 684-0937  
Toll-free: 1-800-665-1976

## **Easy Street Adaptive Clothing**

Based in Pictou County, this company produces comfortable, fashionable, adaptive clothing designed for men and women with special needs.

### **For more information, contact:**

PO Box 162  
River John, NS B0K 1N0  
Phone: (902) 351-2619  
Toll-free: 1-866-549-3279

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## **Private Home Care and Home Support Services**

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If you require home care services, Continuing Care, Department of Health is your first point of contact. Call the Continuing Care toll-free line, at **1-800-225-7225** (see page 107).

Many private organizations also offer in-home support services to seniors who want to remain independent in their homes. They provide professional nursing care and offer a variety of home support services.

Types of services offered may include foot-care, companionship, in-home nursing care,

physiotherapy treatments, homemaker services, such as light housekeeping, meal preparation and organization services, transportation, and many others.

Services can be tailored to suit an individual client's needs. Fees vary depending on the type of care required.

**For more information, contact a home care provider in your area.**

### *Cape Breton Area*

#### **VON Cape Breton Metro**

Phone: (902) 564-6479

#### **Cape Care Services**

Phone: (902) 562-2444

#### **Nightingale Nursing Services**

Phone (Sydney): (902) 562-6274

#### **Northside Community Guest Home**

Phone: (902) 794-4733

### *Halifax and Surrounding Area*

#### **Anson Care Givers Inc.**

Phone: (902) 435-2525

#### **CareStrategies Inc.**

Phone: (902) 422-1155

#### **Comcare**

Phone: (902) 453-0838  
Toll-free: 1-800-565-1930

#### **Eldercare Atlantic Inc.**

Phone: (902) 446-3638

#### **Haven Bay Home Care Services**

Phone: (902) 826-1341

#### **Health & Home Senior Care**

Phone: (902) 435-8555

**Home Instead Senior Care**

Phone: (902) 429-2273

**Licensed Practical Nurses****Private Duty Registry**

Phone: (902) 499-3004

**Nightingale Nursing Services**

Phone (Halifax): (902) 465-9777

**Organize Anything**

Phone: (902) 233-1577

**Powers Senior Home Care Inc.**

Phone: (902) 832-9158

**Red Cross Home Support Services**

Phone: (902) 496-0103

**Scotia Care Homecare and  
Caregivers**

also serving the Eastern Shore

Phone: (902) 454-3777

Toll-free: 1-888-414-0404

**Stay Home Care**

Phone: (902) 864-2677

**VON Greater Halifax**

Phone: (902) 453-5800

**We Care****Home Health Services**

Phone: (902) 454-2571

***North Shore Area*****VON Antigonish**

Phone: (902) 863-5700

**VON Colchester East Hants**

Phone: (902) 893-3803

**VON Cumberland County**

Phone: (902) 667-8796

**VON Pictou County**

Phone: (902) 752-3184

***South Shore Area*****Care Choices Inc.**

Phone: (902) 527-1622

**Caregivers 'n' More**

Phone: (902) 425-7727

**Health & Home Senior Care**

Phone: (902) 356-3331

**VON Lunenburg County**

Phone: (902) 624-1897

**VON Queens County**

Phone: (902) 354-3297

***Valley Area*****VON Annapolis Valley**

Phone: (902) 678-3415

***Western Area*****VON Tri-County**

Phone: (902) 742-4512

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**Health Professionals  
and Services**

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**Physician Information Line**

The Department of Health provides a listing of family doctors in Nova Scotia who are currently taking new patients. The list is also available online at:

[www.gov.ns.ca/health/programs.htm](http://www.gov.ns.ca/health/programs.htm)

**For more information, contact:**

Physician Information Line

Phone: (902) 424-3047

**After Hours Physician Services**

***Family Focus***

Family Focus clinics provide after hours access to family physicians. Clients can call ahead or walk in for a same day appointment.

**For more information, contact:**

**Atlantic Superstore (Dartmouth)**

Phone: 462-2038

**Professional Centre (Halifax)**

Phone: 420-2038

**Atlantic Superstore (Sackville)**

Phone: 869-2038

***Dartmouth Medical Centre***

*Hours:* Monday to Friday:

9:00 am – 8:00 pm

*Weekends:* 9:00 am – 5:00 pm

Phone: 465-4530

**Chiropractors**

Doctors of Chiropractic are licensed by the Nova Scotia College of Chiropractors and regulated by the Chiropractic Act of Nova

Scotia. You do not require a referral to schedule a chiropractic appointment, however, in rare cases, you may require a referral in order to be reimbursed by your insurance company. Chiropractic care has been shown to be effective and cost-effective for many muscle and joint related conditions including neck pain, back pain, headaches, and whiplash.

