transfer your prescriptions*...it’s easy!
ask our pharmacist how.
*By law, not all prescriptions are transferrable.

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<td>126 South Albion St.</td>
<td>902-661-0380</td>
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<tr>
<td>Antigonish</td>
<td>26 Market St.</td>
<td>902-863-4046</td>
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<tr>
<td>Barrington Passage</td>
<td>3695 Hwy. #3</td>
<td>902-637-3529</td>
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<tr>
<td>Bedford</td>
<td>1650 Bedford Hwy.</td>
<td>902-835-3086</td>
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<tr>
<td>Bridgewater</td>
<td>21 Davison Dr.</td>
<td>902-543-1296</td>
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<tr>
<td>Dartmouth</td>
<td>650 Portland St.</td>
<td>902-462-5100</td>
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<td>Dartmouth</td>
<td>9 Braemar Dr.</td>
<td>902-463-5216</td>
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<td>Dartmouth</td>
<td>920 Cole Harbour Rd.</td>
<td>902-462-1226</td>
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<td>Digby</td>
<td>470 Warwick St.</td>
<td>902-245-4795</td>
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<tr>
<td>Elmsdale</td>
<td>295 Hwy. #214</td>
<td>902-883-1368</td>
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<td>Glace Bay</td>
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<td>902-842-9234</td>
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<tr>
<td>Halifax</td>
<td>1075 Barrington St. S.</td>
<td>902-492-2718</td>
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<tr>
<td>Halifax</td>
<td>210 Chain Lake Dr.</td>
<td>902-450-5322</td>
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<tr>
<td>Halifax</td>
<td>3601 Joseph Howe Dr.</td>
<td>902-453-1363</td>
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<tr>
<td>Halifax</td>
<td>6139 Quinpool Rd.</td>
<td>902-423-8471</td>
</tr>
<tr>
<td>Halifax</td>
<td>6141 Young St.</td>
<td>902-453-1118</td>
</tr>
<tr>
<td>Hubbards</td>
<td>Route #3, Unit 100</td>
<td>902-857-9707</td>
</tr>
<tr>
<td>Kingston</td>
<td>470 Main St., P.O. Box 580</td>
<td>902-765-4852</td>
</tr>
<tr>
<td>Liverpool</td>
<td>50 Milton Rd.</td>
<td>902-354-5712</td>
</tr>
<tr>
<td>Lower Sackville</td>
<td>745 Sackville Dr.</td>
<td>902-864-2500</td>
</tr>
<tr>
<td>Lunenburg</td>
<td>143 Victoria Rd.</td>
<td>902-634-3126</td>
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<td>New Glasgow</td>
<td>394 Westville Rd.</td>
<td>902-928-1220</td>
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<td>New Minas</td>
<td>9064 Commercial St.</td>
<td>902-681-0728</td>
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<td>125 King St.</td>
<td>902-794-8740</td>
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<tr>
<td>Port Hawkesbury</td>
<td>50 Paint St.</td>
<td>902-625-5979</td>
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<tr>
<td>Porters Lake</td>
<td>5240 Hwy. #7</td>
<td>902-827-5096</td>
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<td>Spryfield</td>
<td>16 Dentith Rd.</td>
<td>902-477-6089</td>
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<td>Sydney</td>
<td>348 Welton St.</td>
<td>902-562-9871</td>
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<td>Sydney River</td>
<td>1224 Kings Rd.</td>
<td>902-539-8656</td>
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<tr>
<td>Truro</td>
<td>46 Elm St.</td>
<td>902-893-3784</td>
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<tr>
<td>Upper Tantallon</td>
<td>5178 Hwy. #3</td>
<td>902-826-3069</td>
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<tr>
<td>Windsor</td>
<td>11 Cole Dr., P.O. Box 2467</td>
<td>902-798-9352</td>
</tr>
<tr>
<td>Yarmouth</td>
<td>104 Starrs Rd.</td>
<td>902-742-3493</td>
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Realizing the Importance of Your Hearing
By Nona Fuller President, Hearing Institute Atlantic

Many hard of hearing people are not aware they have a hearing loss. Why is this? The answer is simple. As we get older our hearing gradually worsens. It is a natural part of the aging process. The loss is gradual and may go unnoticed. The person with the hearing loss and even family members learn to adapt their behavior without even realizing it. They speak louder or turn the TV volume up or repeat parts of the conversation. Excuses may even be made to cover up a hearing loss, such as saying that people mumble and don’t speak clearly, or perhaps blame can be placed on the poor sound quality of a television. I often hear a wife or husband joke that they have “selective” hearing. Hearing loss is not a joke. It ruins people’s lives by isolating them.

I sometimes think we forget how important hearing is to our well-being and quality of life. Hearing loss makes people feel isolated, anxious and depressed. They tend to withdraw from people because they can’t communicate with them. There is nothing more heart breaking than seeing someone you love not wanting to go to a family dinner, or refusing a special invitation to an event that in the past made them glow with anticipation.

People with hearing loss often delay getting hearing aids because they are not aware that hearing aids can literally transform their lives.

According to research done by the Better Hearing Institute, “hearing aids are associated with improvements in the social, emotional, psychological and physical well-being of people with hearing loss; in all hearing loss categories from mild to severe”. Hearing aid usage improves your quality of life. Isn’t that what life is all about? Living it to the fullest?

Take the first step and have your hearing evaluated. Even if it turns out that your hearing does not warrant amplification, the results of your test can be compared to subsequent periodic tests and any pattern of hearing loss can be readily identified. It is important to monitor your hearing health so that, should a time come when a hearing difficulty does exist, it can be quickly identified and corrected.

“…hearing aids are associated with improvements in the social, emotional, psychological and physical well-being of people with hearing loss…”

Taking control of your hearing health will help you get the most out of life. If you have questions or concerns regarding your hearing health, or that of a loved one, please call us; we’re here to help.

Give us a call at 482-2222.

Tell us what you want to hear.
How do I monitor blood sugar? If you have a health concern or question, call 811 and talk to a registered nurse 24/7. Because when you know more, you worry less.

NSHealthLink811.ca
Your PROfile might include...

**Pill Pack Plus**
When it is time to take your medication, simply push out the correct bubble.

**AutoFill Plus**
Your prescription is refilled and waiting for you.

**Diabetes Care in Action**
Access practical information, resources and support.

**PROfile Brochures**
Health information that you can take with you.

**FLAVORx**
We can make your medication easier to swallow.

Lawtons Drugs and Sobeys Pharmacy have programs and services to complement your prescription and help you manage your family’s medication and health care needs. Talk to your PROfile Pharmacist today. They can do much more for you than you’d expect!
Over 5,000 volunteers make the Canada Games possible. This is your chance to step up with goodwill, hard work and the desire to be part of something truly special. And although you won’t win a gold medal when you volunteer, you’ll feel you have.

No matter how big or how small, there’s a role for everyone!

Contact us or visit canadagames.ca for more details.

1-902-490-2011
1-888-902-2011
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A Message from the Honourable Darrell Dexter
Premier of the Province of Nova Scotia

Programs for Positive Aging is a resource dedicated to the thousands of Nova Scotians who are the foundation of our communities. Men and women who lived and worked in their communities, and helped them grow. Parents who raised their families and raised a hand to help friends and neighbours succeed together. Grandparents who continue to give of their time, talents and of themselves to share their wisdom and stories with younger generations.

To keep that community foundation standing strong, government’s role is to make sure Nova Scotia seniors have the information and programs they need to lead active, engaged, healthy lives. The Department of Seniors is dedicated to supporting seniors’ own Positive Aging goals, and is your gateway to government programs, services and opportunities of interest to older Nova Scotians.

This guide and the information it contains have been used by thousands of soon-to-be-seniors, seniors themselves, their families, and their caregivers. I hope this 2010 edition serves you as well this year as it has served Nova Scotians every day for the past thirty years.

Sincerely,
Darrell Dexter
Premier of Nova Scotia

A Message from the Honourable Denise Peterson-Rafuse
Minister of Seniors

I am very pleased to present the new Programs for Positive Aging 2010 directory.

This is the twenty-first edition of the directory, and this year it’s been renamed to better describe our vision for Nova Scotia seniors. For the first time, its name reflects our commitment to the Strategy for Positive Aging, which was launched in 2005 and which continues to lead the continent in its goals for progress on seniors’ issues present and future.

People age 50+ in Nova Scotia are on the verge of being seniors in an exciting time … a time when they will form a larger, more vital and more influential segment of our population than ever before. By putting this guide into the hands of nearly 70,000 Nova Scotians each year, we are helping these people access programs, be informed, contact their peers and achieve their health and participation goals. We are helping them prepare for and achieve “positive aging.”

At the Department of Seniors, we welcome your comments or inquiries about aging, community programs, safety, senior abuse, and any provincial government program that affects seniors. Learn more about us and how we can serve you beginning on page 10 of this guide.

Please share Programs for Positive Aging 2010 with your friends and family. It is available at a large number of locations throughout the province, and is on our website at www.gov.ns.ca/seniors. If you or your organization would like extra copies, or if you have questions or concerns, please call us toll-free at 1-800-670-0065.

Denise Peterson-Rafuse
Minister of Seniors

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
About this Guide

Welcome to the 21st edition of Programs for Positive Aging (formerly titled Programs for Seniors.) It is produced annually by the Nova Scotia Department of Seniors. It includes a number of features designed to help find what you need:

- Table of Contents – Page 5. General topics by page number.
- Alphabetical Index – Begins Page 145. An index of all the organizations, agencies, and government departments featured within the publication.
- Advertisers’ Directory – Begins Page 151

This guide is reviewed and changed each year to help it meet your needs. If you have suggestions or comments about this edition of Programs for Positive Aging, we want to hear from you. Please use the “Give Us Your Comments” form at the back of the guide and return it to the Nova Scotia Department of Seniors. Thank you!

Endorsement Disclaimer
The Department of Seniors does not endorse or recommend any commercial products or private-sector services listed in this directory. Consumers should be cautious and ensure that 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.

Unless otherwise noted, phone numbers (if long distance) should be preceded by the provincial area code 902 when dialing.

Please Support our Advertisers
The Nova Scotia Department of Seniors is able to print and distribute this FREE directory to 70,000 Nova Scotians because of the generous support of our advertisers. If you have found this directory helpful, please use the services of our advertisers and let them know you heard about them through their advertisement in this directory. Thank you!
Frequently Called Numbers

Continuing Care Services (Home Care, Long-Term Care, Caregiver Allowance, Adult Protection) ............................................. 1-800-225-7225
Doctors Nova Scotia ............................................................................................................................................................................. 468-1866
Federal Government General Inquiries ................................................................................................................................. 1-800-622-6232
GST refunds.................................................................................................................................................................................. 1-800-959-1953
Home Repair Grants & Loans (by regional office) ............................................ See page 98
Housing and Care / Housing Authorities (by regional office) ........... See page 92
Income tax (personal tax and volunteer clinics) ........................................ 1-800-959-8281
Legal Information Society of Nova Scotia
   (publications) ............................................................................................................................................... 454-2198
   (general inquiries) ...................................................................................................................................... 455-3135
MSI ............................................................................................................................................................................. 1-800-563-8880
Nova Scotia Department of Seniors ........................................ 424-0065 or 1-800-670-0065
Old Age Security (OAS)/Guaranteed Income Supplement (GIS), and Canada Pension Plan (CPP)
   (English) ........................................................................................................................................ 1-800-277-9914
   (Français) .................................................................................................................................. 1-800-277-9915
Pharmacare Program .................................................................................................................. 1-800-544-6191
Property Tax Rebate ................................................................................................................. 1-877-296-9338
Service Nova Scotia and Municipal Relations (motor vehicles, vital statistics, licenses, land registration, consumer services, Provincial Tax Commission)
   Public Inquiries ........................................................................................................ 424-5200 or 1-800-670-4357
Superannuation Plans
   (Provincial): ........................................................................................................... 424-5070 or 1-800-774-5070
   (federal): .................................................................................................................................. 1-800-561-7930
Transportation Services (by region) ............................................................................. See page 61
The Nova Scotia Department of Seniors is the provincial government agency responsible for seniors.

The department serves as a single entry point to government for seniors and their families. The department frequently partners and consults with other government departments, seniors, and seniors’ organizations and groups to coordinate the planning and development of government policies, programs, and services for seniors. The department also responds to seniors issues and concerns directly and provides information on all matters related to aging.

The Seniors’ Secretariat Committee of Cabinet Ministers is an important part of the Department of Seniors. The Secretariat Committee continues to ensure cross-departmental coordination of policies, programs, and services affecting seniors.

The Ministers of the Secretariat include:

**Hon. Denise Peterson-Rafuse**  
Minister of Seniors  
Minister of Community Services

**Hon. Maureen MacDonald**  
Minister of Health

**Hon. Ramona Jennex**  
Minister of Service Nova Scotia and Municipal Relations

**Hon. Marilyn More**  
Minister of Education

**Hon. Maureen MacDonald**  
Minister of Health Promotion and Protection

**Hon. Ross Landry**  
Minister of Justice

---

**Seniors Toll-Free Information Line**

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

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: 424-0065  
Toll-free: 1-800-670-0065

**Seniors’ Abuse Information Line, Senior Abuse Awareness & Prevention**

Call the Senior Abuse Information Line for information, referrals, or to talk about a situation of abuse. Your call will be kept confidential, and calls are received and returned Monday to Friday, from 8:30–4:30 pm (except holidays). Call us for information about Senior Safety Programs that may be operating in your area. 1-877-833-3377.

*If you or someone you know is experiencing an emergency situation or needs immediate assistance, call the Police by dialing 911.*

---

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- Housekeeping • Monitoring of Medications • Companionship
- Transportation & assistance with outings

Phone: 902-365-3155  
Toll Free/NS: 1-866-966-1466  
email: careforce@careforce.ca  
www.careforce.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Information Resource Centre

Visit the department’s Information Resource Centre where you can browse through or borrow the latest publications on aging and publications produced by the Department of Seniors and our partners. The collection includes journals, books, magazines, newspapers, newsletters, videos, and pamphlets.
E-mail: seniors@gov.ns.ca
Website: www.gov.ns.ca/seniors

50+ Expo: Life Is What You Make It

The 50+ Expo is a consumer trade show and exhibition for people aged 50+ and their families. The Department of Seniors is the headline sponsor of this event. Plan to attend this year’s expo June 11–12, 2010 at Exhibition Park in Halifax. Join us this year for our 21st anniversary celebration. See ad page 89.

Funding Initiatives

In December 2007, the department announced two funding initiatives to support community-based programming to benefit seniors.

Age-Friendly Communities grants are awarded to municipalities for projects that help communities support older people so they can live in a secure environment, enjoy good health, and continue to participate fully in society. Examples of last year’s Age-Friendly Communities projects are groups of park benches in public spaces where seniors can rest and socialize and a portable aquatic lift that made a municipal swimming pool more accessible for older Nova Scotians. Grants are for up to $5,000 and fund up to 50% of project costs, with the other 50% coming from the municipality—either in cash or in-kind.

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- social & recreational activities
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(902) 543-9304
www.ridgewoodbridgewater.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Positive Aging Fund** grants help non-profit community organizations carry out projects that support the goals of Nova Scotia's Strategy for Positive Aging. The goals of the strategy include celebrating seniors, financial security, health and well-being, maximizing independence, housing options, transportation, respecting diversity, employment and life transitions, and supportive communities. Grants are awarded up to $10,000, and may fund up to 100% of the project.

**The Senior Safety Grant**, launched in October 2008, is a new initiative of the Departments of Seniors and Justice. Grants of up to $20,000 support Seniors’ Safety Programs, who deliver education and awareness about crime prevention, senior abuse and safety and health issues and help connect seniors and police. These programs advance Nova Scotia’s Elder Abuse Strategy and prevent senior abuse.

**Seniors’ Literacy and Learning Initiative** The Departments of Seniors and Labour and Workforce Development are partners in this literacy initiative that helps older Nova Scotians with their learning needs. Contact us for information on grants that may be available to organizations interested in seniors’ literacy and to learn more about literacy projects already underway.

Please call the Department of Seniors for information about when and how your organization may be eligible to apply for the grants described above. Call 902-424-0065 or 1-800-670-0065 (toll free in NS).

**Staff Contacts**

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424-6322
Margaret Ann Bruhier, Senior Policy Analyst  
424-4735
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424-4779
Jacqueline Campbell, Community Development Coordinator  
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Jacqueline May, Communications Advisor  
424-7957
Shalini Keel, Administrative Assistant  
424-4737
Pauline Cuvelier, Administrative Assistant  
424-5461
Jane Mayer, Administrative Assistant  
424-5874

Department of Seniors  
1740 Granville Street, 4th Floor  
PO Box 2065  
Halifax, NS B3J 2Z1  
Phone: 424-0065  
Toll-free: 1-800-670-0065  
Fax: 424-0561  
E-mail: seniors@gov.ns.ca  
Website: www.gov.ns.ca/seniors
Seniors Organizations in Nova Scotia: Group of IX
Seniors’ Advisory Council of Nova Scotia

The Department of Seniors consults regularly with the Group of IX Seniors’ Advisory Council of Nova Scotia. The “Group of IX” is independent of government and may consult with other organizations and special interest groups in an effort to be fully informed and representative of the senior population of the province. The Group of IX has recently had significant input into such seniors-related government programs as Seniors’ Pharmacare and the Continuing Care Strategy.

Organizations participating in the Group of IX must be affiliated with national bodies that meet with the Government of Canada through the Congress of National Seniors Organizations, a national forum for seniors’ issues.

Bernie LaRusic, Chairperson
Group of IX Seniors Advisory Council of Nova Scotia
21 Grandview Street
Sydney, NS B1P 3N4
Phone: 562-1901
E-mail: bernielarusic_392@hotmail.com

Organizations whose elected representatives form the Group of IX are:

CARP – A New Vision of Aging in Canada
CARP is a national organization that promotes the rights and quality of life for Zoomers - Canadians aged fifty and over. A non-profit association that does not receive government funding, CARP advocates for social change, provides financial benefits and information to members and community involvement through its Chapter networks.

CARP Nova Scotia
Bill VanGorder, President
5545 Stanley Place
Halifax, NS B3K 2C8
Phone: 454-2267
E-mail: bill@MRCassociates.ca

Canadian Pensioners Concerned
Canadian Pensioners Concerned promotes the existence of a society that takes pride in seeing that all persons, regardless of age, have a right to realize their full potential. CPC advocates for seniors at a national level on a variety of issues. Community Links is the Nova Scotia Division of Canadian Pensioners Concerned.

Community Links/Canadian Pensioners Concerned
Phone: 422-0914 or 454-8141
E-mail: communitylinks@hfx.eastlink.ca
Website: www.nscommunitylinks.ca
CPC National Website: www.cpcnational.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**National Association of Federal Retirees (FSNA)**

FSNA protects the benefits and promotes the interests of people (and their spouses and survivors) who have retired from the ranks of the Public Service of Canada, the Canadian Forces, the Royal Canadian Mounted Police and federally appointed judges. Federal Retirees who have questions about their pensions may call the Superannuation Directorate at 1-800-561-7930 for information.

Ross Osborne, Provincial Advocacy Officer
37 Lorne Avenue
Dartmouth, NS B2Y 3E9
Phone: 469-7421
E-mail: manorhill1@ns.sympatico.ca

or

Peter Kerr, Regional Services Officer NS, Deputy Regional Director, NS
127 Elizabeth Drive, RR #2
Kentville, NS B4N 3V8
Phone: 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

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**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 and also advocates for their maintenance.

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

or

Ron DiPenta
37 Hallmark Crescent
Sydney, NS B1L 1C7
Phone: 564-5898

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

Established in 1977, GANS is a voluntary organization whose members have an expressed interest in older Nova Scotians. Members can be individuals, families and organizations throughout Nova Scotia. Through the support and participation of these members, the Association consults with government, organizations and individuals, provides networking and educational opportunities locally and provincially, supports gerontological research within the province, and fosters communication and positive working relationships between professionals and organizations.

CAKEns – Community on Aging Knowledge Exchange - Nova Scotia - is a website of current news and information relevant to anyone 50+ in Nova Scotia, as well as having a links resource page and a discussion forum.
Website: http://www.cakens.com

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For More Information call **1-800-670-0065**, email **seniors@gov.ns.ca** or visit **www.gov.ns.ca/seniors**
**Nova Scotia Government Retired Employees Association (NSGREA)**

NSGREA is dedicated to the well-being and comfort of pensioners and former employees of the Nova Scotia Government. It serves as an advocate, helping to oppose restrictions or reductions imposed by provincial and federal governments on pension benefits. All recipients of the Nova Scotia Public Service Superannuation Allowance may join.

Bernie LaRusic, President
21 Grandview Street
Sydney, NS B1P 3N4
Phone/Fax: 562-1901
E-mail: bernielarusic_392@hotmail.com

or

Jim Bacich
79 Lynch Drive
Sydney, NS, B1S 1V3
Phone: 564-1076
E-mail: b jimmyb@syd.eastlink.ca

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

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. Il organise aussi des activités et ateliers à l’échelle provinciale.

Le Regroupement compte des membres répartis dans les sept régions acadiennes de la Nouvelle-Écosse. 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 433-0860.

Pour obtenir plus de détails téléphoner:
Charles Gaudet, Président
19 Sidhu Drive
Beaver Bank, NS B4G 1B8
Téléphone: 864-1324
Courriel: charlesgaudet@ns.sympatico.ca

or

Stan Surette P.O. Box 45
West Pubnico, NS B0W 3S0
Phone: 762-2457 cell: 648-8212
E-mail: stan.surette@ns.sympatico.ca

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**Protect Your Members From Fraud**

Arrange A Free Presentation For Any Group

ABCs of Fraud, an education program on consumer fraud. We provide informational talks to help seniors groups designed to help them avoid becoming victims of scams and frauds. To book, contact Rotary Club of Halifax ABCs of Fraud coordinator Terry Pond at 454-2267 or e-mail info@stopfraudns.ca

Sponsored by: Rotary Club of Halifax
www.stopfraudns.ca
Retired Teachers Organization of the Nova Scotia Teachers Union (NSTU)
The mission of the Retired Teachers Organization 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.

Phyllis Côte, President
1681 Riverside Road
West Bay Road, NS B0E 3L0
Phone: 625-2306
E-mail: wally.ellison@ns.sympatico.ca
or
Thomas Gaskell
59 Rendall Drive
Little Bras d’Or, NS B1Y 2Y7
Phone: 736-1267
E-mail: gaskelltag@hotmail.com

Royal Canadian Legion, Nova Scotia/Nunavut Command
RCL is a non-profit, dues-supported organization that assumes a major responsibility for continuing Remembrance Day in Canada. It also focuses on obtaining adequate pensions and other well-earned benefits for veterans and their dependants. Contact the service officer of your nearest RCL branch, or:

Royal Canadian Legion
61 Gloria McCluskey Avenue
Burnside Business Park
Dartmouth, NS B3B 2Z3
Phone: 429-4090
E-mail: gloryb@win.eastlink.ca
Seniors Councils, Clubs, and Centres

Approximately 15 seniors councils and over 175 seniors clubs are active in Nova Scotia. They offer a wide variety of representation, programs and social events for local seniors. The *Provincial Directory of Seniors Councils, Clubs, Centres, and Other Seniors Organizations* contains contact info for any seniors council, club, centre or organization within the province that wishes to be listed. To list your organization or obtain a recent copy of the *Directory*, contact the Department of Seniors at 1-800-670-0065.

**Seniors Councils**

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 Department of Seniors at least twice a year.

- **Annapolis County Senior Citizens’ Council**
  Murray Covert, President
  116 Dugway Road
  RR#2
  Annapolis Royal, NS B0S 1A0
  Phone: 532-2660

- **Antigonish-Guysborough Senior Citizens’ Council #63**
  Michael Davidson, President
  R.R.#1, Afton, NS B0H 1A0
  Phone: 386-2625

- **Cape Breton Council of Senior Citizens and Pensioners**
  Stephen Andreayk, President
  202-46 Sterling Rd.
  Glace Bay, NS B1A 3X5
  Phone: 849-0655

- **Colchester/East Hants Seniors’ Council**
  Vince De Adder, President
  RR#1
  Debert, NS B0M 1G0
  Phone: 662-2536

- **Cumberland County Senior Citizens’ Council**
  Judy Schultz, President
  RR#3
  Wallace, NS B4H 3Y1
  Phone: 447-2272

- **Halifax County Regional Seniors’ Council (Zone 15)**
  Jim MacLeod, President
  20 Jackladder Drive
  Lower Sackville, NS B4E 2X5
  Phone: 864-1878

- **Halifax Seniors’ Council**
  Deborah Dostal, Contact
  5596 Morris Street
  Halifax, NS B3J 1C2
  Phone: 421-6131

**DID YOU KNOW?** Benjamin Disraeli was 70 when he became prime minister of England for the second time. *SPLENDID SENIORS: Great Lives, Great Deeds by Jack Adler*

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Hants County Seniors Council
40 Manning Drive, Box 121
R.R. # 1
Windsor, NS B0N 2T0
Phone: 798-4913

Inverness/Victoria 63A Council
Don Fitzpatrick, President
P.O. Box 130
Margaree Centre, NS B0E 1Z0
Phone: 248-2202

Kings County Senior Citizens’ Council
Erle Dolsen, Secretary
PO Box 644
Berwick, NS B0P 1E0
Phone: 538-0835

Lunenburg County Senior Citizens’ Council
Jack O’Connell, President
PO Box 114
Chester, NS B0J 1J0
Phone: 275-3359

Pictou County Council of Senior Citizens’
Sandra Hublery, President
287 Munroe Avenue
New Glasgow, NS B2H 2E9
Phone: 752-7608

Queens County
Geraldine Ramey, Contact
30 Belmont Drive
Bridgewater, NS B4V 4E5
Phone: 543-6903

Richmond County Senior Citizens’ Council
Frank Sutherland, President
Box 347
10909 Hwy. #4
St. Peters, NS B0E 3A0
Phone: 535-2586

Sackville Seniors’ Advisory Council
Jackie Cajolais
45 Connolly Road
Lower Sackville, NS B4E 1S6
Phone: 864-5591

Shelburne Senior Citizens’ Council
Don Smith, President
Site 2, Box 1, Comp. 2
Baccaro, NS B0W 1C0
Phone: 745-1402

Yarmouth County Senior Citizens’ Council
Eileen Pothier, President
PO Box 227
Wedgeport, NS B0W 3P0
Phone: 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.

Inez MacKenzie, Chairperson
22525 Main Street
PO Box 215
Sheet Harbour, NS B0J 3B0
Phone: 885-3055

DID YOU KNOW?
Between 2001 and 2006, employment among Nova Scotians aged 55-64 jumped by 52%.
In person, on the phone or on line, make us your one stop for Government Services.

The Province of Nova Scotia is making it easier than ever to do business with government. Our friendly and helpful staff offer fast, high quality service in locations around the province. And you can tap into a wide variety of government services and information from the comfort of your home by visiting our website.

- Residential Tenancies
- Driver Licensing
- Debtor Assistance
- Veteran Licence Plates
- Vehicle Registration
- Consumer Information
- Property Assessment
- Photo IDs
- Birth, Marriage and Death Certificates

Call us or visit our web site to find the location nearest to you.

General Enquiries
424-5200 (Metro)
1-800-225-8227 (toll-free)

Registry of Motor Vehicles
424-5851 (Metro)
1-800-898-7668 (toll-free)

www.accessns.ca
Societies Act / Registry of Joint Stock Companies

Seniors clubs, councils, and other organizations may become incorporated under the Societies Act for a fee of $39.23, with an annual renewal fee of $28.03. To incorporate under the Societies Act, contact:

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

Seniors Centres

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

Metro Region
Bloomfield Centre
2786 Agricola Street
Halifax, NS B3K 4E1
Phone: 490-4629
Contact: Matt Kerrigan

Chebucto Links
2080 Windsor Street
Halifax, NS B3K 5B2
Phone: 422-3525
E-mail: chebucto.links@ns.sympatico.ca
Website: www.chebuctolinks.ca
Coordinator: Valerie Connors

Dartmouth Seniors’ Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: 465-5578
Director: Wayne MacDonald

Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: 454-3351
Website: www.nwood.ns.ca
A/Director: Sharon MacVicar

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: 490-4686
Staff: Corey Robinson

Silver and Gold Seniors’ Centre
45 Connolly Road
Lower Sackville, NS B4E 1S6
Phone: 864-5591
Staff: Jackie Cajolais

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

Cape Breton Region
Louisbourg Fortress Club
2290 Main-a-dieu Road
Main-a-dieu, NS B1C 1W6
Phone: 733-2944
President: Muriel Forgeron

Steelworkers and Sydney Pensioners Club
30 Inglis Street
Sydney, NS B1P 6H2
Phone: 539-8000

North Shore Region
Club 60
PO Box 1012
Antigonish, NS B2G 2L3
Phone: 863-3195
Contact: Delia McChesney

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Greenfield Oldsters Club
RR#2
Aspen, NS B0H 1E0
Phone: 522-2014
Contact: Flo Duffy

Pictou County
New Horizons Seniors’ Centre
14 Kempt Street
PO Box 141
Pictou, NS B0K 1H0
Phone: 485-2573
President: Peter Rankin

Seniors Outreach/Help Line
c/o Valley View Villa
RR#1
Stellarton, NS B0K 1S0
Phone: 752-8400
E-mail: seniors.outreach@ns.sympatico.ca
Staff: Sharon Purvis

Valley Region
Berwick and Area Senior Citizens’ Centre
210 Commercial Street
Berwick, NS B0P 1E0
Phone: 538-7246

Kingston & Area Seniors’ Association
Kingston Lions Club
Kingston, NS B0P 1R0
Phone: 765-3292
President: Minnie Rogers

South Shore Region
Bridgewater Senior Citizens’ Club
96 North Street
Bridgewater, NS B4V 2V6
Phone: 543-2213
Contact: Edna Weldon

Sunnyside Senior Centre
1151 # 12 Hwat
RR#3
Chester Basin, NS B0J 1K0
Phone: 275-4074
Contact: Shirley Morrison

Western Region
Bear River New Horizons Centre
Bear River, NS B0S 1B0
Phone: 245-2234
Contact: Lynn Milbury

Freeport Super Seniors
Freeport, Digby County, NS B0V 1B0
Phone: 839-2320
Volunteer: Anna Young

Les Femmes Acadiennes de Clare
603 Chemin À Pierre
Church Point, NS B0W 1M0
Phone: 769-2258
Volunteer: Bernadette Blinn

Nouveaux Horizons de la Baronnie
PO Box 98
Middle West Pubnico, NS B0W 2M0
Phone: 762-2012
Volunteer: Celina LeBlanc

Tiverton Super Seniors
Tiverton, Long Island, NS B0V 1G0
Phone: 839-2244
Volunteer: Diane Outhouse

Westport Super Seniors
Westport, Digby County
Brier Island, NS B0V 1H0
Phone: 839-2052
Volunteer: Connie Bisson

Yarmouth Golden Age Club
14 Second Street
Yarmouth, NS B5A 3C4
Volunteer: Corrine LeBlanc

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Other Nova Scotia Seniors Organizations

Community Links
Community Links is a provincial voluntary organization with a membership of over 200 groups and individuals. It works to see that seniors in Nova Scotia are informed, active, and engaged in their communities; have a voice in public policy; and are able to age in place with a good quality of life. Community Links is also the NS division of Canadian Pensioners Concerned.

Community Links Provincial Office:
PO Box 29103
Halifax, NS B3L 4T8
Phone: 422-0914 or 454-8141
E-mail: communitylinks@hfx.eastlink.ca
Website: www.nscommunitylinks.ca
Executive Director, Sandra Murphy

Association of Dalhousie Retirees and Pensioners
This association facilitates and promotes the dissemination of information of interest to Dalhousie University (DAL) retirees and enhances and promotes a sense of continuing membership within the family of DAL retirees.

Dr. Philip Welch
Phone: 494-7174
E-mail: adrp@dal.ca
Website: www.dal.ca/ADRP

Grandparents’ Rights for Nova Scotia Association
This association is committed to raising public awareness about the important issue of grandparents’ rights and to creating widespread support for the relationship between children and their grandparents in order to make the life cycle complete.

Pauline Glenn, President
P.O. Box 301
3791 Hwy. # 307
Wallace, NS B0K 1Y0
Phone: 257-2974

High-Crest Enterprises Limited is one of the largest and most innovative long term care companies in Northern Nova Scotia.

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“WE MAKE OUR HOME YOURS”

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Italian-Canadian Golden Age Senior Group
This group meets socially on a weekly basis and focuses on organizing recreational, cultural, and fundraising 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.

Melissa, Caterina, Alessandra
Italian-Canadian Cultural Association of Nova Scotia
2629 Agricola Street
PO Box 9044, Station A
Halifax, NS B3K 5M7
Phone: 453-5327
E-mail: icca@eastlink.ca

Indo-Canadian Senior Group of Nova Scotia
This group is involved in several community projects addressing healthy lifestyles and organizes recreational, cultural, and fundraising activities. You can attend presentations on a variety of topics, including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation.

Dr. Inder N. Bhatia, President
220 - 118 Fairfax Drive
Parkland Estates
Halifax, NS B3S 1J3
Phone: 445-4243
or
Merrie Mills, Secretary
C509, 5561 Heatherwood Court
Halifax, NS B3K 5M7
Phone: 454-7213

Nova Scotia Centre on Aging, Mount Saint Vincent University
The centre undertakes research projects, continuing-education initiatives, and community consultation on age-related issues.

Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: 457-6546
E-mail: nsca@msvu.ca
Website: www.msvu.ca/nsca

Dr. F. R. MacKinnon Endowment Fund
This fund supports the mandate of the Nova Scotia Centre on Aging to promote education for seniors, practitioners, and caregivers; consult with seniors organizations and decision makers; and support research initiatives that benefit seniors. Donations to the fund are tax deductible. As a supporter, you will receive updates on the centre's activities and be invited to attend events. Please make cheques payable to Mount Saint Vincent University and send them to:

Dr. F. R. MacKinnon Endowment Fund
University Advancement
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: 457-6546
Website: www.msvu.ca/nsca/donate

DID YOU KNOW?
“Encore Career” is a term used to describe work in the second half of life. People with encore careers often do work that brings them continued income, greater meaning, and a chance to give back to their communities.
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 improve the lives of older Canadians through the creation and distribution of knowledge in gerontology-related policy, practice, research, and education.

Canadian Association on Gerontology
Institute for Life Course and Aging
222 College Street, Suite 106
Toronto, ON M5T 3J1
Phone: (416) 978-7977
E-mail: contact@cagacg.ca
Website: www.cagacg.ca

Congress of National Seniors’ Organizations
The congress is comprised of 11 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 the Public Health Agency of Canada's Division of Aging and Seniors and is also establishing contacts with the Department of Social Development. 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
- Active Living Coalition for Older Adults
- 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

Francis Bowkett, President
Congress of National Seniors’ Organizations
c/o Federal Superannuates National Association
1052 St. Laurent Boulevard
Ottawa, ON K1K 3B4
Phone: (613) 745-2559
E-mail: bowkettf@fsna.com

Life has taught me that it knows better plans than we can imagine… there is a pattern, larger and more beautiful than our short vision can achieve. –Julia Seton

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Province-wide Service
1-800-565-2021
www.family1stmedical.ns.ca
stores in New Minas, Yarmouth & Sydney

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
National Seniors Council
The National Seniors Council advises the Government of Canada, through the Minister of Human Resources and Skills Development and the Minister of Health, on all matters related to the well-being and quality of life of seniors, including the opportunities and challenges arising from a rapidly growing and increasingly diverse aging population.

Council membership includes seniors, representatives of organizations that serve the needs or interests of seniors, experts from fields of study related to seniors and aging, and others with a particular interest in matters affecting the lives of seniors.

Jean-Guy Soulière is the chair of the council, and the members include:
- Sandra Hirst, Calgary, AB
- Patricia Humenny, Clavet, SK
- Marilyn Loveless, Victoria, BC
- Daphne Nahmiash, Montreal, QC
- Cécile Plourde, Montreal, QC
- Rémi Plourde, Chicoutimi, QC
- Reverend Canon Derwyn Shea, Toronto, ON
- Doo Ho Shin, Vancouver, BC
- Joan Tufts, Saulnierville, NS
- Edward Wade, St. John’s, NF
- Beverley Weeks, Harvey, NB

E-mail: nsc-cna@hrsdc-rhdsc.gc.ca
Website: www.seniorscouncil.gc.ca

Special Recognition for Seniors & Seniors Programs

Congratulatory Messages
The Nova Scotia Government’s Protocol Office offers a congratulatory-message service from the Premier of Nova Scotia to Nova Scotians celebrating 65+ birthdays and 25+ anniversaries at five-year intervals. The Protocol Office will also, if requested, contact the following offices:
- The Queen (100th birthdays and 60th anniversaries only)
- Governor General (90+ birthdays and 50+ anniversaries)
- Prime Minister
- Lieutenant Governor (80+ birthdays and 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.