**To find a chiropractor near you, consult the yellow pages in your telephone directory or contact:**

Phone: (902) 521-2735

E-mail: [inquiries@chiropractors.ns.ca](mailto:inquiries@chiropractors.ns.ca)

Website: [www.chiropractors.ns.ca](http://www.chiropractors.ns.ca)

**Occupational Therapists**

Occupational therapy is a health care profession that focuses on skills for the job of living. Disease or disability often impacts how we perform everyday activities (bathing, dressing, feeding oneself, home-making, hobbies). Occupational therapists can provide treatment programs aimed at improving abilities to complete activities of daily living. They can provide home safety assessments to prevent injury as well as prescribe and educate in the use of adaptive equipment and aids. Occupational therapists work with seniors in a variety of settings including hospitals, private clinics, long-term care facilities and your own home. You do not require a physician referral to be seen. Occupational therapy within the hospital setting is covered under MSI, however coverage varies on private health insurance policies.

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**ScotiaCare**  
Homecare & Caregivers

**Is remaining independent in your own home important to you?**

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**ScotiaCare Homecare & Caregivers**  
for companionship, personal care, home support, errands, transportation, respite care & more  
your Veteran and dementia care specialists in  
HRM

**Tel: 902-454-3777 [www.scotiaca.com](http://www.scotiaca.com)**

1820052

**For more information contact your local community hospital or:**

Nova Scotia Society of Occupational Therapists

Phone: (902) 453-4537

## **Physiotherapists**

Physiotherapy is the health care profession dedicated to enhancing and restoring mobility. You do not require a referral to schedule an appointment, however you may require a referral in order to be reimbursed by your insurance company.

Physiotherapists provide health care to seniors in many different settings including hospitals, private clinics, long-term care facilities, seniors' complexes or your own home. Physiotherapy treatment provided in hospital settings in Nova Scotia are covered by MSI, however funding varies when services are offered outside a hospital. Many (but not all) private insurance policies cover physiotherapy services. **To inquire about seeing a physiotherapist, look in the yellow pages of your telephone directory or contact your community hospital.**

## **Podiatrists and Chiropodists (Foot Care)**

These specialists treat all types of foot disorders. Their services are not covered by MSI; however, most private and employer health plans, and some government agencies will partly or totally cover the cost. You do not need a physician's referral. Your physician can tell you if a chiropodist or podiatrist is a certified member of a recognized association (such as the Maritime Association of Certified Chiropodists &

Podiatrists). **For a list of practitioners in your area, look in the yellow pages under the heading Podiatrists.**

## **VON Footcare Services**

The VON provides foot care services and clinics in various parts of Nova Scotia. For more information, call the VON office nearest you.

## **Dalhousie Dental Clinic**

The dental clinic at the Faculty of Dentistry at Dalhousie University provides services to the general public at reduced fees. The clinic is staffed by supervised students of the Dentistry program, and provides a wide-range of dental services.

**For more information, contact:**

Dalhousie Dental Clinic  
5981 University Avenue  
Halifax, NS B3H 1W2  
Phone: (902) 494-2101

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## **In-Home Services**

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### **ElderCare Atlantic Inc.**

Provides coordinated life management services to seniors and their families. Services include health needs assessment and management, home care, paying bills, preparing tax returns, helping with home maintenance/management (everything from grass cutting to wheel chair ramp construction), objective review of residence options, and assisting with residence transition. Fees vary depending on the services provided.

**For more information, contact:**

Gary Armstrong  
15 Botany Terrace  
Halifax, NS B3N 2Z6  
Phone: (902) 446-3638  
E-mail: eldercareatl@hfx.eastlink.ca

**ScotiaCare Homecare & Caregivers**

Services include home support, personal care, transportation, and respite care. Specializing in veteran and dementia care. Needs assessments are provided at no charge in the HRM.

**For more information, please contact:**

Alex Handyside  
644 Portland Street, Suite 601  
Dartmouth, NS B2W 6A3  
Phone: (902) 545-3777 or 827-5599  
Toll-free: 1-888-414-0404  
E-mail: homecare@scotiaca.com  
Website: www.scotiaca.com

**Kim's Trim Mobile Salon**

Your hairdressing needs can be met at home if you live in the Halifax, Dartmouth, and Sackville areas.

**For more information, contact:**

Phone: (902) 458-6695

**MacCulloch Med Tech Services Inc.**

(Halifax Regional Municipality and Industrial Cape Breton)

This service provides on-site and at-home blood and urine test collection services, and transports the samples directly to your doctor's preferred hospital lab.

**For more information, contact:**

101 Ilsley Avenue, Suite 5A  
Dartmouth, NS B3B 1S8  
Phone: (902) 477-7642  
Toll-free: 1-800-213-1454  
E-mail: mmts@bloodtest.ca

**MedicalPro Healthcare Team**

This service offers blood collection, massage therapy and nursing visits by registered and certified professionals. For all services provided, please call for an appointment. The services are offered 7 days a week, and the blood clinics run in Halifax and Dartmouth Monday to Saturday, 8:00 am - 11:00 am.

**For more information, contact:**

Phone: (902) 830-2273  
(902) 229-7767

Website: www.medicalproteam.com

**Seniors for Seniors**

This program serves older adults and seniors. Services include: homemakers, handy-persons, home cleaners, and companions.

**For more information, contact:**

Howard Court or Janet Wilson




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www.janicewebber.com  
for more details

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- Tai Chi for Arthritis Classes • Swiss Ball Classes •

For appointments in Dartmouth and Halifax call **902-240-7634**

7001 Mumford Road, Tower 1  
Suite 819, Halifax, NS B3L 4N9  
Phone (Halifax): (902) 454-3674  
Phone (Truro): (902) 897-7355

## **Seniors Snow Removal Program (HRM)**

Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups in HRM, to provide a snow removal service for seniors (65+) or disabled persons.

Seniors wishing to receive this service, must pre-register for the program and provide a shovel and salt for the volunteer.

Registration closes in early December.

**For more information, contact:**

### **Snow Removal General Inquiries**

Phone: (902) 864-2165

Toll-Free: (902) 558-1049

Website: [www.region.halifax.ns.ca/services/seniorssnow.html](http://www.region.halifax.ns.ca/services/seniorssnow.html)

## ***Halifax***

### **Chebucto Links**

Phone: (902) 422-3525

### **Rockingham Community Centre**

Phone: (902) 490-4686

### **Spencer House Seniors Centre**

Phone: (902) 421-6131

## ***Dartmouth***

### **Dartmouth Seniors Service Centre**

Phone: (902) 465-5578

## ***Sackville***

### **Sackville Seniors Advisory Council**

Phone: (902) 854-5591

## **Grocery Delivery Services**

Grocery delivery costs vary depending on the store. A few stores have a service where customers can phone in their orders, have them filled and delivered and they usually have to call at a specified time. Contact specific stores for details.

### ***Digby County***

#### **Warwick Street Sobeys, Digby**

Phone in and delivery on Tuesdays

Phone: (902) 245-6183

### ***Halifax Regional Municipality***

#### **Mumford Road Sobeys, Halifax**

Delivery on Thursdays until 4:00 pm

Phone: (902) 454-7277

#### **Queen Street Sobeys, Halifax**

Phone: (902) 422-9884

### ***Shelburne County***

#### **King Street Sobeys, Shelburne**

Phone: (902) 875-2458

### ***Queens County***

#### **Bristol Avenue Sobeys, Liverpool**

Phone: (902) 354-4225

### ***Truro***

#### **Cavanagh's Food Market**

86 Main Street

Phone: (902) 895-4179

### **Go Fast**

Phone: (902) 897-1088

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## Caregiver Support

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### Caregivers Nova Scotia

This association provides information and support to caregivers—those special people who care for family, friends, or neighbours of any age who are physically or mentally challenged, chronically ill, or frail. Care can be provided either at home or in a care facility. Caregivers are neither paid nor volunteers due to their personal bond with the care receiver.

Support groups for family caregivers are active in many parts of Nova Scotia.

Contact the association to locate the group nearest you, to receive a free newsletter, or find answers to your caregiving questions.