Zoran Radulovic
Certificate Program Clerk
Protocol Office, Barrington Level
One Government Place
1700 Granville Street
Halifax, NS B3J 1X5
Phone: 424-3692
Website: www.gov.ns.ca/prot

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Intergenerational Award

This award recognizes the community contributions of Nova Scotia volunteers and draws attention to youth and seniors who are doing great work that reaches across different generations. Awards are given to a group, an older person and a younger person who show dedication to helping the people of another generation. The awards consist of a framed certificate and a cash donation to a not-for-profit organization of the recipient’s choice. Awards are sponsored by the Rotary Club of Halifax, Nova Scotia Department of Seniors, and the Nova Scotia Youth Secretariat.
Phone: 424-0065, Toll-free in NS: 1-800-670-0065

Order of Nova Scotia

This award 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 name. The award encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements to the cultural, social, or economic well-being of our province. The Protocol Office accepts nominations throughout the year, and the deadline is the third Friday in March.

Protocol Office, Barrington Level One Government Place 1700 Granville Street Halifax, NS B3J 1X5 Phone: 424-4463 E-mail: orderofns@gov.ns.ca Website: www.gov.ns.ca/prot

Remarkable-Senior Awards

These awards are presented annually at the 50+ Expo. You can nominate an individual aged 50+ who has made an outstanding contribution to Nova Scotia in the areas of community service, volunteerism, or leadership. A remarkable male and female will win in each category, and nominations of husband-and-wife teams are accepted. The Department of Seniors accepts nominations throughout the year, and forms are available from the department’s office. The nomination deadline for 2010 is March 11, 2010.

Department of Seniors Phone: 424-0065 Toll-free: 1-800-670-0065

Seniors' Literacy and Learning Partnership Award

The Seniors' Literacy and Learning Partnership Award recognizes an outstanding partnership between community-based literacy and seniors’ organizations who provide quality learning programs for older Nova Scotians. Nominations for the award are held in Spring. The award is presented at the annual International Literacy Day ceremony in September. For more information call NS School for Adult Learning, Department of Labour and Workforce Development, toll-free at 1-877-466-7725.

Humility leads to strength and not weakness. It is the highest form of self-respect to admit mistakes and to make amends for them. –John. J. McCloy

DID YOU KNOW?

Nutrition matters. An aging digestive system produces less saliva and stomach acid over time. This can make it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Federal Government: Aging and Seniors

Division of Aging and Seniors, Public Health Agency of Canada
The Division of Aging and Seniors (DAS) provides federal leadership on seniors' public health issues in order to optimize healthy aging. As such, DAS is a focal point for information and centre of expertise in the area.

Division of Aging and Seniors
Public Health Agency of Canada
Jeanne Mance Building
Address locator: 1908A1
200 Eglantine Driveway
Ottawa, ON K1A 1B4
Phone: (613) 952-7606
E-mail: seniors@phac-aspc.gc.ca
Publications: SeniorsPubs@phac-aspc.gc.ca
Website: www.phac-aspc.gc.ca/seniors-aines

New Horizons for Seniors
This program 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 community. The program empowers seniors to lead activities and projects that will benefit other seniors, vulnerable groups, and the community in which they live. The program offers three types of funding to non-profit organizations: Capital Assistance funding, Elder Abuse Awareness funding, and Community Participation and Leadership funding.

Calls for applications are issued once or twice a year on Service Canada’s website. Deadlines may vary for each province and territory. To be funded, projects must demonstrate community support and partnership.

Service Canada
Metropolitan Place, 6th Floor,
99 Wyse Rd., P.O. Box 1350,
Dartmouth, N.S. B2Y 4B9
Toll-free (English): 1-800-277-9914
Sans frais (Français): 1-800-277-9915
TTY: 1-800-255-4786
Website (English): www.hrsdc.gc.ca
(Français): www.rhdsc.gc.ca

Public Health Agency of Canada
The agency’s Population Health Fund supports projects aimed at maintaining and improving the health of Canadians. Projects facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

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

Services for Seniors: Guide to Government of Canada Services for Seniors and Their Families
This directory provides seniors with information on federal programs and services. To obtain a copy:
Toll-free: 1-800-O-CANADA (1-800-622-6232)
Website: www.canada.gc.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Information and Referral

Seniors Information Services

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 am–2 pm. Calls received after hours are answered by a recorded message and will be returned during regular hours.
Phone: 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 am–4 pm.

Phone: 454-5755
TTY: 454-6696
E-mail: greater.halifax@von.ca
Website: www.vongreaterhalifax.ca

Chebucto Links (Halifax)
This community outreach organization provides social and health promotion programs, information, and resources to seniors, their caregivers and families in Halifax.
2080 Windsor Street
Halifax, NS B3K 5B2
Phone: 422-3525
E-mail: chebucto.links@ns.sympatico.ca
Website: www.chebuctolinks.ca

Shelburne Seniors’ Infoline
This information line is located at the Regional Development Agency office in the Barrington Passage Library.
Phone: 637-2847
Toll-free: 1-800-565-0397

Giving Nova Scotia Seniors a Voice in Government

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
HELP LINES
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 pm–12 am
Phone: 562-4357
Toll-free: 1-800-957-9995

**Feed Nova Scotia Helpline Service (Halifax Regional Municipality)**
This line provides information, support, and referrals. 8 am-11:30 pm, seven days a week
Phone (voice or TTY): 421-1188

**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.
Toll-free: 1-888-347-8888
TTY: 1-888-347-3331

**Sydney Seniors’ Infoline**
Seniors in the Sydney area may call this information line with questions about local programs and services.
Phone: 562-1245
E-mail: vrc@newdawn.ca
Website: www.newdawn.ca

**The Air Quality Health Index**
The new Air Quality Health Index (AQHI) is a scale from 1 to 10+ that relates outdoor air pollution to short-term health risk. In particular, people with heart or lung conditions, seniors, children, and people who are physically active outdoors may benefit from the AQHI. Checking the AQHI before you spend time outdoors could help you avoid breathing difficulties.

The AQHI is currently available for Halifax, Sydney, Greenwood, and Kentville. It will be available in Pictou and Port Hawkesbury in spring 2010. A provincial AQHI phone-line is planned for the near future. AHQI is a joint project of Nova Scotia Environment, Nova Scotia Health Promotion and Protection, and the Government of Canada.

To check outdoor air quality in your area, visit www.airhealth.ca.

**AQHI Project Coordinator,**
Nova Scotia Environment
(902) 722-1430, kidstoda@gov.ns.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Alzheimer InfoLine
Alzheimer InfoLine: 422-7961 or 1-800-611-6345 toll-free. Staffed by trained individuals. Confidential information, emotional support and referral services is provided to callers from across the province.

Provincial Government Information

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

Public Inquiries
Service Nova Scotia and Municipal Relations
Phone: 424-5200
Toll-free: 1-800-670-4357
E-mail: askus@gov.ns.ca
Website: www.gov.ns.ca/snsmr/contact

At Your Service
Website: www.atyourservice.ca
This website, sponsored by Service Nova Scotia and Municipal Relations, contains general and seniors information.

Seniors Information Line
Contact the Department of Seniors for information on programs and services of special interest to seniors in Nova Scotia.
Toll-free in NS: 1-800-670-0065

Federal Government Information

General Inquiries
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.
Toll-free: 1-800-O-CANADA (1-800-622-6232)
Website: www.canada.gc.ca

Seniors Canada On-line
Service Canada has developed a website (www.seniors.gc.ca) that covers all of the services available to seniors through various federal and provincial departments.

Resources for Newcomer Seniors

Metropolitan Immigrant Settlement Association (MISA)
MISA is a community-based settlement agency that 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. All newcomers are eligible for initial contact and referral services.

MISA
7105 Chebucto Place, Suite 201
Halifax, NS B3L 4W8
Phone: (902) 423-3607
Fax: (902) 423-3154
E-mail: info@misa.ns.ca
Website: www.misa.ns.ca

Welcome Wagon
Welcome Wagon provides free information and gifts to newcomers on behalf of the community and civic-minded businesses.
Phone: 868-1449
Website: www.welcomewagon.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
YMCA Immigrant/International Programs
The YMCA of Greater Halifax/Dartmouth offers various programs and services for youth, adults, and families who are new to Canada. The YMCA Centre for Immigrant Programs provides an inclusive environment to serve our diverse community.

65 Main Avenue
Halifax, NS B3M 1A4
Phone: 457-9622
Website: www.ymcahrm.ns.ca

Resources for Senior Women

Nova Scotia Advisory Council on the Status of Women
The Council is the government’s agency that promotes equality, fairness and dignity for women in this province by bringing forward women’s concerns and by advising the Minister Responsible for the Status of Women Act. The agency works to ensure that women have an equal voice in society, fair pay and pensions, freedom from violence, and good health and well-being, through research, policy advice, information and education, and community and partnership development.

The free publication NewsBytes goes to e-mail subscribers every two weeks. To sign up, go to www.women.gov.ns.ca/medianewsletter.asp.

Quinpool Centre, Suite 202
6169 Quinpool Road
PO Box 745
Halifax, NS B3J 2T3
Phone: 424-8662
Toll-free: 1-800-565-8662
E-mail: women@gov.ns.ca
Website: www.women.gov.ns.ca

Access to Travel
Website: www.accesstotravel.gc.ca
This website provides information on accessible transportation and travel across Canada with the aim of making them easy and enjoyable. The site is sponsored by Transport Canada in partnership with provincial governments and not-for-profit associations.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Accessible Transportation
Transportation services available for seniors with disabilities in Nova Scotia are listed in the transportation section. See page 58 for more information.

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 newstand that broadcasts top stories (national, regional, and local) from more than 100 Canadian newspapers and magazines into eight million homes.

VoicePrint can be found on:
Digital cable: Eastlink Ch. 394, Aliant Ch. 998, Rogers Ch. 196
Satellite: Star Choice Ch. 825, Express Vu Chs. 49 and 967, Look TV Ch. 400
Cable: The secondary audio program (SAP) of CBC Newsword
Sherry Costa
Atlantic Regional Manager
Phone: 444-7359
Toll-free: 1-888-623-7359

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.

CNIB Halifax Centre
6136 Almon Street
Halifax, NS B3K 1T8
Phone: 453-1480
Toll-free: 1-800-563-2642
Website: www.cnib.ca

or
CNIB Sydney Centre
8 Hugh Street
Sydney, NS B1P 1V7
Phone: 674-7240
Toll-free: 1-800-563-2642
Website: 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.

Bobby White, Executive Director
Halifax Shopping Centre
Tower 1, Suite 317A
Halifax, NS B3L 4N9
Phone: 423-1277, ext. 101
Toll-free: 1-800-889-1889
E-mail: halifax@canparaplegic.org
Website: www.thespine.ca

or
Cape Breton Regional Office
P.O. Box 5611
Louisbourg, NS B1C 2L8
Phone: 733-3098
Toll-free: 1-800-566-1887
E-mail: sydney@canparaplegic.org

To me, old age is always fifteen years older than I am. –Bernard M. Baruch

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Community ACCESS-ability Program

Grants to improve access to community facilities for people 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, are available. 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, online, or from the contact person below.

Georgina Dimock
Phone: 424-5965
E-mail: dimockgm@gov.ns.ca
Website: www.gov.ns.ca/snsmr/muns/infr/access/access.asp

Accessible Parking, Licence Plates, and Permits

To ensure that 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. A physician’s referral is required. There is no charge associated with a permanent or temporary accessible parking permit, which is displayed on the rear-view mirror. However, regular registration fees must be paid in order to place a licence plate on a vehicle, and the applicant must be the plate owner and principal operator of the vehicle.

Phone: 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv/registration/mobility.asp

Disabled Persons Commission

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

Dartmouth Professional Centre
277 Pleasant Street, Suite 104
Dartmouth, NS B2Y 4B7
Phone: 424-8280
Toll-free (within Nova Scotia): 1-800-565-8280
TTY: 424-2667
TTY toll-free: 1-877-996-9954
Website: www.gov.ns.ca/disas

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, and signing volunteers are available to help residents take part in scheduled activities. Independent living apartments and personal-care suites are available. Residents can participate in the many programs and services offered at Northwood.

Northwood Client Services
Phone: 454-3356
Website: www.nwood.ns.ca

Financial Planning: It’s Never Too Late – If you have never met with a financial planner, do it now. The best way to protect a modest fixed income is to plan as early as possible.
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. Contact the number below to find the location nearest you.

Provincial Centre
5657 Spring Garden Road, Suite 401
PO Box 120
Halifax, NS B3J 3R4
Phone: 492-8289
E-mail: info@nshsc.ns.ca
Website: www.nshsc.ns.ca

Hearing Institute Atlantic
This healthy hearing provider serves people in HRM at locations in Halifax, Clayton Park, Bedford and Dartmouth. Hearing Institute Atlantic offers full audiology services including hearing tests, tinnitus evaluations and hearing aid fittings. A full trial period is offered for all new hearing aid fittings and new devices have a full three year warranty. Call to book a free consultation. 482-2222.

Society of Deaf and Hard of Hearing Nova Scotians
The Society develops and manages a range of coordinated programs and services which assist deaf, deafened, deaf-blind and hard of hearing people in breaking down barriers and gaining full access to public and private services. Programs and services include sign language interpreter services, computerized transcribing services, self help support groups, information and referral, communication & alerting devices, and community support.

Mainland Nova Scotia
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
Phone (Voice, TTY, Videophone): 422-7130
1-800-516-5551 (Toll free within NS)
Fax: 492-3864
E-mail: sdhhns@ns.sympatico.ca
Website: www.sdhhns.org
or
Cape Breton
762 Victoria Road
Sydney, NS B1N 1J6
Phone (Voice, Fax, Videophone): 564-0003
(TTY): 564-0486
1-888-770-8555 (Toll free within NS)
E-mail: cbdeaf@ns.sympatico.ca
Website: www.sdhhns.org

Deafness Advocacy Association Nova Scotia
The association aims to reduce barriers and increase opportunities for deaf, hard of hearing, late-deafened and deaf-blind Nova Scotians.
803-1660 Hollis Street
Halifax, NS B3J 1V7
Voice Phone: 425-0240
TTY/VP: 425-0119
Fax: 429-9312
E-mail: daans@ns.sympatico.ca
Website: www.daans.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Active Living, Sport and Leisure

Nova Scotia Department of Health Promotion and Protection

*Physical Activity, Sport, and Recreation*

The Physical Activity, Sport, and Recreation section of Department of Health Promotion and Protection supports the health and well being of citizens through physical activity. Promoting the benefits of regular participation in physical activity, sport, and recreation and supporting the provision of opportunities for seniors to be active helps seniors to remain healthy and independent as they age.

Phone: 902-424-4807 or toll free 1-866-231-3882  
Website: www.gov.ns.ca/hpp

**Connecting Seniors to Active Living Project**

The project report features information, tools, resources, and recommendations for increasing the physical activity and participation levels of older Nova Scotians. If you’re interested in developing programs for older Nova Scotians in your area, this report is for you.

The full report and executive summary are available online at:  
www.recreationns.ns.ca/connectingseniors. Print copies are available upon request contact Physical Activity, Sport and Recreation at 722-1301

**Funding Opportunities**

The *Regional Development Grant* program is available to community groups including those that serve seniors. Other programs are available to assist groups to plan, build and repair community recreation facilities such as recreation centres, indoor pools, arenas, trails and other facilities that promote sport and physical recreation. For more information about these programs contact your local regional representative (listed below) or visit the Department of Health Promotion and Protection website at:  
www.gov.ns.ca/hpp/physicalactivity

**Regional Development Grant Program**

Funding to support a wide variety of community-based physical activity, sport, and recreation initiatives is available to seniors’ groups and other regional, community, local, or municipal organizations. Eligible projects include leadership training, sport and recreation club development, presentation of workshops/clinics/conferences, volunteer development, and other initiatives that support the program goals. Groups can apply for up to 50% of program costs. Applications are accepted throughout the year and projects can be up to three-years in duration. For details, contact the regional representative in your area.

**Did You Know?**

As we age, our sense of thirst declines so we need to drink regularly whether we feel thirsty or not. Satisfy your thirst with water first, but remember that juice, milk, soup, tea and coffee also count towards your total fluid intake.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Regional Representatives
*Physical Activity, Sport and Recreation*

**Cape Breton Region**
Larry Maxwell, Sydney, NS  
Phone: 563-2380  
E-mail: Larry.Maxwell@gov.ns.ca

**Central Region**
Carol Davis-Jamieson, Halifax, NS  
Phone: 424-7622  
E-mail: Carol.Davis-Jamieson@gov.ns.ca

**Fundy Region**
Jim Campbell, Truro, NS  
Phone: 893-6215  
E-mail: Jim.Campbell@gov.ns.ca

**Highland Region**
Gerard MacIsaac, Antigonish, NS  
Phone: 863-7380  
E-mail: Gerard.MacIsaac@gov.ns.ca

**South Shore Region**
Debby Smith, Bridgewater, NS  
Phone: 543-5000  
E-mail: Debby.Smith@gov.ns.ca

**Valley Region**
Mike Trinacty, Kentville, NS  
Phone: 679-4390  
E-mail: Mike.Trinacty@gov.ns.ca

**Central Office Contact**
Heather Praught, Halifax, NS  
Phone: 722-1301  
E-mail: Heather.Praught@gov.ns.ca

Recreation Nova Scotia (RNS)
RNS promotes the benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, a liability insurance program, research and education, volunteer and leadership training, provincial volunteer week activities, fundraising opportunities, social marketing campaigns, and additional member services.

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

**NATIONAL ASSOCIATION OF FEDERAL RETIREES**

*Serving retirees from the ranks of:*
- The Public Service of Canada
- The Canadian Forces
- The Royal Canadian Mounted Police
- Federally appointed judges
  (including their spouses & survivors)

*FOR LOCAL BRANCH INFORMATION CONTACT:*
Pete Kerr, Regional Services Officer, Nova Scotia  
127 Elizabeth Drive, RR#2, Kentville, NS  B4N 3V8  
Tel: (902) 678-3393  
E-mail: peter.kerr@ns.sympatico.ca  
or visit www.fsna.com

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Municipal Recreation Contacts
Most municipal units in Nova Scotia have recreation departments with trained professionals and volunteers available to support the needs in their communities. Contact the following people for information on recreation activities for seniors.