#### **For more information, contact:**

Halifax Shopping Centre

7001 Mumford Rd.

Tower 1, Suite 105

Halifax, NS B3L 4N9

Phone: (902) 421-7390

Toll-free: 1-877-488-7390

E-mail: [support@caregiversns.org](mailto:support@caregiversns.org)

Website: [www.caregiversns.org](http://www.caregiversns.org)

### Care Management for Seniors (CMS)

Provides support to family and friends who are responsible for the care and well being of others. The service specializes in dementia-type care issues as well as the more difficult to manage cases for residents of Nova Scotia and those providing care from a distance.

#### **For more information, contact:**

Patricia Murphy Cosgrove, MSW, RSW

Phone: (902) 431-6407

Toll free: 1-888-431-407

E-mail: [caremanagement@eastlink.ca](mailto:caremanagement@eastlink.ca)

### CareStrategies Inc.

Provides on-going support for caregivers lacking time, knowledge or personal experience to effectively navigate “the system”. CareStrategies monitors and supports older adults while families are away on vacation or for work. It may be of interest to distance caregivers who live away and support older family members in the Halifax area. It also provides seminars and workshops for employees and employers committed to a healthy workplace environment.

#### **For more information, contact:**

Gail Bruhm or Mary Anne Nardecchia

Box 33132

Halifax, NS B3L 4T6

Phone: 422-1155

Toll-free: 1-877-746-1155

E-mail: [infor@carestrategies.ca](mailto:infor@carestrategies.ca)

Website: [www.carestrategies.ca](http://www.carestrategies.ca)

### Compassionate Care Benefit

This is a provision under the Employment Insurance Act to pay up to six weeks of special benefits to persons who have to be away from work to care for a gravely ill family member. It is not a tax deduction or credit. For more information on the Compassionate Care Benefit, call **1-800-206-7218** or refer to the Service Canada’s website at [www1serviccanada.gc.ca/en/gateways/to/pics/tyt-gxr.shtml](http://www1serviccanada.gc.ca/en/gateways/to/pics/tyt-gxr.shtml)



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## Respite Care

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Some long-term care homes have respite care beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break.

Call the Continuing Care toll-free line at **1-800-225-7225**, to learn more about the respite services for caregivers available through the Continuing Care program (see page 107). Respite services are also provided by many private home care agencies

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## Hospice, Palliative Care and Bereavement

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Palliative care combines active and compassionate therapies to comfort and support individuals and families who are living with a progressive life-threatening illness, or who are bereaved.

Palliative care can provide relief from pain and other distressing symptoms, and offer a support system to help you live as actively as possible until death. It can also offer a support system to help your family cope during your illness and their own bereavement.

Supports for individuals and families during times of loss, grief and bereavement are available in many communities across the province. Contact information can be found in the *Nova Scotia Hospice Palliative Care Program Directory*. See details below.

## Nova Scotia Hospice/ Palliative Care Association

This association promotes the philosophy and principles of palliative care. It provides education for its members and surrounding communities and serves as the spokesperson for palliative care in Nova Scotia. It provides a directory of palliative care, hospice, and support services in Nova Scotia. *With over 40 entries, the Nova Scotia Hospice Palliative Care Program Directory is comprehensive and complete.* To obtain a copy, either e-mail the association at [nshpca@rushcomm.ca](mailto:nshpca@rushcomm.ca) or call the Seniors' Secretariat at **1-800-670-0065**.

### For more information, contact:

Krista McMullin, President  
c/o 207 Willow Street  
Truro, NS B2N 5A1  
Phone: (902) 893-7171  
E-mail: [nshpca@rushcomm.ca](mailto:nshpca@rushcomm.ca)

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## Managing Your Affairs

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Everyone should take the necessary legal steps to ensure their affairs will be properly managed if they become unable to manage their affairs themselves. For more information on Power of Attorney, Enduring Power of Attorney, and Guardianship, contact the Legal Information Society of Nova Scotia (see contact information on page 76).

The period following a death is a highly emotional one. Some pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you don't, it is unlikely

that your survivors will be able to find them either.

## Important Documents

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record: birth certificate, social insurance number, will, insurance policies, mortgages, deeds, tax bills, leases, debts, and bank accounts.

## Preparing for an Expected Death at Home

A brochure is available on the Department of Health website at [www.gov.ns.ca/health](http://www.gov.ns.ca/health) to assist persons who are preparing for an expected death at home. It has two sections: the first is written for the person who is terminally ill; the second will help family, friends, and others understand what is happening to their loved one during the last days and hours of life.