Cape Breton Region
Cape Breton Municipality
Fred Brooks: 563-5514
Inverness County (Port Hood)
787-2274
Port Hawkesbury
Jim Pyke: 625-2591
Richmond County/Arichat
Clifford Boudreau: 226-2400
Victoria County (Baddeck)
Tom Wilson: 295-3231

Highland Region
Antigonish County
Marlene Melanson: 863-1141
Antigonish Town
Trisha Cameron: 863-3686
District of Guysborough
Phil M. Hochman: 533-3508
Mulgrave
Tanya Tibbo: 747-2243
Pictou County
Cindy Fraser: 485-8528
New Glasgow
Norma MacLeod: 755-8363
Pictou
Nicole MacDonald: 485-6057
Stellarton
David Hood: 752-8944
Trenton
Martin Bates: 752-1019
Truro
Doug MacKenzie: 893-6078
Municipality of St. Mary’s
522-2598

Fundy Region
Amherst
Dwight Jones: 667-9557
Springhill
Pam Adams: 597-2790
Colchester County
Sue Burley: 897-3155
Bible Hill
Jill Richard: 893-8083
Parrsboro
254-2036
E-mail: town@town.parrsboro.ns.ca
District of East Hants
David Brown: 758-2715

Central Region
Halifax Regional Municipality
Peggy Allen: 479-4760

Valley Region
Annapolis County
Debra Ryan: 532-2334
Annapolis Royal
Grant Potter: 532-7667
Bridgetown
665-5051
Canning
582-3221
Middleton
Kelly Aucoin: 825-5500
Kings County
Bruce MacArthur: 690-6124
Berwick
Ashlyn Sulis: 538-4016
Greenwood
Jill Jackson: 765-1494
Hantsport
684-3200
Kentville
Mark Phillips: 679-2540
New Minas
Vince Forrestall: 681-6577
Wolfville
Andrew Fry: 542-2400

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
District of West Hants
Kathy Kehoe: 798-8391
Windsor
Jim Lambert: 798-1162
District of Clare
769-2031
District of Digby
245-5006

South Shore Region
District of Argyle
648-3379
Yarmouth
Frank Grant: 742-8868
District of Barrington
637-2760
Clark’s Harbour
Anna Kenney: 745-0226
Shelburne Municipality
Marilyn Johnston: 875-3544
Town of Shelburne
Jerry Locke: 875-3873
Lockeport
Frances Scott: 656-2565
Queens (Queens Municipality)
Norman Amirault: 354-5741
 Lunenburg Municipality
Carroll Randall: 543-1354
Town of Lunenburg
Robin Scott: 634-4006
Municipality of District of Chester
Chad Haughn: 275-3490
Bridgewater
Carol Pickings-Anthony: 543-2274
Mahone Bay
Derrick MacKenzie: 624-9859

**didyouknow?**
Older people need some of all four types of exercise: Endurance (walking, swimming, or riding a bike) to improve the health of the heart and circulatory system, Strengthening to reduce age-related muscle loss, Stretching to stay flexible, and Balance exercises to reduce the chances of a fall.

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**Sport Nova Scotia (SNS)**
SNS 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. SNS can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
Phone: 425-5450
E-mail: sportns@sportnovascotia.ca
Website: www.sportnovascotia.ca

**Dance Nova Scotia**
Dance Nova Scotia is the provincial umbrella organization for all forms of dance.
1113 Marginal Road
Halifax, NS B3J 1T8
Phone: 422-1749
E-mail: office@dancens.ca
Website: www.dancens.ca

**Nova Scotia Department of Natural Resources**
**Provincial parks:** Seniors (65+ years of age) may stay at a reduced rate in provincial parks with overnight camping facilities. Information on provincial parks, campsites, and wheelchair accessibility may be found in the Department of Natural Resources’ parks brochure or by visiting their website at http://novascotiaparks.ca. Reservations may be made online or by calling 1-888-544-3434.

**Hunting:** Resident seniors (65+ years of age) may acquire a bear, bear snaring, deer, small game, or deer bowhunting stamp at no charge. They are, however, required to purchase the $3 Wildlife Habitat Stamp. Call 1-888-896-1207 to receive your free Wildlife Resources Card.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Nova Scotia Department of Fisheries and Aquaculture

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

Department of Fisheries and Aquaculture
1741 Brunswick Street
PO Box 2223
Halifax, NS B3J 3C4
Phone: 424-4560
Website: www.gov.ns.ca/fish

Service Canada

**Pleasure-craft licences:** As required under the Small Vessel Regulations of the Canada Shipping Act, a pleasure-craft licence is the number placed on both sides of a recreational vessel with a motor over 10 horsepower.

Service Canada
Safe Boating Line: 1-800-O-CANADA
(1-800-622-6232)
Website: www.servicecanada.gc.ca

Active Living

**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 26 and Physical Activity Grants on page 35 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. It encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activities.

P.O Box 143
Shelburne, ON L0N 1S0
Phone: (519) 925-1676
Fax: (519) 925-3955
Toll-free: 1-800-549-9799
E-mail: alcoa@ca.inter.net
Website: www.alcoa.ca

13 ways to live better in your own home.

The Department of Community Services offers a number of programs designed to help lower income Nova Scotians maintain, acquire or rent safe and affordable housing. These include 13 home repair and adaptation programs. Assistance can come in the form of grants, forgivable loans or repayable loans.
Nova Scotia 55+ Games Society
The society promotes the participation of Nova Scotia ‘seasoned citizens’ in recreational, sporting, cultural, creative, and social activities throughout the province. The next Nova Scotia 55+ Games will be held in September of 2011, exact dates and location to be announced. Volunteers from all regions are encouraged to get involved at the local, regional, and/or provincial levels. The society is always looking for communities who would like to get involved in hosting these bi-annual games—what better way is there to showcase your area by opening it up to the ‘seasoned citizens’ of Nova Scotia. For further information, please contact one of the following directors in your region:

Nova Scotia 55+ Games Society
PO Box 235
Cornwallis Park, NS B0S 1H0
Website: www.novascotia55plusgames.com

Vivian Wright, President
Clementsport, NS
Phone: 638-8068
vivwright@ns.sympatico.ca

Pat Pyne, Vice-President
Smith’s Cove, NS
Phone: 245-5931/638-3102
E-mail: pat.pyne@ns.sympatico.ca

Joy McKay, Secretary
Bedford, NS
Phone: 835-5458
E-mail: chebucto.links@ns.sympatico.ca

Larry Armstrong, Treasurer
Truro, NS
Phone: 895-5224
E-mail: larrya@ns.sympatico.ca

Peter Nordland, Past-President
Cornwallis Park, NS
Phone: 638-8009
E-mail: nordland@ns.sympatico.ca

Cape Breton Region
Albert MacKinnon
Sydney Forks, NS
Phone: 562-6541
E-mail: ve1ars@eastlink.ca

Bill Johnston
Judique, NS
Phone: 625-5353
Email: 65williamjohnston@live.ca

Highlands Region
Bob Kelly
Sherbrooke, NS
Phone: 522-2314

Bob MacLeod
New Glasgow, NS
Phone: 755-2929
E-mail: bob.regina@ns.sympatico.ca

Fundy Region
Ed & Cathy Pettis
Amherst, NS
Phone: 667-4126
E-mail: ed.pettis@ns.sympatico.ca

Central (HRM) Region
George Hughes
Halifax, NS
Phone: 479-0180

Jean MacNeil
Dartmouth, NS
Phone: 435-0726
E-mail: jeanmarie@ns.sympatico.ca
Ken Brown
Dartmouth, NS
Phone: 463-2832
E-mail: nsfsna@eastlink.ca

South Shore Region
Brenda Oickle
Phone: 637-2847
E-mail: boickle@swsda.com

Wayne Hamilton
Yarmouth, NS
Phone: 742-7560
E-mail: whamilton@swsda.com

Valley Region
Dallas Moore
Falmouth, NS
Phone: 684-0112
E-mail: dalmoore@eastlink.ca

Eddie Thimot
Little Brook, NS
Phone: 769-3285

Canada 55+ Games Association (CSGA)
The CSGA involves seniors in the planning, leadership, and evaluation of the Canada 55+ Games. The next 55+ Games will be held in Brockville, Ontario from August 24 to 28, 2010.

The 55+ Games provides older adults with an opportunity to enhance their well-being through participation in sporting and recreational events. The host community also has the opportunity to put on cultural events or demonstration activities based on the cultures and interests within their region. These national games attract over 1,500 participants and supporters from across the country, including the territories. Once again the Nova Scotia 55+ Games Society would like to see these games come to Nova Scotia and are looking for a city or community in the province to host these games sometime in the future. How does 2014 sound? For further information, please contact:

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

or

Peter Nordland, Vice-President
Canada 55+ Games Association
PO Box 235,
Cornwallis Park, NS
Phone: 638-8009
E-mail: nordland@ns.sympatico.ca

Dartmouth Volksmarch Club
This active hiking club organizes recreational walks throughout the year for people of all ages. The schedule is available with information on the date, length, and difficulty of each route.

Sylvie Theriault, President
c/o Findlay Community Centre
26 Elliot Street
Dartmouth, NS B2Y 2X7
Phone:443-9711
E-mail: sylviet@ns.sympatico.ca
Website: www.dartmouthvolksmarchclub.com

One generation opens the road upon which another generation travels. –Chinese Proverb
**Elderfit**
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 remain socially active.

Martha Saunders  
Phone: 766-0272  
E-mail: elderfit@eastlink.ca

or

George McKiel  
Phone: 640-2492  
E-mail: jgmckiel@bwr.eastlink.ca

**Elderobics YMCA**
This is an exercise and education program for older adults. Participants are encouraged to work at their own pace. Classes focus on low-impact aerobics for cardiovascular fitness, muscular strength, and endurance, including balance exercises and stretching and relaxation.

Sue Theriault  
Elderobics Coordinator  
YMCA of Greater Halifax  
Phone: 496-1888, ext. 253

**Nova Scotia Fitness Association (NSFA)**
NSFA certifies fitness professionals in Nova Scotia. It is a member of the National Fitness Leader Alliance, which means its certified courses are recognized across the country. An Older Adult Fitness Leader Certification ensures that instructors have the knowledge and skills needed to run safe and effective fitness classes for older adults.

NSFA  
5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
Phone: 425-1128, ext. 224  
E-mail: nsfa@nsfa.info  
Website: www.nsfa.info

St. Mary’s Lawn Bowling Club  
1641 Fairfield Road  
Halifax, NS B3H 4E8  
Phone: 477-3964

**Seniors Skate Information**
There are a variety of adult skating programs available at rinks throughout the province beginning as early as October 1. For more information, contact your local recreation department.

**Ski Atlantic Seniors’ Club**
Members of the Ski Atlantic Seniors’ Club must be 65 years of age or older, or 55 years of age and retired from full-time employment. A ski membership, which enables members to ski any day, any time at participating hills, is provided. If you are a beginner, or wish to improve your skiing, you may attend free weekly group lessons in Alpine skiing from qualified instructors.

Membership Application  
P.O. Box 3076  
Tantallon, NS B3Z 4G9  
Mary Drake, Registrar  
Phone: 826-9199  
E-mail: gedrake@eastlink.ca  
Website: www.sasc.chebucto.org

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Age seldom arrives smoothly or quickly. It’s more often a succession of jerks. —Jean Rhys
Taoist Tai Chi Society of Canada

The society, a registered charity, offers instruction in Taoist Tai Chi™ internal arts of health in locations throughout NS. The gentle turning, stretching movements of Taoist Tai Chi™ taijiquan are suitable for all ages. Health-recovery classes are available for those experiencing limited mobility as a result of injuries or other health problems. Taoist Tai Chi™ taijiquan can be practiced in a wheelchair.

Taoist Tai Chi Society of Canada, Atlantic Region
Phone: 422-8142
E-mail: atlantic.office@taoist.org
Website: www.taoist.org

YMCA Health and Wellness Membership Centres

South Park YMCA
1565 South Park Street
Halifax, NS B3J 2L2
Phone: 423-9622

Dartmouth YMCA
Nova Scotia Community College,
Akerley Campus
21 Woodlawn Road
Dartmouth, NS B2W 2R7
Phone: 469-9622

YMCA of Cape Breton
399 Charlotte Street
Sydney, NS B1P 1E3
Phone: 562-YMCA (9622)
Toll-free: 1-866-562-9622
E-mail: info@cbymca.com
Website: www.cbymca.com

YMCA of Cumberland
92 Church Street
PO Box 552
Amherst, NS B4H 4A1
Phone: 667-9112
E-mail: info@mcaofcumberland.com
Website: www.mcaofcumberland.com

YMCA of Greater Halifax/Dartmouth
Administration/Association Services
1565 South Park Street
Halifax, NS B3J 2L2

YMCA of Lunenburg
75 High Street
Bridgewater, NS B4V 1V8
Phone: 543-9622
Website: www.ymcalunenburgcounty.org

YMCA of Pictou County
558 South Frederick Street, New Glasgow or
24 Ross Street, Town of Pictou
Phone: 752-0202
Website: www.pcymca.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Yoga Atlantic
Certified yoga instructors offer senior-friendly courses throughout the province. Chair Yoga is also offered in some areas.

Yoga Atlantic
1600 Bedford Hwy - Suite 100-115
Bedford, NS B4A 1E8
Phone: 860-3366
E-mail: info@yogaatlantic.ca
Website: www.yogaatlantic.ca

If you do not have access to the Internet, contact the Department of Seniors for this information. Phone: 424-0065
Toll-free: 1-800-670-0065

Leisure and Hobbies

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

Northwood Broadcasting Club (NWBC)
NWBC is 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 operated by volunteers and reaches listeners throughout Nova Scotia and Prince Edward Island via the Eastlink community channel in your area from 10 am-12 pm. You can also listen to a live webcast of the program at www.eastlink.ca.

Toll-free: 1-866-229-6922
E-mail: information@nwood.nsc.ca
Website: www.nwood.nsc.ca

50+ expo: Life Is What You Make It
The 50+ expo is a special forum for people aged 50 and over and their families that offers an opportunity to learn about the products, programs, and services available for seniors in today’s marketplace. The event includes exhibits, entertainment, a hobbies/crafts area, and informative presentations. The next 50+ expo will be held on June 10–12, 2010, at Exhibition Park in Halifax.

Department of Seniors
Phone: 424-0065
Toll-free: 1-800-670-0065

DID YOU KNOW?
When Galileo died at age 78, he was planning the invention of a “new kind of clock” that would tell time in minutes and seconds, not just hours. SPLENDID SENIORS: Great Lives, Great Deeds by Jack Adler
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 Department of Seniors 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 centre is open to the public.

Department of Seniors
Phone: 424-0065
Toll-free: 1-800-670-0065

Vogue Optical

Your Prescription belongs to you!

With our senior discounts and great second pair free policy everyday. Bring your prescription to any Vogue Optical location for the best value in the business.

Call toll free to arrange your eye exam:
1-877-489-2020

To find a location near you, visit our website - www.VogueOptical.com

BUILDING HEALTHY COMMUNITIES, ONE PERSON AT A TIME.

At VON Canada (Victorian Order of Nurses), we believe in treating the whole person, not just their ailment. It’s how we’re helping to build healthy communities across Nova Scotia, one person at a time.

VON is Canada’s largest, national, not-for-profit, charitable home and community care organization delivering more than 50 different programs and services.

www.von.ca
1-888-VON-CARE

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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.

Provincial Volunteer Awards
On behalf of the Government of Nova Scotia, 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.
5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
Phone: 425-1128
E-mail: info@recreationns.ns.ca
Website: www.recreationns.ns.ca
See also Page 24 for awards and recognition programs.

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.

Phone: 562-1245
E-mail: vrc@newdawn.ca
Website: www.newdawn.ca

We have to abandon the idea that schooling is something restricted to youth. How can it be, in a world where half the things a man knows at 20 are no longer true at 40—and half the things he knows at 40 hadn’t been discovered when he was 20?
—Arthur C. Clarke

Einstein’s theory of relativity has nothing to do with leaving your entire estate to relatives.

Bequests to Dal make sense, in theory and reality. Legacy gifts speak to your belief in higher education. Your gift could support a bursary fund or strengthen a program within any of our faculties. Supporting Dal through a bequest, large or small, helps to ensure lifelong success for the generations that follow.
Travel

Seniors Travel
For year-round advice about Nova Scotia tourism opportunities, please call:
Toll free in North America 1-800-565-0000
Local and outside North America 902-425-5781
Online: http://novascotia.com

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 their access to safe, healthy travel with no restrictions on their freedom of movement.

Toll-free: 1-800-265-3200
E-mail: csastaff@snowbirds.org
Website: www.snowbirds.org

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

Toll-free: 1-800-461-9999
Toll-free TTY: 1-866-335-3237
Website: www.cbsa-asfc.gc.ca

Passports
Passport application forms are available at the Passport Office, Canada Post outlets, and travel agencies or on the Internet at www.passportcanada.ca.
If your passport has been lost or stolen, you should
• report the loss or theft as soon as possible to Passport Canada
• file a report with the local police
• apply for a new passport as soon as possible

Passport Office
Department of Foreign Affairs and International Trade
Maritime Centre Building
1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
Toll-free: 1-800-567-6868
Toll-free TTY: 1-866-255-7655
Website: www.passportcanada.ca

Travelling by air? Staying hydrated is important. Carry an empty plastic water bottle with you through the security checkpoint so you can fill it from a water fountain afterward.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Lifelong Learning Opportunities

Routes to Learning Canada
This program is Canada’s first and largest travel learning organization. For over 20 years it has offered exceptional learning experiences 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. The program offers you an opportunity to enrich your mind, develop new passions, and share your experiences with engaging travel companions.

Routes to Learning Canada
4 Cataraqui Street
Kingston, ON K7K 1Z7
Toll-free: 1-866-745-1690
Website: www.routestolearning.ca

Planning for your Grandchildren's Education
Registered Education Savings Plan (RESP)
Human Resources and Skills Social Development Canada has put in place two education savings incentives (the Canada Education Savings Grant (CESG) and the Canada Learning Bond (CLB)) for parents, guardians, grandparents, other relatives or friends to invest in the education of a child’s education after high school. The grant, which is paid directly into the child’s RESP account, provides an additional contribution at a rate of at least 20 cents on every dollar invested each year up to the end of the year the child reaches the age of 17 (to a maximum lifetime grant amount of $7,200 per child).

Families who are eligible for the National Child Benefit Supplement (normally with family net incomes of less than approx $38,000) may also be eligible for the Canada Learning Bond (CLB), a one-time $500 donation contribution from the Government of Canada to the RESP account of any child born after 2003. For every year their family remains eligible for the NCBS, these Beneficiaries children could also receive $100 a year for up to 15 years (to a maximum lifetime bond amount of $2,000 per child). As a further incentive to open an RESP, an extra $25 will be paid with the first $500 bond to help cover the cost of opening an RESP.

Phone: 1-800-O-CANADA (1-800-622-6232)
TTY: 1-800-926-9105
Website: www.canlearn.ca

1. Eligibility criteria are based on the net household income of the beneficiary (child). A grandparent for instance, who has a net income greater than approximately $38,000 could still benefit from maximum grant and CLB as the contributions would be based on the beneficiaries net family income.

2. More than one person can contribute to a child’s RESP account. The only restriction that must be kept in mind is that a child may only receive a grand total of $50,000.00 saved in all their combined RESPs contributions, in their lifetime, in all their combined RESPs.