To request a print copy of the brochure, contact the Seniors' Secretariat, at **1-800-670-0065**.

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## Funeral Arrangements

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When someone dear to you dies, it is important to find out his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation. Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by

eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expenses, assistance may be available through the Nova Scotia Department of Community Services.

To apply, contact the Field Office nearest you (see page 66). Members of religious organizations should call their clergy first, to discuss matters. If the deceased was a war veteran, Veterans Affairs Canada may provide assistance.

## Last Post Fund Veterans' Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans.

Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

### For more information, contact:

Last Post Fund, Nova Scotia Branch  
Chebucto Place

7105 Chebucto Road, Suite 200A  
Halifax, NS B3L 4W8

Phone: (902) 455-5283

Toll-free: 1-800-565-4777

E-mail: [lpfnsb@eastlink.ca](mailto:lpfnsb@eastlink.ca)

Website: [www.lastpostfund.ca](http://www.lastpostfund.ca)

## Notification of Death

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of possible contacts follows:

- Service Canada, Income Security Programs (Old Age Security, Canada Pension Plan)
- Veterans Affairs Canada
- Private pension board of previous employer
- Nova Scotia Department of Health Pharmacare Program
- Nova Scotia Registry of Motor Vehicles regarding driver's licence (Service Nova Scotia and Municipal Relations)
- Insurance companies
- Credit card companies

## Death Certificate

In most situations, funeral directors look after arrangements and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate for any purpose, it may be obtained for a fee of \$26.50 from the Deputy Registrar General, at the number listed below.

### For more information, contact:

Service Nova Scotia and Municipal Relations  
PO Box 157  
Halifax, NS B3J 2M9  
Phone (Halifax): (902) 424-4381  
Toll-free: 1-877-848-2578

## Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what

provisions are made for survivors. Because of the way pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Children's Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

## Health-Related Organizations

### Abilities Foundation of Nova Scotia

The Foundation serves children, teens, and adults with physical disabilities in Nova Scotia. Programs include information, disability travel card, assistive device support, wheelchair recycling program, job skills training, and fully accessible summer camp. There is also a Polio Nova Scotia support program.

### For more information, contact:

Faye Joudrey, Coordinator  
Community and Client Services  
3670 Kempt Road  
Halifax, NS B3K 4X8  
Phone: (902) 453-600, ext. 226  
E-mail: [admin@abilitiesfoundation.ns.ca](mailto:admin@abilitiesfoundation.ns.ca)  
Website: [www.abilitiesfoundation.ns.ca](http://www.abilitiesfoundation.ns.ca)

### ALS Society of Canada

This voluntary organization is committed to supporting research towards a cure for

Amyotrophic Lateral Sclerosis (ALS), and to supporting ALS partners in the provision of quality of care for persons affected by ALS.

**For more information, contact:**

ALS Society of Nova Scotia  
3433 Dutch Village Road, Unit #3  
Halifax, NS B3N 2S7  
Phone: (902) 454-3636  
Toll-free: 1-866-625-7257  
E-Mail: info@alsns.ca  
Website: www.als.ca

## **Alzheimer Society of Nova Scotia**

The Society is committed to alleviating the personal and social consequences of Alzheimer's disease and other dementias. It promotes best practices in treatment and care and supports the search for the causes and cures. Services include:

**InfoLine (1-800-611-6345)** – Trained individuals provide information, support and referral services to callers from across the province.

**Caregiver Support Groups** – These groups provide a time and place for caring, sharing, education and support for those caring for someone with dementia.

**Education Services** – Responds to requests province-wide for presentations and displays, general information and specific training on topics such as the Safely Home Alzheimer Wandering Registry. Hosts an annual conference to educate professional care providers.

**Resource Centre** – Provides specialized videos, books, pamphlets and fact sheets on

all aspects of Alzheimer's disease and other dementias.

**For more information, contact:**

6009 Quinpool Road, Suite 300  
Halifax, NS B3K 5J7  
Phone: (902) 422-7961  
Toll-free: 1-800-611-6345  
E-mail: info@alzheimer.ns.ca  
Website: www.alzheimer.ns.ca

## **Arthritis Society**

The Society offers a variety of arthritis education, information, and support programs to help people better manage and live with arthritis.

**Arthritis Registry:** To join this free service, call the Arthritis Information Line at **1-800-321-1433** and receive useful information on the arthritis treatments, medications, programs, and services available in your area.

**For more information contact:**

Nova Scotia Division, West End Mall  
6960 Mumford Road, Suite S-13  
Halifax, NS B3L 4P1  
Phone: (902) 429-7025  
Toll-free: 1-800-321-1433  
E-mail: info@ns.arthritis.ca  
Website: www.arthritis.ca/novascotia

## **Brain Injury Association of Nova Scotia (BIANS)**

The association strives to meet the lifelong needs of people with acquired brain injury caused by traumatic brain injury or by internal causes such as strokes, tumours, aneurysms, oxygen deprivation or illness.

**For more information, contact:**

PO Box 8804  
Halifax, NS B3K 5M4  
Phone: (902) 473-7301  
E-mail: [bians1@ns.sympatico.ca](mailto:bians1@ns.sympatico.ca)  
Website: [www3.ns.sympatico.ca/bians](http://www3.ns.sympatico.ca/bians)

## Canadian Cancer Society

This volunteer-based organization funds cancer research and provides support, through programs and services, for those affected by cancer. To learn more, call toll-free **1-800-639-0222** or visit [www.cancer.ca](http://www.cancer.ca).

### Cancer Information Service

The society offers a toll-free information service staffed by caring, knowledgeable, personnel who provide information on all aspects of cancer.

Call: **1-888-939-3333**

### Smokers' Helpline

This toll-free, telephone-based, information and support service is for smokers and people who care about them. Trained personnel answer questions about quitting and help callers develop a "quit plan" that will work for them. Call: **1-877-513-5333**

### Cancer Connection

This toll-free, telephone-based, one-on-one peer support program connects people living with cancer to people who provide support based on similar cancer experience. Call: **1-800-263-6750**

**For more information, contact:**

Canadian Cancer Society  
Nova Scotia Division  
5826 South Street, Suite 1

Halifax, NS B3H 1S6  
Phone: 423-6183  
Toll-free: 1-800-639-0222  
E-mail: [ccs.ns@ns.cancer.ca](mailto:ccs.ns@ns.cancer.ca)  
Website: [www.cancer.ca](http://www.cancer.ca)

## Canadian Celiac Association

This national organization is dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research.

**For more information contact:**

Ernie Nickerson, President  
Halifax Chapter  
Suite 14, Tacoma Mall  
50 Tacoma Dr., Dartmouth, NS B2W 3G6  
Phone: (902) 464-9222  
Website: [www.celiac.ca](http://www.celiac.ca)  
E-mail: [celiac.halifax@ns.sympatico.ca](mailto:celiac.halifax@ns.sympatico.ca)

## Canadian Diabetes Association

This association promotes the health of Canadians through diabetes research, education, service and advocacy. Programs and services for those 50+ include educational sessions, forums, evening and weekend seminars. Sessions are usually delivered with the aid of experts, healthcare professionals, or demonstrations.

**For more information or to become a Volunteer, contact:**

Nova Scotia Region  
137 Chain Lake Drive, Suite 101  
Halifax, NS B3S 1B3  
Phone: (902) 453-4232  
Toll-free: 1-800-326-7712  
Website: [www.diabetes.ca](http://www.diabetes.ca)

## Canadian Liver Foundation

The foundation provides many services for liver disease patients, their families, health care professionals, and the public.

**For more information, contact:**

Shayla Steeves

Regional Director, Atlantic Canada

Phone: (902) 423-8538

Toll-free: 1-866-423-8538

E-mail: [ssteeves@liver.ca](mailto:ssteeves@liver.ca)

Website: [www.liver.ca](http://www.liver.ca)

## Canadian Mental Health Association

This voluntary association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. It accomplishes its mission through advocacy, education, research, and services.

**For more information, contact:**

Nova Scotia Division

Phone: (902) 466-6600

Toll-free: 1-877-466-6606

E-mail: [cmhans@eastlink.ca](mailto:cmhans@eastlink.ca)

Website: [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)

## Epilepsy Association of Nova Scotia

The association provides support to Nova Scotians affected by epilepsy. Based in Halifax, it has Epilepsy Community Action Groups in Bridgewater, Sydney, Trenton, Yarmouth, Wolfville and Canso.

**For more information, contact:**

Iris Elliott, or Brian Willman,

Phone: (902) 429-2633

Toll-free: 1-866-EPILEPSY (374-5377)

E-mail: [eans@ns.sympatico.ca](mailto:eans@ns.sympatico.ca)

Website: [www.epilepsyns.com](http://www.epilepsyns.com)

## Halifax Stroke Club

The club operates as a self-help group for stroke survivors, family, and friends. It also offers support and companionship.