3. Different types of plans suit different needs and some plans carry certain costs and restrictions that may not be immediately apparent. We recommend consulting with an RESP provider for full details on available options. See the consumer information section of our website for sample questions to ask your RESP provider.

www.canlearn.ca/eng/saving/resp/ncbs.shtml

4. The Canada Education Savings Grant may be used for a brother or sister’s education if the intended beneficiary does not pursue Post Secondary Education.
If you have additional questions, you may contact the Canada Education Savings Program of Human Resources and Skills Development Canada by email at cesp-pcee@hrsdc-rhdsc.gc.ca

Libraries

Alzheimer Resource Library
The Handrahan Resource Library is a service of the Alzheimer Society of Nova Scotia. This resource offers specialized videos, books, pamphlets and fact sheets on all aspects of Alzheimer Disease and related diseases. The library is open during office hours, Monday to Friday.

Alzheimer Society of Nova Scotia
Phone: 422-7961
Toll-free: 1-800-611-6345
E-mail: info@alzheimer.ns.ca
www.alzheimer.ns.ca

Information Resource Centre
(Department of Seniors)
The department 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 list of the subjects covered, contact the Department of Seniors.
Phone: 424-0065
Toll-free: 1-800-670-0065

1740 Granville Street, 4th Floor
PO Box 2065
Halifax, NS B3J 2Z1
Phone: 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/seniors

Nova Scotia Regional Public Libraries: Services for Seniors
There are nine regional libraries with a network of branches and mobile libraries within the Nova Scotia public library system that provide a variety of programs and services to all citizens. Contact your nearest regional library, listed under Libraries in your local telephone book, for more information. To find the library nearest you, go to www.library.ns.ca.

Gerontology Programs

Mount Saint Vincent University offers the following gerontology programs:

- Master of Arts in Family Studies and Gerontology
- Bachelor of Applied Arts (Family Studies and Gerontology), with an Honours option available—open only to those previously to this year
- Certificate in Gerontology - open only to those previously to this year

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

DID YOU KNOW?

Travelling abroad? Keep medicines in their original, labeled containers and bring a copy of your prescriptions and the generic names for the drugs. If any of your medicines contains a narcotic, get a letter from your doctor indicating your need to take the drug.
Community Learning Networks
Learning programs are available at no charge for older adults in many communities. 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. For more information, contact the Adult Education office nearest you.
Toll-free: 1-877-466-7725
Website: www.gonssl.ca

Cape Breton Region
Phone: 563-2270

Southwestern Region
Phone: 543-2376

Metro Region, Metro Halifax
Phone: 722-1489

African Canadian Community
Phone: 722-1489

Deaf Community
Phone: 722-1489

Strait Region
Phone: 625-4031

Northern Region
Phone: 893-7200

Mi’kmag Community
Phone: 625-4031

Valley Region
Phone: 679-6204

University and Community College Courses for Seniors
The following universities and community colleges in Nova Scotia offer credit courses to seniors on a free-tuition or reduced-fee basis.

Acadia University, Wolfville
Credit-course audits are free for Acadia Lifelong Learning Centre (ALL) members.
Student Accounts
Phone: 1-800-565-6568

Atlantic School of Theology, Halifax
Tuition for seniors (65 years of age or older as of the first day of classes at the beginning of the applicable term) is one-half of the regular course fee for courses offered on campus and three-quarters of the regular course fee for courses offered via the Internet.
Phone: 423-6939

Cape Breton University
Tuition is free for 60+ for all in-class credit courses.
Phone: 563-1374

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 tuition waiver.
Student Accounts
Phone: 494-3998
Website: www.dal.ca/studentaccounts

Mount Saint Vincent University, Halifax
There is a 50 per cent reduction in tuition to seniors 65+ for undergraduate credit courses.
Financial Services
Phone: 457-6277
E-mail: financial.services@MSVU.ca

NSCAD University, Halifax
There is a 40 per cent discount on tuition fees for all undergraduate courses for seniors 60+ and a 20 per cent discount on Continuing Education courses.
Phone: 494-8195

St. Francis Xavier University, Antigonish
Tuition is free for seniors 65+ for all undergraduate credit courses.
Student Accounts
Phone: 863-3300
Université Sainte-Anne, Church Point
There is a 50 per cent discount on tuition fees only for adults 60+ for all credit courses.
Phone: 769-2114

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 include TV broadcasts, teleconferencing, audiotapes, videotapes, e-mail, and the Internet. Contact individual universities for additional information or visit www.atlanticuniversities.ca

Nova Scotia Community College (NSCC)
In addition to full-time courses, NSCC offers part-time and distance-education courses. There is no reduced tuition fee for seniors.
Phone: 491-4911
Toll-free: 1-866-679-6722
TTY: 1-866-288-7034
E-mail: admissions@nsc.ca
Website: www.nsc.ca/admissions

Acadia Lifelong Learning Centre (ALL)
ALL provides quality educational opportunities for adults 50+. Reasonably priced non-credit programs are held on campus during the fall, winter, and spring terms. Members are able to audit Acadia credit courses for free during summer, fall, and winter terms and have free Acadia University Library access.
Debbie Kiely, Coordinator,
Community and Professional Development
Open Acadia, Acadia University
Phone: 902-585-1434
Toll-free: 1-800-565-6568
E-mail: allinfo@acadiau.ca
Website: http://conted.acadiau.ca

Elderlearners
This program offers adults an opportunity to become involved in lifelong learning. Its members educate themselves and share ideas on a wide variety of subjects of interest available to older adults through a series of lectures and short courses held every fall and winter.

Cindy Bishara
SMU Division of Continuing Education
Saint Mary’s University
Halifax, NS B3H 3C3
Phone: 420-5020

Seniors’ College Association of Nova Scotia (SCANS)
The Association of Dalhousie Retirees and Pensioners sponsored a seniors college, which is now an independent, self-governing association. The college provides affordable opportunities for seniors (aged 50+) to extend and deepen their understanding of the world around them by studying various topics of general interest led by a number of instructors. Topics are presented in weekly two-hour sessions, with time allowed for discussion. The annual fee is $120 and entitles seniors to enrol in as many courses as they choose.

Blanche Potter Creighton
Phone: 454-5554
Website: www.retireesandpensioners.dal.ca
(click on SCANS)

Other Seniors Programs
Hants Learning Network Association
This charitable organization is dedicated to helping adults and families in West Hants improve their literacy skills.

Karen Ferguson, Coordinator
Phone: 798-5956
Website: www.hantslearning.com

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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.
Toll-free: 1-866-569-8428
Website: www.nscap.ca

Annapolis County Surfing Seniors
Sharon Elliott, Seniors Safety Coordinator
26 Bay Road
Bridgetown, NS B0S 1CO
Phone: 665-4481
or
Carol Ward, Board Chair
Phone: 665-4804

CAP Seniors Programs
A number of CAP sites across the province offer programs to teach seniors how to use a computer and navigate the Internet. Classes are taught by seniors at an easy pace, in a friendly seniors-centre environment. You can join a computer club to share skills and learn more about computers from your peers.

Antigonish Library
274 Main Street
Antigonish, NS
Phone: 863-4276
E-mail: antigoni@nsngp.library.ns.ca
Website: www.parl.ns.ca/locations/antigonish.asp

Cape Breton County
Bay St. Lawrence Community Centre
3160 Bay St. Lawrence Road
Bay St. Lawrence, NS B0C 1G0
Phone: 383-2334
Website: www.baystlawrence.org

Boularderie CAP Site
12065 Kempt Head Road
Boularderie, NS B1X 1J9
Phone: 674-0971
E-mail: bcap@vccaps.com
Website: www.boularderie.org

Cape Breton Seniors’ Community Learning Network
315 Jamieson Street
Sydney, NS B1N 2P7
Phone: 539-9063
E-mail: coordinator@capcbco.ca
Website: www.capebretonseniors.ns.ca

Iona CAP Site
4144 Highway 223
Iona, NS B2C 1A3
Phone: 725-2785
E-mail: cap@vccaps.com
Website: www.centralcapebreton.com

Middle River CAP Site
2248 Cabot Trail Highway
Middle River, NS B0C 1B0
Phone: 295-2951
E-mail: middleriver_cap@hotmail.com
Website: www.middleriver.ca

St. Ann’s Community Education & Enterprise Centre
51787 Cabot Trail
PO Box 53
Englishtown, NS B0C 1H0
Phone: 295-1940
E-mail: stannscap@hotmail.com
Website: www.stanns.ca

Halifax Regional Municipality
Dartmouth Seniors’ Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: 465-5578
E-mail: dartseniors@accesswave.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Rockingham Community Centre**  
199 Bedford Highway  
Halifax, NS B3M 2J9  
Phone: 490-4686  

**Sackville Seniors Advisory Council**  
45 Connolly Street  
Lower Sackville, NS B4C 1S6  
Phone: 864-5591  

**Spencer House Seniors’ Centre**  
5596 Morris Street  
Halifax, NS B3J 1C2  
Phone: 421-6131  

**Lunenburg County**  
**Bridgewater Branch Library**  
547 King Street  
Bridgewater, NS B4V 1B3  
Phone: 543-9222  
E-mail: info@ssrlibrary.ca  
Website: www.ssrlibrary.ca  

**Lunenburg Branch Library**  
19 Pelham Street  
Lunenburg, NS B0J 2C0  
Phone: 634-8008  
E-mail: info@ssrlibrary.ca  
Website: www.ssrlibrary.ca  

**Queens County**  
**Thomas H. Raddall Branch Library**  
145 Old Bridge Street  
Liverpool, NS B0T 1K0  
Phone: 354-5270  
E-mail: info@southshorepubliclibraries.ca  
Website: www.southshorepubliclibraries.ca  

**Computer Literacy on the Move**  
This program of the Hants Learning Network Association aims to teach seniors in West Hants basic computer skills. Assistance is available at the two main CAP sites, in Windsor and Noel, or at mobile locations throughout Hants County. There are opportunities for seniors to participate in health literacy programs and to teach basic literacy skills to adults.  

**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: Technology and Health Care  
- How Are Everyday Technologies Kept Safe?  
- Older Adults Mean Business  

For copies of the fact sheets, contact:  
Department of Seniors  
Phone: 424-0065  
Toll-free: 1-800-670-0065  
E-mail: seniors@gov.ns.ca  

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
A Wealth of Experience – Aged to Perfection!

In tourism, we believe the value of our people grows with age!

You’ve worked hard for the experience gained through your work life – now let that experience work for you!

Nova Scotia’s tourism industry needs people with work and life experience in a wide range of occupations that offer the Mature Workstyle you’re ready for.

Have you thought of turning your interests into part time employment? Are you interested in earning extra money?

Be part of the most exciting sector in the world! To find out more about opportunities within Tourism in Nova Scotia, check out www.tourismtalent.com – Nova Scotia’s exclusive tourism recruitment site!

Be Active.
Get Involved.
Celebrate Independence.

Health Promotion and Protection helps all Nova Scotians get the most out of life.
Employment Insurance (EI)
Like all workers who pay into the EI fund, seniors who work and pay into the fund after they have started collecting pensions are still eligible for EI if they are laid off. If a pension is payable from the same employment that was used to establish the EI claim, the pension benefits, or newly established Canada Pension Plan (CPP) benefits, are deducted from EI benefits in the same manner as earnings. Pension earnings may be excluded on subsequent EI claims.

Service Canada Employment Inquiries
Toll-free: 1-800-206-7218 (press 0 to speak to a representative)
Website: www.servicecanada.gc.ca

Employment Insurance Special Benefits
Clients who have at least 600 hours of insurable employment in the prior 52 weeks can receive up to 15 weeks of EI sickness benefits, provided they have a doctor’s note and would have been available and actively looking for work had they not been ill.

Parental Benefits
Working seniors who choose to adopt or who are starting a family late in life may be eligible for parental benefits of up to 35 weeks, which may be divided between the two parents.

Compassionate-Care Benefits
People who provide care or support to a seriously ill person may be able to receive up to six weeks of compassionate-care benefits under EI. The patient must be at significant risk of dying within 26 weeks of the date on a doctor’s certificate. The benefit can be shared by several caregivers who are family members or any individual the patient considers to be regarded a close relative and who are eligible for EI benefits. Only one caregiver needs to serve the two-week waiting period if the benefits are shared.

For more information on eligibility, contact:
Service Canada
Toll-free: 1-800-206-7218 (press 0 to speak to a representative)
TTY: 1-800-529-3742
Website: www.servicecanada.gc.ca (follow the links to Income Assistance and For Families and Children)

Employment Services
Many seniors choose to supplement their pensions with part-time work. Service Canada provides 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 Service Canada centres have specialized services for specific client needs.

Service Canada Centres
Toll-free (general inquiries): 1-800-O-CANADA
(1-800-622-6232)
Toll-free (employment inquiries): 1-800-206-7218
Website: www.servicecanada.gc.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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. Applicants must have the proper identification to obtain a SIN card. This includes a birth certificate or immigration document as well as a marriage certificate where appropriate.

Toll-free (English): 1-800-206-7218 (select option 3)
Sans frais (Français): 1-800-808-6352
Website: www.servicecanada.gc.ca/en/sc/sin/index.shtml

Protect Your SIN!

Your SIN is confidential. To protect it from inappropriate use, fraud, or theft, keep the following tips in mind:

- Only provide your SIN if you know it is legally required.
- Contact Service Canada if you change your name, if your citizenship status changes, if information on your SIN record is incorrect or incomplete, or if there is a death in your family.
- Inform Service Canada if your SIN card is lost or if you suspect that your SIN is being misused.
- Don’t carry your SIN card with you. Store it safely (e.g., in a secure file cabinet at home or in a safety deposit box).
- Never use your SIN card as a piece of identification. Doing so puts your SIN and personal information at risk.
- Don’t provide your SIN over the phone unless you make the call and you know with whom you are dealing.

- Never reply to e-mails that request personal information such as your SIN.
- Shred paper records with personal information once you no longer need them.
- Use confidential passwords that contain a combination of upper- and lower-case letters, numbers, and symbols.
- Never use automatic login features that save user names and passwords on your computer.
- Use a personal firewall and anti-virus software on your computer.

Workers’ Compensation Board of Nova Scotia (WCB)

WCB is committed to keeping Nova Scotians safe and secure from workplace injury. It sets the standard for workplace injury insurance by informing and educating Nova Scotians about the prevention of workplace injury. If an injury does occur, WCB supports those whose lives it touches by championing a timely return to safe and healthy work.

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

or

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

DID YOU KNOW? Winston Churchill was 79 when he received the Nobel Prize for Literature. SPLENDID SENIORS: Great Lives, Great Deeds by Jack Adler

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
DID YOU KNOW?

Nova Scotia seniors (65+) are considerably more generous than non-seniors: In 2006, they spent almost four times as much on gifts and charitable contributions as Nova Scotians under age 65.

PLANNED GIVING: HOPE FOR FUTURE GENERATIONS

Ovarian cancer is Canada’s most fatal gynecologic cancer – there is no screening test for the disease. A gift from your estate will help ensure ongoing research for a reliable screening test, and sustain programs and support for women and their families living with the disease. Join Ovarian Cancer Canada’s Sunflower Heritage Society with a bequest/gift by will, gift of life insurance or other planned gift, and bring hope to future generations. To find out more about ovarian cancer and how it affects women over 50, visit www.ovariancanada.org.

For information on how to plan your Legacy of Hope, contact:

Tammy O’Dwyer
National Director of Development
Ovarian Cancer Canada
1-877-413-7970, ext. 224
todwyer@ovariancanada.org
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 service. The website is www.gov.ns.ca/snsmr/petroleum/stations/ If you do not have access to a computer, contact the Department of Seniors for information about the gas and service stations nearest you.

Phone: 424-0065
Toll-free: 1-800-670-0065

Licences and Safe Driving

Driver’s Licences
Photo driver’s licences 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 $72.10.

Appointments for Seniors
People with special needs, including seniors, may schedule an appointment to renew their driver’s licence rather than experiencing possible lengthy wait times.

Accessible Parking Licence 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. For more information, see page 33.

Veteran Plates
Qualified individuals can apply for veteran plates by completing the application form and supplying proof of eligibility. An additional $5.10 is added to the usual cost of registering your vehicle when you apply for a veteran plate for the first time.

Driver’s Licence Refunds
You can request a refund on your driver’s licence if you move out of the province or have stopped driving. Refunds can also 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 a $10.70 photo fee and an administration fee of $13.40.

Contact the Registry of Motor Vehicles’ toll-free information line to locate the office nearest you
Phone: 424-5851
Toll-free: 1-800-898-7668
Website: 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 his or her driving skills and to 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 licence. The courses are educational and do not involve a road test.

Seniors Safe Driving Discount Program
Service Nova Scotia and Municipal Relations
Phone: 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv/safe/senior.asp

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

Apple Valley Driving Schools Inc.
360 Main Street, Suite 13
Wolfville, NS B4P 1C4
Phone: (902) 542-4422 Fax: (902) 542-1144
Email: info@applevalleydriving.ca
Website: http://www.applevalleydriving.ca

Arriving Safe Driving School Inc.
95 Lombard St.
Sydney, NS B1S 3K1
Phone: 902-564-6106

Discover Driving
129 South Street
Bridgetown, NS B0S 1C0
Phone: (902) 665-2831
Website: http://www.discoverdriving.com

Drive Wise Driving Program
Address: 512 Colby Drive
Dartmouth, NS B2V 2C1
Phone: (902) 434-5113
Fax: (902) 434-5189
Email: DriverED@AdvancedDriving.com

Fundy Driving School
Amherst, NS B4H 4E2
Phone: (902) 667-8090
Fax: (902) 667-8090

Fundy Driving School
46 Alicia Boulevard
Kentville, NS B4N 4Z8
Phone: (902) 679-0607
Fax: (902) 679-0607

Guisso’s Defensive Driving Solutions
17 Patterson Lane
RR # 2
Falmouth, NS B0P 1L0
Phone: (902) 798-0919

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Maritime Driver Education
1070 Maple Avenue
Aylesford, NS B0P 1C0
Phone: (902) 847-9821

Nova Scotia Government
Retired Employees Association
477 Cobequid Road, Unit 2
Lower Sackville, NS B4C 4E9
Att: Jim Bacich
Phone: (902) 865-5050 or 1-800-677-8666
Program: Older Drivers Safe Driving Course

Pictou Driving Academy
109 Cottage Street
Pictou, NS B0K 1H0
Phone: (902) 485-5789
E-mail: kmaclean@north.nsis.com

Safety Services Nova Scotia (courses offered province-wide)
110 Chain Lake Drive, Unit 3F
Vantage Point 3
Halifax, NS B3S 1A9
Phone: (902) 454-9621
Fax: (902) 454-6027
Website: Safety Services Nova Scotia

Shelburne County Driver Training
Box 67
Clyde River, NS B0W 1R0,
Phone/Fax: (902) 637-2945

South Colchester Driving School
1288 Highway 2
Brookfield, NS B0N 1C0
Phone: (902) 673-2958

Physiotherapy
Essential to your health, mobility & independence

Nova Scotia’s Newest Land Lease Community
Located in Garlands Crossing
Exit 5, Hwy 101 to Underwood Rd.