**For more information, contact:**

Carl Ings

Phone: (902) 493-3011

E-mail: [cings@nwood.ns.ca](mailto:cings@nwood.ns.ca)

## Heart and Stroke Foundation of Nova Scotia

The Foundation promotes the study, prevention, and reduction of premature death and disability from heart disease and stroke. It supports research, education, and the promotion of healthy living.

**For more information, contact:**

7th Floor, 5161 George Street

Halifax, NS B3J 1M7

Phone: (902) 423-7530

Toll-free: 1-800-423-4432

Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)

## Kidney Foundation of Canada

The Foundation funds research and clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high-quality care, and actively promotes awareness of and commitment to organ donation.

**For more information, contact:**

Marie Oxner, Office Administrator

Nova Scotia Branch

1657 Barrington Street, Suite 235

Halifax, NS B3J 2A1

Phone: (902) 429-9298

Toll-free: 1-800-889-5557

E-mail: [info@kidney.ns.ca](mailto:info@kidney.ns.ca)

Website: [www.kidney.ca](http://www.kidney.ca)

## **Lung Association of Nova Scotia**

The association works to improve lung health and fight lung disease across the province. It provides public education, research, patient services and professional education for the medical community. An information and support program is offered for those with adult breathing problems and COPD (Emphysema and Bronchitis) called Breathworks. To speak with a certified COPD education counsellor, call **1-866-717-2673**.

### **For more information, contact:**

Lewis Brill, President CEO  
17 Alma Crescent  
Halifax, NS B3N 3E6  
Phone: (902) 443-8141  
Toll-free: 1-888-566-5864  
E-mail: [info@ns.lung.ca](mailto:info@ns.lung.ca)  
Website: [www.ns.lung.ca](http://www.ns.lung.ca)

## **Multiple Sclerosis (MS) Society of Canada**

The MS Society works to find a cure for multiple sclerosis and is dedicated to improving the quality of life for people with MS.

### **For more information, contact:**

Atlantic Division  
71 Ilsley Avenue, Unit 12  
Dartmouth, NS B3B 1L5  
Phone: (902) 468-8230  
Toll-free: 1-800-268-7582  
E-mail: [info.atlantic@mssociety.ca](mailto:info.atlantic@mssociety.ca)  
Website: [www.mssociety.ca](http://www.mssociety.ca)

## **Muscular Dystrophy Association of Canada**

Programs and services provided by the Atlantic Division include the Atlantic

Equipment and Mobility Program, a peer support program, education and advocacy, and individual support.

### **For more information, contact:**

Regional Office  
1888 Brunswick Street, Suite 804  
Halifax, NS B3J 3J8  
Phone: (902) 429-6322  
E-mail: [infoatlantic@muscle.ca](mailto:infoatlantic@muscle.ca)  
Website: [www.muscle.ca](http://www.muscle.ca)

## **Osteoporosis Canada**

This organization is committed to providing the highest quality services, education and research to help Canadians take care of their bones.

### **For more information, contact:**

Nova Scotia Chapter  
David Keddy, Provincial Coordinator  
Phone: (902) 538-0830  
Toll-free: 1-800-463-6842 Ext. 405  
Fax: (902) 538-0702  
E-mail: [novascotia@osteoporosis.ca](mailto:novascotia@osteoporosis.ca)  
Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)  
or  
Osteoporosis Canada  
1090 Don Mills Rd., Suite 301  
Toronto, ON M3C 3R6  
Toll-free (English): 1-800-463-6842  
Sans frasi (Français): 1-800-977-1778  
E-mail: [osc@osteoporosis.ca](mailto:osc@osteoporosis.ca)  
Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)

## **Did You Know?**

Buy bread and cereals made from whole grains. The first ingredient listed should be whole wheat, whole oats, whole rye, whole grain corn, brown rice, wild rice, barley, bulgur, or oats.

## **Parkinson Society Canada**

The society is the voice of Maritimers living with Parkinson's. Its purpose is to ease the burden of Parkinson's and find a cure through advocacy, education, research and support services to improve quality of life for people affected by the disease.