Living Made Easy
Protective Covenants
Paved Driveways
Large Beautifully Landscaped Lots
Municipal Services
Immediate access to HWY 101
Minutes from Shopping, Entertainment, & Recreation
Lawn Care/Snow Removal Packages Available
Shed Packages also Available

Phase 1
1.5 km to Hwy 101

For more information contact
Randy (902) 790-3899
Mitch (902) 798-6395

Hours:
Mon. - Fri. 10am - 4pm
Sat. & Sun. 10am - 2pm

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Public Transportation Regional Services

Dial-A-Ride Nova Scotia
This service is a support network of non-profit, community-based transportation systems located throughout Nova Scotia. It was created in response to the pressing need for inclusive transportation services in the province. Dial-A-Ride Nova Scotia offers a diverse range of personal transportation services to meet the needs of all Nova Scotians.
Toll-free: 1-877-305-7433
Website: www.gov.ns.ca/snsmr/dialaride

Transportation Services by Area/County

Annapolis Valley and Area

Kings Transit
This service provides public transportation on fixed routes within the Annapolis Valley area from Wolfville to Weymouth, including Digby. Seniors passes are available at a discounted price. An Accessible Low Floor (ALF) bus operates between Wolfville and Greenwood. Several conditions must be met to use the ALF service.
Phone: 678-7310
Toll-free: 1-888-546-4442
E-mail: info@kingstransit.ns.ca
Website: www.kingstransit.ns.ca

TransCounty Transportation Society
Through the Dial-A-Ride network, this service provides safe, affordable and accessible public transportation to seniors, persons with disabilities and the financially disadvantaged residents of Annapolis County and Western Kings County, to medical appointments, shopping, errands, social events, etc.
Debbie Decker
Phone: 665-1212
Toll-free: 1-877-305-7433, ext. 7
E-mail: admin.tcts@ns.sympatico.ca
Website: www.tcts.ca

Antigonish County

Antigonish Seniors C.A.R.E. Van Society
Accessible Van. A fully accessible service designed to transport individuals, safely and effectively, who are either elderly or have a disability, to any destination. Serves the town and county of Antigonish. No registration required. Twenty-four hour notice for booking preferred. Available to non-residents. Monday to Friday, 8:00 A.M. to 5:00 P.M. Pre-booked weekend trips may be made for special occasions.
Phone: 863-1855

Cape Breton Regional Municipality

Handi-Trans
This is a shared-ride, door-to-door public transportation service for registered mobility impaired residents of seven municipalities within Industrial Cape Breton.
Diana MacDonald
Phone: 539-4336
E-mail: dlmacdonald@cbrm.ns.ca

Transit Cape Breton
This service provides public transportation on fixed routes within Industrial Cape Breton. Special fares for seniors are available.
Phone: 539-8124
Website: www.cbrm.ns.ca/portal/community/transit/

Chester, Municipality of the District of Chester

Community Wheels
This service provides transportation within the Municipality of the District of Chester, and monthly service to Kentville, Bridgewater and Halifax.
Phone: 275-5585
E-mail: sandrameister@sswap.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Colchester County
Colchester Transportation Cooperative Ltd. (CTCL)
Through the Dial-A-Ride network, CTCL provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.
Phone: 896-7433
E-mail: info@ctcl.ca
Website: 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 people in Truro and its surrounding areas.
Phone: 895-2110

Able-Transit Wheel Chair Bus
Accessible Bus. Serves the city of Truro and the surrounding area. Fully accessible door-to-door transportation service for the elderly and people with disabilities. Users must register. Service is available to non-residents. Service provides free rides for attendants. Monday to Friday, 7:00 am to 5:00 pm. No weekend service
Phone: 895-2110

Digby County
Kings Transit
See Annapolis Valley and Area
S & S Senior Services
This service in Digby drives and accompanies seniors to appointments, grocery shopping, runs errands, yard work, etc.
Contact Sherry Titus at (902) 245-5075 or s.titus@ns.sympatico.ca

Municipality of Clare
Le Transport de Clare
Through the Dial-A-Ride network, this service provides safe, affordable, and accessible public transportation to seniors and people with disabilities.

Volunteer Manager
Dispatch Operator
Phone: 769-2477
E-mail: crobicheau@auracom.com
Website: www.gov.ns.ca/snsmr/dialaride (choose Transportation Services in NS)

Halifax Regional Municipality
Metro Transit
This service provides public transportation on fixed routes within the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors metro pass or a 20-ticket sheet or when paying cash. Metro Transit has added Accessible Low Floor (ALF) buses to its service on designated routes. Several conditions must be met to use the ALF service.
Metro Info Line: 490-4000
TTY: 490-6645
E-mail: contactHRM@halifax.ca
Website: www.halifax.ca/metrotransit

Metro Transit Access-A-Bus
This service 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, Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, and Bay Road.

Phone: 490-6681 (to register) or 490-6999 (to book a trip)
TTY: 490-6664
E-mail: contactHRM@halifax.ca
www.halifax.ca/metrotransit/access_a_bus.html

An Extra Hand Transportation
This private service offers door-to-door transportation within the Halifax/Dartmouth area. Call in advance.
Phone: 830-7244

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Book-A-Ride**
This service provides transportation to medical appointments in Sackville and its surrounding areas for seniors and those with disabilities. Call 24 hours in advance.
Phone: 864-5591

**Need-a-Lift Transportation Services**
This service provides accessible transportation for people with power or manual wheelchairs or three- or four-wheel scooters.
Kevin Bulley
Phone: 222-LIFT (5438)
E-mail: needalift@eastlink.ca
Website: www.needalift.ca

**TJ’s Vanpool**
Door to door services specializing in daily medical related appointments, dialysis, and Geriatrics Day Hospital for exercises. We cover Metro Halifax; Hammonds Plains area including, Kingswood, Highland Park, Halliburton Hills, Westwood, Upper Tantallon, Timberlea, Lakeside etc.; Bedford, Sackville and parts of Dartmouth. For information please call 402-1555 or 411-0202 or visit our web site at info@tjsvanpool.com. Ask about our seniors discounts.

**VON Transportation**
This service provides people in the Halifax Regional Municipality with transportation to health-related appointments, errands, etc. Booking a week in advance is required.
Transportation Coordinator
Phone: 455-7433

**Callow Wheelchair Buses**
Wheelchair-accessible buses can be booked by groups and individuals who require transportation for recreational purposes. This not-for-profit service is dedicated to providing group and recreational transportation for veterans and physically challenged people.
Tom Waters, Executive Director

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Rosemarie Leblanc, Secretary</td>
<td>Phone: 422-9433</td>
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<tr>
<td>Website: <a href="http://www.waltercallow.ca">www.waltercallow.ca</a></td>
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<tr>
<td><strong>Hants County</strong></td>
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<td><strong>Kings Transit</strong></td>
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<td>See Annapolis Valley and Area</td>
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<td><strong>East Hants</strong></td>
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<td><strong>East Hants Alternative Transportation Services (EHATS)</strong></td>
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<tr>
<td>EHATS provides safe, affordable, and accessible public transportation to qualified residents in East Hants. A wheelchair-accessible vehicle is available.</td>
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<tr>
<td>Gail Brown, Service Coordinator</td>
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<tr>
<td>224 Highway 214, STE 101A</td>
<td></td>
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<tr>
<td>Elmsdale, NS B2S 1J7</td>
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<tr>
<td>Phone: 883-4716</td>
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<tr>
<td>E-mail: <a href="mailto:ehatservice@gmail.com">ehatservice@gmail.com</a></td>
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<tr>
<td><strong>West Hants Dial-A-Ride</strong></td>
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<td>Through the Dial-A-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.</td>
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<tr>
<td>Janice Caldwell, Dispatcher</td>
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<tr>
<td>Phone: 792-1800</td>
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<tr>
<td>Toll-free: 1-877-305-7433</td>
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<tr>
<td>E-mail: <a href="mailto:dialaride@hantscountycan.org">dialaride@hantscountycan.org</a></td>
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<tr>
<td>Website: <a href="http://www.hantscountycan.org">www.hantscountycan.org</a></td>
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<td><strong>Kings County</strong></td>
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<td><strong>Kings Transit</strong></td>
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<td>See Annapolis Valley and Area</td>
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<tr>
<td><strong>Kings Para-Transit Society</strong></td>
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<tr>
<td>Through the Dial-A-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged within the Eastern Kings County area. Transportation to Halifax for medical appointments is available daily when required.</td>
<td></td>
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<tr>
<td>Phone: 681-2846</td>
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<tr>
<td>Toll-free: 1-877-305-7433</td>
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<tr>
<td>E-mail: <a href="mailto:info@kingsparatransit.ca">info@kingsparatransit.ca</a></td>
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</table>
Lunenburg County
On the Move
This service provides free transportation for medical appointments, prescription pickup, banking, and grocery shopping. A shuttle service to the South Shore Regional Hospital operates on Thursdays. Advanced booking is required.
Phone: 624-1897

Senior Wheels Association, Bridgewater
This association runs an eight-passenger wheelchair-accessible bus within the town of Bridgewater and seven kilometres outside the town limits. The service is offered to seniors 60+ and disabled people of all ages and is sponsored by the Bluenose Golden K. Kiwanis Club. Booking one day in advance is required.
Phone: 543-2255 (answering service)

Pictou County
Central Highlands Association of the Disabled (CHAD)
Through the Dial-A-Ride network, CHAD provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.
Ron Levy, New Glasgow
Phone: 755-1944
Toll-free: 1-877-305-7433
E-mail: r.levy@ns.sympatico.ca
Website: 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. Advance booking is required.
Sheila Hoeg, Coordinator
VON Pictou County
Phone: 755-4524

Queens County
VON Seniors’ Assisted Transportation Program
In partnership with the Queens County Crime Prevention Program, this service provides transportation for seniors to medical appointments, grocery stores, banks, and other important locations.
Margo Walsh Leaman, Coordinator
VON Liverpool
Phone: 354-3297
E-mail: margo.walsh-leaman@von.ca

Yarmouth County
Hut’s Transit
This service provides weekday public transportation on fixed routes within the town of Yarmouth.
Gary Hudson
Phone: 749-4309 (direct to the bus)

Handicapped Organization Promoting Equality (HOPE)
Through the Dial-A-Ride network, HOPE 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.
Phone: 742-6579
Toll-free: 1-877-305-7433
E-mail: hopecentre@ns.sympatico.ca

Shuttle Services
These private businesses operate on a fee-for-service basis. Refer to your local Yellow Pages for more information.

TIPS
As you get older, your body needs less food (fewer calories) but you need the same amount or even more of certain vitamins and minerals.
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 the Canada Pension Plan. Call 1-800-622-6232 for general information or see the contact information below.

Financial Programs:
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 18, 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 or her 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

Information for Higher-Income Seniors
Under a provision of Canada’s Income Tax Act, pensioners with a high individual net income may be required to repay part or the entire maximum OAS 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 above a certain level.

Guaranteed Income Supplement (GIS)
The GIS provides a monthly non-taxable benefit to low-income OAS recipients. To receive the GIS, you must apply, and your eligibility will be reviewed annually if you file an income tax return by April 30th. If you qualify for the GIS, you may also be eligible for special benefits from the Government of Nova Scotia, including the Property Tax Rebate Program, and the Pharmacare Program (no fee for the Pharmacare premium).

Allowance and Allowance for Survivors
The Allowance is a monthly benefit for low-income seniors between the ages of 60 and 64 whose spouses or common-law partners are eligible for or receive OAS and the GIS. There is also an Allowance for Survivors benefit for low-income surviving spouses/partners who are not yet eligible for OAS. The Allowance stops when the recipient becomes eligible for an OAS pension at age 65, if he or she leaves Canada for more than six months, if there is a change in marital status, an income increase over the ceiling, or at death. Recipients must reapply each year for this benefit by filing an income statement or completing an income tax return.

Important Note: The GIS and Allowances will stop after the sixth month of your departure if you leave Canada for more than six months. 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 contact:

Toll-free (English): 1-800-277-9914
Sans frais (Français): 1-800-277-9915
TTY: 1-800-255-4786
Website: www.servicecanada.gc.ca (click on Seniors)

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Canada Pension Plan (CPP)

CPP provides a monthly pension to Canadians who contributed to the plan or to both the CPP and the Quebec Pension Plan (QPP) during their working years. It 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 the contributions made to the plan. All CPP benefits are paid out of the CPP fund and are subject to income tax.

**Full Retirement Pension and Reduced Pension**

The full retirement pension is a monthly benefit payable to eligible contributors who are 65 years of age or older. If you apply at age 65, you will receive the full benefit rate for which you 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. You may apply for a reduced pension starting at age 60 as long as you meet the earning requirements.

**Canada Pension Disability Benefit**

This 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 severe and prolonged or could 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 if under the age of 18 or between 18 and 25 and attending school full time.

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 it reconsidered. CPP disability benefits end at age 65, when the applicant is eligible for regular CPP and OAS. For more information about the programs available for people with disabilities, visit www.pwd-online.ca or contact 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 person’s contributions to the plan, the age of the surviving spouse or common-law partner at the time of the contributor’s death, whether there are dependent children, and if the surviving spouse or common-law partner is disabled.

All of the above-mentioned benefits apply to both opposite-sex couples and same-sex common-law partners and spouses.

**Death Benefit**

This is a one-time lump-sum payment made to a deceased CPP contributor’s estate if earnings and eligibility requirements are met. If there is no estate, the payment is made to the person responsible for the funeral expenses, the surviving spouse or common-law partner, or the next of kin, in that order.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors

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WATERBURY NEWTON
Annapolis Valley Lawyers

**Kentville Office:**
469 Main St., PO Box 98
Kentville, NS B4N 3Y9
TEL: 902-678-3257
FAX: 902-678-7727
TOLL FREE: 1-877-559-8585

**Berwick Office:**
188 Commercial St.
Berwick, NS B0P 1E0
TEL: 902-538-3168
FAX: 902-538-8680

www.wnns.ca

Our experienced and skilled team of lawyers and para-legals strive to be cost efficient and competitive, while maintaining quality of service.
**Children’s Benefit**  
This benefit is paid on behalf of a deceased CPP contributor or a CPP disability benefit recipient who meet the earnings and eligibility requirements. This benefit is paid for dependent children under 18 years of age or to full-time students between the ages of 18 and 25. The monthly benefit is a flat-rate amount.

**How to Apply**  
For more information or application forms for OAS, the GIS, and CPP programs, visit your nearest Service Canada centre or contact:

Toll-free (English): 1-800-277-9914  
Sans frais (Français): 1-800-277-9915  
TTY: 1-800-255-4786  
Website: www.servicecanada.gc.ca (click on Seniors)

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

Toll-free (English): 1-866-522-2122  
Sans frais (Français): 1-866-522-2022

**Veterans’ Independence Program**  
This 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 home and community. Your ability to access these services depends on your health needs and if similar services are available to you through another federal, provincial, or municipal program.

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 served in the Royal Canadian Navy prior to February 1, 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 a lack of necessities such as food, clothing, shelter, and medical care.

RCN Benevolent Fund  
PO Box 505, Station B  
Ottawa, ON K1P 5P6  
Phone: (613) 996-5087  
Toll-free: 1-888-557-8777  
E-mail: rcnbf@sympatico.ca

**Canadian Forces Personal Assistance Fund (CFPAF)**  
The CFPAF provides financial assistance to serving and former members of the Canadian Forces and their immediate families. The CFPAF offers assistance for minor disbursements, self-improvement loans, financial distress, and education loans.

**Canadian Forces Personnel Assistance Fund & Army Benevolent Fund**  
234 Laurier Avenue West  
Ottawa, ON K1P 6K6  
Toll free: 1-888-753-9828,  
Ottawa region: 613-760-3447, Fax: 613-233-5907  
Email: cfpaf@cfpsa.com  
Website: www.sisip.ca/en/Cfpaf_e/index.asp

**TIPS**  
Get off your butt...and get it tested! Colon cancer is one of the most common cancers in Canada, but it’s also one of the most preventable.
Provincial Financial Aid Programs

Property Tax Rebate for Seniors Program
Administered by Service Nova Scotia and Municipal Relations, this program is designed to help eligible seniors remain in their own home by providing them with an annual rebate* on their property taxes. It provides eligible homeowners with a 50 per cent rebate on the property taxes they paid the previous year, up to a maximum of $600 a year. The rebate in 2010 is for property taxes paid in 2009.

Please note that some municipalities may also offer property tax rebates or assistance to qualifying applicants. Check with your local municipality to inquire.

Eligibility
You are eligible to receive the provincial 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 2009 property taxes were paid in full and by you.

Previous Applicants
If you received the property tax rebate in 2009, were in receipt of the GIS or the Allowance in January of 2010, and signed consent on your 2009 application, an application form will be mailed automatically to you in July. To receive the rebate, simply complete the form and return it to Service Nova Scotia and Municipal Relations postmarked by December 31, 2010.

New Applicants
Applications can be picked up at your nearest Access Nova Scotia site, online, or by calling 1-800-670-4357 or in Metro at 424-5200. Complete the application form and return it with the required documents to Service Nova Scotia and Municipal Relations postmarked by December 31, 2010. For more information, contact SNSMR at 424-5200 within Metro or toll free 1-800-670-4357 or write to:

Property Tax Rebate for Seniors Program
Service Nova Scotia and Municipal Relations
Business Registration
PO Box 283, Halifax CRO
B3J 2N7
* Some exceptions apply.

TIPS
Start a Household Budget – When you’re no longer employed full-time, every penny counts. Outline a personal budget for daily living and stick to it.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Nova Scotia Department of Community Services

This department promotes the independence, self-reliance, security, and well-being of the people it serves. For specific information about housing and home repairs, see page 91 and for financial assistance, below.

Nova Scotia Department of Community Services,
Head Office
PO Box 696
Halifax, NS B3J 2T7
Phone: See Field Offices below.
Website: www.gov.ns.ca/coms

Financial Assistance

Low-income seniors who have special needs and no means of paying to have those needs met can apply to see if they qualify for the Employment Support and Income Assistance Program. All other funding sources must be explored, including the federal Old Age Security (OAS) program and the Guaranteed Income Supplement (GIS). For more information or to discuss your eligibility, contact the Department of Community Services’ field office nearest you.

Field Offices

Central Region
Cole Harbour: 435-7472
Dartmouth (Portland): 424-1600
Halifax: 424-4150
Sackville: 869-3600

Eastern Region
Sydney: 563-3213
Glace Bay: 842-4000
North Sydney: 794-5110
Port Hawkesbury: 625-0660

Northern Region
Antigonish: 863-3213
Colchester: 893-5950
Cumberland: 667-3336
 Guysborough: 533-4007
New Glasgow: 755-7363

Western Region
Annapolis: 532-2337
Bridgewater: 543-5527
Digby: 245-5811
Hants: 798-8319
Kings: 678-6176
Queens: 354-2771
Shelburne: 637-2335
Yarmouth: 742-0741

Emergency Food Services

Feed Nova Scotia
Feed Nova Scotia provides food assistance to those in need through a network of 150 local food banks, soup kitchens, shelters, and emergency food assistance programs province-wide.