### **For more information, contact:**

Maritime Region  
830-5991 Spring Garden Road  
Halifax, NS B3H 1Y6  
Phone: (902) 422-3656  
Toll-free: 1-800-663-2468  
E-mail: [info@parkinsonmaritimes.ca](mailto:info@parkinsonmaritimes.ca)  
Website: [www.parkinson.ca](http://www.parkinson.ca)

## **Psoriasis Society of Canada**

The Society's goals are to increase awareness of psoriasis, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.

### **For more information, contact:**

Judy Misner, President  
PO Box 25015  
Halifax, NS B3M 4H4  
Toll-free: 1-800-656-4494  
Website: [www.psoriasissociety.org](http://www.psoriasissociety.org)

## **Tinnitus Support Group of Atlantic Canada**

The group provides educational and support services to people suffering from tinnitus. It also increases community awareness about tinnitus and hearing loss. Monthly meetings are held at the Dartmouth Senior Service Centre on the 2nd Tuesday of each month at 7:00 p.m.

### **For more information, contact:**

PO Box 25085  
Halifax, NS B3M 4H4  
Phone: (9092) 473-4366  
E-mail: [tinnitussupport@eastlink.ca](mailto:tinnitussupport@eastlink.ca)  
Website: [tinnitusatlantic.tripod.com](http://tinnitusatlantic.tripod.com)

## **Victorian Order of Nurses (VON)**

The VON provides professional health care services to individuals and their families at home or in the community setting. Its visiting nursing, home support, and charitable programs help seniors stay independent and in charge of their own lives. Services include health assessment and teaching, rehabilitation, palliative care, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include meals programs, transportation programs, volunteer visiting, and more.

Referrals are accepted from all sources. Care is provided in consultation with a physician. Service is available seven days a week. VON is supported by fees for service, donations, grants, and fundraising projects. Fees: Based on the average cost of the visit. If you live in the areas served, you will not be refused service for financial reasons.

### **For more information, contact:**

VON Canada, Nova Scotia  
108 Cobequid Road  
Lower Sackville, NS B4C 2N2  
Phone: (902) 865-3346

### ***VON Offices***

**Greater Halifax**  
(902) 453-5800



**Lunenburg County**

(902) 624-1897

**Queens County**

(902) 354-3249

**Tri-County**

(902) 742-4512

**Cumberland County**

(902) 667-8796

**Colchester East Hants**

(902) 893-3803

**Antigonish**

(902) 863-5700

**Cape Breton Metro**

(902) 564-6479

**Pictou County**

(902) 752-3184

**Annapolis Valley**

(902) 678-3415

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## **Professional Associations**

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**Continuing Care Association of  
Nova Scotia (CCANS)**

**Representing continuing care facilities and  
service providers.**

Sheila Peck, President

7001 Mumford Road, Tower 1,  
Suite 215A

Halifax, NS B3L 4N9

Phone: (902) 956-0090

**Home Support Nova Scotia  
Association (HSNSA)**

**Representing not-for-profit  
home support agencies.**

Karen Slaunwhite

287 Lacewood Drive

Unit 103, Suite 349

Halifax, NS B3M 3Y7

Phone: (902) 479-0989

E-mail: [hsnsa@hfx.andara.com](mailto:hsnsa@hfx.andara.com)

**Doctors Nova Scotia**

**Representing all doctors in Nova Scotia.**

5 Spectacle Lake Drive

Dartmouth, NS B3B 1X7

Phone: (902) 468-1866

Website: [www.doctorsns.com](http://www.doctorsns.com)

**Nova Scotia Association of  
Health Organizations (NSAHO)**

**Representing health, continuing care and  
community service providers.**

2 Dartmouth Road

Bedford, NS B4A 2K7

Phone: (902) 832-8500

Website: [www.nsaho.ns.ca](http://www.nsaho.ns.ca)

**Serving Seniors Alliance**

**An alliance of service providers and business  
professionals dedicated to serving seniors.**

644 Portland Street, Unit 3, Suite 601

Dartmouth, NS B2W 6A3

Phone: (902) 827-5599

E-mail: [weserve@serving seniors.biz](mailto:weserve@serving seniors.biz)

Website: [www.serving seniors.biz](http://www.serving seniors.biz)

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## Did You Know?

Seniors will comprise  
25% of Nova Scotia's  
population by 2026.

Although the total  
population of Nova Scotia  
is expected to grow by only  
3% between 2005 and 2026,  
the seniors' population will  
grow by more than 80%.

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