213 Bedford Highway
Halifax, NS B3M 2J9
Phone: 457-1900
Website: www.feednovascotia.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Vital Statistics and Proof of Age

Birth, Marriage, and Death Certificates

Service Nova Scotia and Municipal Relations’ Vital Statistics Office issues birth, marriage, and death certificates to people who were born, married, or died in Nova Scotia. You may apply for a birth, marriage or death certificate online by visiting http://www.gov.ns.ca/snsmr/onlineservices/citizen / (click on the Birth, Death or Marriage Certificate Online option). You may also download a copy of the application form to apply for a birth certificate by visiting www.gov.ns.ca/snsmr/access/vitalstats/birth-certificate.asp

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 your mother’s maiden name), and your father and mother’s birthplaces. For marriage certificates, you must provide the names of both parties to the marriage and the date and place of the marriage. For death certificates, you will need to give the name of the deceased and the date and place of death. You must also state the reason for your request. The fee for each short-form certificate is $29.70. A detailed certificate costs $35.90. Visa or MasterCard payments 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 at the Hollis Street office from Monday to Friday, 8:30 am-4:30 pm, excluding holidays.

Vital Statistics Office
1690 Hollis Street
PO Box 157
Halifax, NS B3J 2M9
Phone: 424-4381
Toll-free (within Nova Scotia): 1-877-848-2578
E-mail: vstat@gov.ns.ca
Website: www.gov.ns.ca/snsmr/vstat

Baptismal Certificates

The church where you were baptized may be able to supply you with a baptismal certificate. If you do not know the specific church, write to 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 will be expected to prove your age. Many businesses will accept your Old Age Security (OAS) identification card, passport, driver’s licence, or a general photo ID card, such as the one available from the Registry of Motor Vehicles.

OAS Identification Cards

You will receive an OAS identification card in the mail in the same month that you receive your first OAS cheque.

Service Canada
Toll-free (English): 1-800-277-9914
Sans frais (Français): 1-800-277-9915
TTY: 1-800-255-4786

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Photo IDs
Service Nova Scotia and Municipal Relations offers an identification-card service. The fee for the service is $15.95, and the card is valid for five years.

Phone: 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/RMV/other/idcard.asp

Passports
Your passport can be used for identification purposes.
Phone: 1-800-567.6868
See page 47 for more information.

Taxes

Personal Income Tax
If you have taxable income in Canada, you will likely have to file an income tax form to calculate the amount of taxes you owe. This must be returned to the Canada Revenue Agency (CRA) by April 30 of the following year. You may also have to file a tax return if you have sold real estate or if you have to repay any Canada Pension Plan (CPP) or Old Age Security (OAS) benefits.

Even if you do not have to file a return, it may be to your advantage to do so. You may be entitled to a tax refund, the Guaranteed Income Supplement (GIS), Canada Child Tax Benefits (CCTB), or GST/HST credits.

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, starting around mid February. It is now possible to file your income tax return via the internet, as well as by telephone.

When calling about your income tax, be sure to have your questions ready and your social insurance number (SIN) and a copy of your last tax return handy. You may be asked for information from the return to verify your identity and protect your security.

Canada Revenue Agency
Automated information: 1-800-267-6999
Refund inquiries: 1-800-959-1956
Income tax inquiries: 1-800-959-8281
Forms and publications: 1-800-959-2221
To file using Telefile: 1-800-959-1110
Website: www.cra.gc.ca

DID YOU KNOW? Nova Scotia joined Canada July 01, 1867 and at that time was Canada’s wealthiest province

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**My Account**
If you have a computer and an Internet connection, you can set up My Account. My Account connects you to your personal tax and benefit information 21 hours a day, 7 days a week and allows you to check the status of your tax refund, check your Registered Retirement Savings Plan (RRSP) limit, track your CCTB and GST/HST credit payments, change your tax return or your mailing address, and much more, using your own computer. To use My Account, you first need to obtain a Government of Canada ePass; then a CRA security code will be mailed to you for your security. To obtain an ePass, visit www.cra.gc.ca/eservices.

**Community Volunteer Income Tax Program**
This program is 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, contact the CRA or call the Department of Seniors 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.

**Mainland Nova Scotia except Antigonish/Straight Area**
Pat Olmstead
Canada Revenue Agency
Phone: 426-5149
Toll-free: 1-888-704-8110

**Cape Breton and Antigonish/Straight Area**
Wendy Johnston
Canada Revenue Agency
Phone: 564-2592
Toll-free: 1-877-818-8808

**Service for Seniors**
In late January you will receive a mailed personalized letter inviting you to file your income tax return using a simplified service known as Service for Seniors. Service for Seniors allows you to file a tax return for free by using a Touch-Tone telephone. If you are eligible, you will only need to identify yourself and answer a few "yes" or "no" questions. Unlike the regular TELEFILE service, you will not need to enter your income, deductions, or non-refundable tax credit amounts. However, spousal income may be required. You will also need your social insurance number. During the assessment process, your income will be added automatically from the CRA's own records. Your basic personal amount, age amount, and, if applicable, disability amount will also be calculated automatically.

To be invited to use Service for Seniors, you must be over the age of 65 and receive income only from OAS, CPP/QPP, or Net Federal Supplements. Your taxable income must be less than $10,500 (or $15,000 if you are entitled to the disability amount).

If you are able to use Service for Seniors, you will receive an access code in the mail and the telephone number to call.

**GST Credit**
The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with a moderate or lower income. 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.

Canada Revenue Agency
Toll-free: 1-800-959-1953

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
When You Retire
This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call the CRA at 1-800-959-2221.

Caregiver Tax Tips
If you live with a relative, or with your spouse's or common-law partner's relative, and you were born in 1943 or earlier or you are dependent on them because of a physical or mental infirmity, the relative may be able to claim a tax credit called a caregiver amount. The amount of the credit depends on how much the caregiver earns. Caregivers may also be entitled to additional tax credits, including the 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 adviser, or call the Canada Revenue Agency (CRA) at 1-800-959-8281.
Legal Matters

Nova Scotia Department of Justice

The Department of Justice offers 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 trauma resulting from the crime.

To help fight elder abuse and fraud against seniors, resource materials are available online at:

www.gov.ns.ca/just
Victim Services Head Office
5151 Terminal Road
PO Box 7
Halifax, NS B3J 2L6
Phone: 424-3309
Toll-free: 1-888-470-0773

Regional Offices
Dartmouth: 424-3307
Kentville: 1-800-565-1805
New Glasgow: 1-800-565-7912
Sydney: 1-800-565-0071

Legal Information Society of Nova Scotia (LISNS)

LINS is a not-for profit registered charity that provides Nova Scotians with information (over the phone, online, and in print) about the law. To talk to someone about a legal problem or for a referral to a lawyer, call the Legal Information Line or Lawyer Referral Service Monday - Friday at 455-3135 or 1-800-665-9779. You can also call LISNS Dial-A-Law any time at 420-1888, to hear pre-recorded legal information, or go online at www.legalinfo.org. LISNS also has a speakers bureau. LISNS has information on wills, family and criminal law, powers of attorney, guardianship, and many other legal topics.

A Seniors and the Law information kit is available for purchase from the LISNS for a small fee. In addition, single copies of the following pamphlets are available free of charge from either the LISNS at 454-2198 or the Department of Seniors at 1-800-670-0065.

- Patients’ Rights
- The Public Trustee
- Elder Abuse (The Adult Protection Act)
- Advanced Health Care Directives
- 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

5523B Young Street
Halifax, NS B3K 1Z7
Office Phone: 454-2198
E-mail: lisns@legalinfo.org

Personal Directives Act

The Nova Scotia government is planning to proclaim the Personal Directives Act some time in
2010. The target for proclamation is April 1, (subject to government approval). This will allow citizens of Nova Scotia to put their wishes regarding personal care decisions in writing so they can be followed if they become incapable of making such decisions in the future.

The new law will allow a person to create a Personal Directive in which they express their wishes on personal care, including those related to health care, nutrition, hydration, shelter, residence, clothing, hygiene, safety, comfort, recreation, social activities and support services. To learn more about the Personal Directives Act, and when it will take effect, go to www.gov.ns.ca/just/pda or call 902-424-4030.

Common-law Relationships
Living common law creates legal rights and obligations that can be the same as, or very different from, marriage. And they lived happily ever after... is a booklet that highlights the legal rights and responsibilities of living common law. It explores the similarities and differences between common law relationships, registered domestic partnerships, and marriages. It is intended for women and men of all ages and backgrounds. The law in this booklet is current to April 2009. To obtain a copy, call 1-800-565-8662.

Other Legal Resources

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 the estates of living people who need the services of a trustee, guardian, attorney, or other fiduciary not readily available to them in the private sector
- administering the estates of deceased people, with the ability 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 the 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 a litigation guardian or representative in litigation for minor, incompetent, deceased, missing, or unascertained litigants for whom a court makes representation orders

The public trustee receives many requests for assistance. Each case is reviewed to determine if it is an appropriate case for the public trustee’s intervention.

There are fees charged by the public trustee for his or her services. The fees charged are in accordance with those provided by legislation and the Rules of Court.

Dial-A-Law
This service provides legal information 24 hours a day on a wide variety of topics by using short tape-recorded messages. Although the service is free, long-distance charges apply if you live outside the Halifax calling area.
Phone: 420-1888

Legal Information Line and Lawyer Referral Service
Phone: 455-3135
Toll-free in NS 1-800-665-9779

Public Trustee of Nova Scotia
5670 Spring Garden Road, Suite 405
PO Box 685
Halifax, NS B3J 2T3
Phone: 424-7760

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Finding a Lawyer
Lawyers are listed in the Yellow Pages of your telephone book in alphabetical order and under specific areas of practice.

Nova Scotia Legal Aid
Legal aid may be granted to a person on social assistance or in an equivalent financial position in which there is merit in providing legal assistance in certain areas of family and criminal law. Refer to your telephone book (the white, blue, or yellow pages under Legal Aid or Nova Scotia Legal Aid) for the office nearest you.

Office of the Executive Director
Nova Scotia Legal Aid Commission
102-137 Chain Lake Drive
Halifax, NS B3S 1B3
Phone: 420-6578
Toll-free: 1-877-420-6578
E-mail: mail@nslegalaid.ca

Dalhousie Legal Aid
Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who satisfy its financial and case-eligibility requirements. Dalhousie Legal Aid is affiliated with the law school at Dalhousie University.

Reception
2209 Gottingen Street
Halifax, NS B3K 3B5
Phone: 423-8105

Small Claims Court
This court provides a quick, informal, and cost-effective method for deciding claims of up to $25,000 (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 (who is a lawyer) rather than a judge. Small Claims Court is usually held in the evenings. To contact the clerk of the Small Claims Court nearest you, look for the phone number in the government section of your phone book, under the heading Courts.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors

TIPS
Travelling? Thieves and pickpockets may believe older people are easy targets. You can reduce the risks: don’t travel at night, don’t wear expensive jewellery, keep travellers’ cheques and credit cards in a hidden belt under the clothes, and consider carrying a ‘dummy’ wallet that holds a small amount of cash that you can use to escape a mugger.
Human Rights

Nova Scotia Human Rights Commission
The commission is an independent government body that administers 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 and resolving complaints of discrimination
• delivering education and information programs on diversity and sexual harassment issues
• consulting with organizations to help them set up their own policies and programs related to human rights
• building partnerships with government, universities and community groups to promote respect for human rights

The commission has offices in Halifax, Sydney, Digby, and New Glasgow.

Halifax office:
Joseph Howe Building, 6th Floor
1690 Hollis Street

PO Box 2221
Halifax, NS B3J 3C4
Phone: 424-4111
Toll-free: 1-877-269-7699
TTY: 424-3139
Toll-free TTY: 1-866-811-3732
E-mail: hrcinquiries@gov.ns.ca
Website: www.gov.ns.ca/humanrights

Sydney office:
Provincial Building
Prince Street
Sydney, NS B1P 5L1
tel. (902) 563-2140
fax (902) 563-5613

Digby office:
Provincial Building,
84 Warwick St.,
Digby, NS B0V 1A0
tel. (902) 245-4791
fax (902) 245-7103

New Glasgow office:
2561 Westville Road, RR #3
P.O. Box 728
New Glasgow, NS B2H 5C6
tel. (902) 752-3086
fax (902) 755-7239

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Reverse Mortgages
A reverse mortgage allows a homeowner to gain income by taking out a loan against his or her home. The amount available depends on your age, your spouse's age, and the location and type of your home.

The Department of Seniors has a collection of information that will further your understanding of reverse mortgages and can help you decide if a reverse mortgage is right for you. To obtain a copy of the information package, contact the Department of Seniors at 1-800-670-0065.

Canadian Home Income Plan (CHIP)
CHIP provides reverse mortgages to Canadian seniors. If you are 60 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.
Canadian Home Income Plan
45 St. Clair Avenue West, Suite 600
Toronto, ON M4V 1K9
Toll-free: 1-800-563-2447
Website: www.chip.ca

Better Business Bureau of the Maritime Provinces Inc.
This organization has provided over 149,000 instances of service in 2007 to consumers looking for information on, or assistance with, firms doing business in the Maritime provinces.
Don MacKinnon
1888 Brunswick Street, Suite 805
Halifax, NS B3J 3J8
Phone: 422-6581
Toll-free: 1-800-422-5413
E-mail: bbbmp@bbbmp.ca
Website: www.maritimeprovinces.bbb.org

Canadian Motor Vehicle Arbitration Plan (CAMVAP)
CAMVAP is a program that can help you resolve disputes with an automobile manufacturer about the quality of your vehicle or how the manufacturer is interpreting or implementing its new vehicle warranty. The vehicle must be from the current or previous four model years.

Phone: 422-2230
Toll-free: 1-800-207-0685
Website: www.cam vap.ca

Consumer Complaints
If you are concerned about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

Phone: 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.

Phone: 424-6331
Website: www.gov.ns.ca/enla/fin/fininst.htm

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Concerns about Investments
The Nova Scotia Securities Commission protects investors from practices and activities that 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.

Nova Scotia Securities Commission
Joseph Howe Building, 2nd Floor
1690 Hollis Street
PO Box 458
Halifax, NS B3J 2P8
Phone: 424-7768
Website: www.gov.ns.ca/nssc

Debtor Assistance
This service provides financial counselling and assistance through legal options under the Bankruptcy and Insolvency Act that may provide you with flexibility in restructuring and repaying your debt.

Service Nova Scotia and Municipal Relations
Phone: 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr/consumer/debtor/

Nova Scotia Office of the Ombudsman
This office provides 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 and listens to and treats individuals fairly, with dignity, respect, and courtesy. A Seniors Initiative has been developed whereby staff will assist seniors in navigating through government processes and provide independent oversight in long-term residential-care facilities. Individuals are encouraged to contact this office after they have contacted a particular government body with their concern and have not been able to have the matter resolved.

PO Box 2152
Halifax, NS B3J 3B7
Phone: 424-6780
Toll-free: 1-800-670-1111
Website: www.gov.ns.ca/ombu/

Residential Tenancies and Condominiums
Tenancy complaints between landlords and tenants are mediated by staff at Service Nova Scotia and Municipal Relations. The issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems.

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.

Service Nova Scotia and Municipal Relations
Phone: 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr/consumer/resten or
www.gov.ns.ca/snsmr/consumer/arbitration.asp

TIPS
At the grocery store, check the bottom and top shelves. The products in within easiest view and reach are the ones the store makes the most money on, and are usually the most expensive.
Insurance

Overview
Hints for Consumers
Before purchasing insurance, it’s wise to consult 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 the denial of an application for life insurance. However, 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 Department of Seniors 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 even if they are leaving Canada for just a few hours. You may even consider purchasing this insurance 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 information on local insurance providers.

OSTEOPOROSIS
is preventable and treatable...... but only if diagnosed early enough to receive effective therapy

Do you know your risk of fracture?
Have your bone mass density measured to determine if you are one of 1.4 million Canadians with OSTEOPOROSIS

We are offering Osteoporosis Screening Clinics on-site at your workplace or the following clinics:

• Family Focus Medical Clinics (all 4 locations)
  • Medicine in Motion Medical Clinic
  • Hammonds Plains Family Practice Medical Clinic

For more information or to book an appointment to assess your bone health call Sandra at 462-6250

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Office of the Superintendent of Insurance
This office enforces the Insurance Act and licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The office responds to complaints, inquiries, or information requests about insurance matters but does not settle insurance claims. Publications are available online at www.gov.ns.ca/finance (click on Publications).

PO Box 2271
 Halifax, NS B3J 3C8
 Phone: 424-6331
 E-mail: fininst@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.

IBC Atlantic Regional Office
1969 Upper Water Street, Suite 1706
Halifax, NS B3J 3R7
Phone: 429-2730, ext. 227
Toll-free: 1-800-565-7189
Website: www.ibc.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.

Toll-free: 1-800-268-8099
E-mail: CAC@clhia.ca
Website: www.clhia.ca

Beltone
Better care for a better life

- Nursing
- Personal Care
- Home Support
- Companionship
- Ability to bill DVA Insurance directly
- Free Assessments
- Nurse Supervised Staff
- 24 Hour/7 Day Service

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Senior Abuse and Protection

Senior abuse is any action or inaction that threatens the health or well-being of a senior. This includes all types of abuse, such as the following:

**Physical abuse:** slapping, hitting, inappropriate medication, and physical restraint

**Sexual abuse:** unwanted sexual touching or being coerced into sexual acts

**Emotional abuse:** insulting, frightening, threatening, ignoring, or isolating a senior

**Financial abuse:** misusing money or property or putting pressure on seniors to gain access to their funds or property

**Neglect:** leaving seniors without food, adequate shelter, assistance, or personal care

**Violation of rights:** withholding information, interfering with mail, or confining a senior to an institution or hospital against his or her will

Abuse can happen to anyone regardless of age, gender, living arrangements, physical or mental health or ability, sexual orientation, financial status, education, or culture. Abuse often happens in a relationship in which there is an expectation of trust.

If you or someone you know may be experiencing abuse, there are people and organizations that can help, including the following:

**Senior Abuse Line:** Call the Senior Abuse Line for information on abuse and resources and services available or to talk about a situation of abuse. Your call will be kept confidential. Call toll-free within Nova Scotia at 1-877-833-3377.

**Police:** A particular abuse may be a crime and fall under the Criminal Code. Call your local police station for information or to report abuse. If the situation is an emergency or if it could be dangerous, call 911.

**Adult Protection:** If you know of a physically or mentally vulnerable adult (aged 16 and over) who is in need of protection from abuse, neglect, or self-neglect, call the Department of Health at 1-800-225-7225. All Nova Scotians have a legal responsibility to report suspected cases of abuse or neglect against vulnerable adults. 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. For more information on Adult Protection Services, see the fact sheet at www.gov.ns.ca/health/ccs/Adult_protection/AP_Fact_Sheet.pdf

**Protection of Persons in Care:** New legislation in Nova Scotia serves to protect all individuals in health facilities that are licensed under the departments of Health or Community Services. These include nursing homes and residential-care facilities, hospitals, and homes for the aged or disabled people. You can report known or suspected cases of abuse within these facilities to the Protection of Persons in Care office at the Department of Health at 1-800-225-7225.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Senior-Abuse Awareness
The Department of Seniors supports community-based Senior Safety Programs throughout the province. We also develop tools and deliver a comprehensive senior abuse awareness and prevention campaign each year.

For information on this campaign and other activities related to senior abuse and prevention across the province, or for referrals, call the department’s senior-abuse toll-free line at 1-877-833-3377 or 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 and/or related awareness materials.

Visit the Department of Senior’s website at www.gov.ns.ca/seniors/elderabuse.asp for more information on senior abuse, including a full section on financial abuse.

Help Lines
See page 29 for more information.

Criminal Injuries Counselling Program
If you are 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 trauma resulting from the crime.

Criminal Injuries Counselling Program
Court Services Division, Victim Services
Department of Justice
Phone: 424-4651
Toll-free: 1-888-470-0773
E-mail: parkerlg@gov.ns.ca

Safety and Fraud Prevention
Protecting Yourself Against Fraud
Anyone can be a victim of fraud. Scam artists take advantage of thousands of Canadians each year, from all walks of life. They may deliberately target seniors and use a variety of ways to reach them, such as telemarketing, online offers, and door-to-door canvassing and sales. Your best defense is your own common sense and knowledge about how to protect yourself. Remember, if it sounds too good to be true, it probably is.

Consider following these tips to avoid being taken advantage of by a scammer.
- Never agree to send someone money so 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, he or she will wait.
- Ask for all offers in writing as well as a callback number and references.
- Don’t be afraid to ask questions, and make sure your questions get 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 adviser.
- Don’t give out personal information about credit cards or bank accounts unless you initiate the call.
- Take notes of every contact you have with a salesperson, including the date and time.
- Always take the time to read the fine print.
These tips have been adapted from brochures printed by Partners Against Fraud and Canadian Securities Administrators.

Partners Against Fraud is a network of representatives from both government and non-government organizations that exists to promote and support the prevention of fraud against consumers and businesses by way of education and public awareness. Members of this group:

- share an interest in raising public awareness about fraud and how to avoid being victimized by fraud
- work together to promote public awareness at key public events and during Fraud Prevention Month
- promote a common message to 'Recognize It. Report It. Stop It.'

**ABCs of Fraud**

This is a fraud-awareness program presented by the Rotary Club of Halifax across mainland Nova Scotia. Presentations are offered free to any meeting or gathering of 12 people or more. It is an educational and interactive mix of information, role-playing demonstrations, and discussions presented to help your members recognize potential frauds and scams in order to learn effective ways to avoid them.

Bill VanGorder
Phone: 454-2267
Toll-free: 1-800-670-0065
E-mail: info@stopfraudns.ca

If you think you have been approached by a telemarketing-fraud firm or feel you may be a victim, call

- your local police service
- the Better Business Bureau of the Maritime Provinces  
  Toll-free: 1-800-422-5413
- PhoneBusters  
  Toll-free: 1-888-495-8501

**Department of Seniors**

The department has many brochures and videos on seniors safety. For more information, call the department at 1-800-670-0065.

**Seniors’ Safety Programs**

Established by the RCMP in Annapolis in 1996, Seniors’ Safety Programs address the safety concerns of seniors by promoting education and awareness about crime prevention, senior abuse and safety and health issues, and by enhancing communication between seniors and police. Seniors’ Safety Programs provide information and referral services to seniors, educational sessions and, most importantly, direct contact with seniors, often through in-home visits by Seniors’ Safety Coordinators.

Since 1996, the number of programs have grown and have been developed not just by RCMP detachments, but also community based groups. RCMP Seniors’ Safety Programs are coordinated by a civilian representative of the RCMP and supervised by the local RCMP detachment. Community Based Seniors’ Safety Programs are run by non-profit boards and work in conjunction with the local police, Crime Prevention Society and a variety of community organizations. These free programs invite you to talk to the Coordinator in your area, at your convenience, about your safety concerns. They are a way for seniors and the local police service/community group to work together to help prevent crime and keep communities safe.
RCMP Seniors’ Safety Programs:
Annapolis County RCMP
Sharon Elliott
Bridgetown, NS
Phone: (902) 665-4481, (902) 825-2000, or (902) 638-8825
E-mail: sharon.elliott@rcmp-grc.gc.ca

Antigonish RCMP
John Pellerin
Phone: (902) 863-6500/
seniors’ cell: (902) 318-0372
E-mail: john.pellerin@rcmp-grc.gc.ca

Cole Harbour RCMP
Agnes Elms
Phone: (902) 435-0106

Digby RCMP
Dawn Thomas
Phone: (902) 245-2579
E-mail: dawn.thomas@rcmp-grc.gc.ca

Enfield RCMP
Betty Woolridge and Faye Peach
Phone: (902) 883-7077

Fall River RCMP
Nancy MacDonald
Phone: (902) 860-4362 or (902) 861-3011
or
Julie Vials
Phone: (902) 861-2165
E-mail: juliev@eastlink.ca

Meteghan RCMP (in English or French)
Hélène Comeau
Phone: (902) 645-2326
E-mail: helene.comeau@rcmp-grc.gc.ca

Queens County RCMP
Linda Wentzell
Milton, NS
Phone: (902) 350-0231

Community Based Seniors Safety Programs:

Bridgewater Senior’s Safety Program
Beth George, Seniors’ Safety Coordinator –
Bridgewater Police Service
45 Exhibition Drive
Bridgewater, Nova Scotia B4V 0A6
Phone: (902) 543-3567
E-mail: bgeorge@bridgewater.ca

Cape Breton Regional Municipality -
Association for Safer Cape Breton Communities
Tom Ripley
Association for Safer Cape Breton Communities
Sydney, Nova Scotia
Phone: (902) 563-1405
E-mail: tom_ripley@cbu.ca

Sarah Farrow, Senior Abuse Coordinator
Phone: (902) 563-5063
E-mail: Senior-abuse-coordinator@hotmail.com

Colchester County - Senior Safety Program,
Truro and Colchester County Nova Scotia
Paula Arsenault, Acting Executive Director
Central Nova Women’s Resource Centre
535 Prince Street
Truro, Nova Scotia B2N 1E8
Phone: (902) 895-4295
E-mail: execdircnwrc@eastlink.ca

Eskasoni Elders Safety
Barry Waldman
Eskasoni Elders Safety
c/o Educational Program Innovations Charity
Society
PO Box 1897
70 Centre Street
North Sydney, Nova Scotia
Phone: (902) 794-7225
E-mail: epic@ns.sympatico.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Squanto Oakley, Elders Safety Coordinator  
PO Box 7606  
Eskasoni, Nova Scotia B1W 1A9  
Phone: (902) 379-3000 Ext. 229  
E-mail: eskasonieldersafety@live.ca

Hants County - Seniors’ Safety Program  
Association of Hants County  
Tracy Gregory  
Phone: (902) 798-8380  
E-mail: seniorssafety@yahoo.ca  
Website: www.seniorssafetyprogram.ca

Kings County Seniors’ Safety Program  
Michelle Parker - Coordinator  
363 Main Street  
Wolfville, NS B4P 1A1  
Phone: (902) 542-3817  
E-mail: michelle@kingsseniorsafety.ca

Pictou County Municipalities Crime Prevention Association  
Seniors’ Safety Program  
Barbara Dewtie - Coordinator  
Phone: (902) 396-3855 Fax (902) 396-1389  
E-mail: crimeprevention@eastlink.ca

RCMP Community Policing  
Many RCMP detachments also have designated community-policing officers who focus on seniors issues as a part of their job. These RCMP members can provide a range of information to seniors and deliver presentations to community groups.

Headquarters “H” Division  
Sergeant In-Charge  
Community Policing  
3139 Oxford Street  
PO Box 2286  
Halifax, NS B3J 3E1  
Phone: (902) 426-7075

Annapolis RCMP  
Cst. Rodena Renaud  
Phone: (902) 665-4481

Antigonish RCMP  
Cst. Jennifer Arnold  
Phone: (902) 863-6500

Bridgewater RCMP  
Cst. Rob James  
Phone: (902) 527-5555 or (902) 521-3332

Cape Breton First Nations  
Cst. Walter Denny  
Phone: (902) 295-0122

Chester RCMP  
Cst. Susan Foote  
Phone: (902) 275-3583

Colchester County RCMP  
Cpl. Addie MacCallum  
Phone: (902) 893-6820

Cole Harbour RCMP  
Cst. Sandy Paris  
Phone: (902) 426-8703 or 225-9316

Cumberland County RCMP  
Cst. Dal Hutchinson  
Phone: (902) 667-3859 or (902) 254-2424

Digby RCMP  
Cst. Darrell McNeil  
Phone: (902) 245-2579

Enfield RCMP  
Cst. Les Kakonyi  
Phone: (902) 883-7077

Halifax District Detachment RCMP  
Cpl. Joe Taplin  
Phone: (902) 490-1497

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Inverness County RCMP  
Phone: (902) 625-2220

Kings County RCMP  
Cst. Blair MacMurtery  
Phone: (902) 679-5555 or (902) 542-2066

Lower Sackville RCMP  
Cst. Curt Wentzell  
Phone: (902) 864-6000

Musquodoboit Harbour RCMP  
Cst. Adam Jackson  
Phone: (902) 889-3300

Queens Detachment RCMP  
Cst. Laura Cormier  
Phone: (902) 354-5721

Sheet Harbour RCMP  
Cpl. Glen O’Halloran  
Phone: (902) 885-2510

Tantallon RCMP  
Cst. Tamu Bracken  
Phone: (902) 826-3100

Windsor Rural RCMP  
Cst. Andy Harris  
Phone: (902) 798-2207

Yarmouth RCMP  
Cst. Mark Connell  
Phone: (902) 742-8777

Halifax Regional Police  
Sgt. Scott MacDonald  
Officer In Charge  
Community Response Office  
Community Relations/Crime Prevention  
Seniors’ Safety and Security Program  
Phone: (902) 490-5397  
E-mail: macdons@halifax.ca

Springhill Police Department  
Cst. Doug Williams  
Community Officer  
Phone: (902) 597-3770 or (902) 597-3779  
E-mail: dwilliams@townofspringhill.ns.ca

Safety Home: Alzheimer Wandering Registry
The Alzheimer Society of Canada, in cooperation with the RCMP and local police, offers a program designed to help find a person with Alzheimer’s disease who may become lost and to assist in a safe return home.

After completing the program’s registration form and paying the $35 registration fee, the participant will receive a bracelet, an ID card and a caregiver handbook.

Alzheimer Society of Nova Scotia  
Phone: 422-7961  
Toll-free: 1-800-611-6345  
E-mail: info@alzheimer.ns.ca

Victoria Hall  
Residence for Senior Women since 1860  
Home-like, Comfortable and Caring  
Single Rooms Furnished by Residents  
Reasonable Rates - Guests Welcome  
Information and Tours  
422-3969

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure that seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

Safety Check-In Program

Bridgewater RCMP
Contact: Cst. Robert James
Phone: 527-5555

Lunenburg RCMP
Contact: Cst. Susan Foote
Phone: 275-3583

VON Lunenburg
Phone: 624-1897

Chester RCMP
Phone: 275-3583

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: 421-6387
Sheet Harbour
Phone: 492-1016
Website: www.nwood.ns.ca

VON Security/Reassurance Checks
To find out if this program is available in your area, call your local VON branch for more information. See page 143.

Personal Emergency Response Systems

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, contact the organizations listed below.

Phils Lifeline
Phone: 492-3443; 539-6962; 681-0202; 454-8877
Toll-free: 1-800-387-8120; 1-866-635-1591; 1-800-565-2021; 1-800-565-9135
Website: www.lifeline.ca

Northwood Intouch Personal Emergency Response
Phone: 492-3346
Toll-free: 1-800-461-3346
Website: www.northwoodintouch.com or www.northwoodintouch.ca

Tolerance is the positive and cordial effort to understand another’s beliefs, practices and habits without necessarily sharing or accepting them. —Joshua Liebman
Emergency Medical Information

Vial of Life
The Vial of Life provides emergency medical personnel with vital health information during a home emergency. Information is recorded on a medical form requiring a name, health-card number, doctor’s name and number, people to be contacted in case of an emergency, medical conditions, allergies, and a list of medications taken. The form is then placed in a vial on a shelf in your refrigerator door. A Vial of Life sticker is placed on the outside upper-right-hand or left-hand corner of your fridge to indicate to medical personnel that vital health information is available. The Vial of Life can save valuable time in a home emergency.

Thanks to the efforts of local sponsors, the Vial of Life is now available free of charge in many communities. To find the contact in your area, call the Department of Seniors at 1-800-670-0065.

Medication Reconciliation
When someone comes into a hospital, it is important that medical personnel have an accurate list of the medications he or she is taking. If you have an up-to-date list, doctors, nurses, and pharmacists can make quick and safe decisions about your care.
The list you carry with you should include:
- the name of each medication you are currently taking
- how much of each medication you take each day
- any supplements, natural health products, or alternative therapies you are using
- the name and location of your pharmacy

Your pharmacist can help you make your list and update it whenever you get a new prescription.

**MedicAlert®: Registered Canadian Charity**

MedicAlert gives instant access to a member’s personal and medical information in an emergency situation. Members receive a health record and a choice of medical ID engraved with their medical information, the MedicAlert® 24-hour Emergency Hotline number, and a member ID linked to an electronic MedicAlert health record. MedicAlert identification cannot be purchased in retail outlets. However, application forms can be found in doctor’s offices, clinics, pharmacies, and hospitals or on the MedicAlert website.

Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, ON M2J 5B4
Toll-free: 1-800-668-1507 Monday to Friday, 9 am-5 pm EST
E-mail: medinfo@medicalert.ca
Website: www.medicalert.ca

**Nova Scotia Emergency Management Office (EMO)**

EMO is responsible for ensuring the safety and security of Nova Scotians and their property and the environment by providing 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.

PO Box 2581
Halifax, NS B3J 3N5
Phone: 424-5620
Toll-free: 1-866-424-5620
Website: www.gov.ns.ca/emo

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**Hear what you’ve been missing.**

Call us today to make an appointment for your COMPLIMENTARY hearing test.

- Bear River (902) 742-7349
- Bridgewater (902) 543-0044
- Charlottetown (902) 892-6989
- Clayton Park (902) 445-2814
- Dartmouth (902) 469-8409
- Halifax (902) 429-4180
- Kentville (902) 678-5682
- New Glasgow (902) 755-6620
- Shelburne (902) 543-0044
- Summerside (902) 432-8154
- Truro (902) 895-3277
- Yarmouth (902) 742-7349

1-800-565-5682 | www.islandhearing.com/affiliates

For More Information call **1-800-670-0065**, email **seniors@gov.ns.ca** or visit **www.gov.ns.ca/seniors**
Various government departments and the private sector are involved in providing 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

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<td>Houses, Condominiums, and Apartments</td>
<td>A variety of housing options for seniors are available for purchase or rent in the private market.</td>
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<td>Co-operative Housing</td>
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<td>92</td>
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</tbody>
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* Level 1 care: for those who require 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 corporate housing project provides affordable rental housing. Tenants pay either rent based on their total household income or market rent for the area in which the housing is located. The housing projects are owned and managed by the co-operative members.

Seniors Housing
Seniors Housing provides adequate, affordable rental housing to seniors and individuals in need. This housing is sometimes called senior public housing. The units are located throughout Nova Scotia. The units are self-contained and include a stove, refrigerator, heat, and hot water and some units are designed for those with physical disabilities. Tenants pay rent based on their annual income. To qualify an individual or their spouse must be at least 58 years of age. For further information about seniors housing contact your local housing authority. See the listing of housing authorities on this page.

Seniors Housing - Options
In addition to the traditional rental units, there are two other types of “Senior Housing” - enriched and supportive housing.

- Enriched Housing - Consists of “Seniors Housing” projects that are connected directly to a nursing home. Tenants are able to purchase services (e.g., meals, housekeeping, personal care and medication administration) from the adjoining nursing home. Tenants are placed in enriched based on their need for affordable housing in association with services but they must be capable of independent living. To qualify applicants must meet the eligibility criteria for “Seniors Housing.”

- Supportive Housing - There are two “Seniors Housing” projects – a 23-unit project in Truro and a 17-unit project in Yarmouth – that offer supportive housing. That is, there is a live-in attendant who provides residents with some assistance or referrals. These two projects were created under unique circumstances. For example, the Truro project involved funds provided through an individual's estate. The two housing projects are managed the housing authorities in the Truro and Yarmouth areas.

Housing Authorities
Annapolis Valley Housing Authority
1005 Kentucky Court
New Minas, NS B4N 4N1
Phone: 681-3179
Toll-free: 1-800-441-0447

Cape Breton Island Housing Authority
18 Dolbin Street
PO Box 1372
Sydney, NS B1P 6K3
Phone: 539-8520
Toll-free: 1-800-565-3135

Cobequid Housing Authority
144 Victoria Street East
PO Box 753
Amherst, NS B4H 4B9
Phone: 667-8757
Toll-free: 1-800-934-2445

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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 it to the board. All requests for an appeal can be addressed to the chairperson of the respective housing authority listed above.
Assisted-Living Facilities
These privately owned facilities are designed to meet the needs of independent seniors who require accommodation and access to services such as meals, housekeeping, laundry, care assistance, recreation programs, and fitness facilities. The homes are not licensed to provide care. Accommodation and service fees vary.

**Metro Region**

**The Berkeley**
Gladstone Ridge
Phone: 492-3700
Halifax
Phone: 429-2222
Dartmouth
Phone: 434-9415
Bedford
Phone: 835-6222
Website: www.theberkeley.com

**Carter Senior Care (Dartmouth)**
Phone: 209-1314 or 446-2273
E-mail: cartercare@eastlink.ca

**Country Living Estates (Halifax)**
Phone: 852-2673
E-mail: cle@hfx.eastlink.ca

**Elim Place (Dartmouth)**
Phone: 406-7480
E-mail: elimplace@yahoo.ca
Website: www.elimplace.ca

**Kingswood Residence (Halifax)**
Phone: 835-4998
E-mail: kganski@eastlink.ca

**Melville Heights (Halifax)**
Phone: 477-3313

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Northwood (Halifax)
- Assisted Living
- Special Needs of Deaf Seniors
Phone: 454-3356
Website: www.nwood.ns.ca

Parkland Estates (Halifax)
Phone: 446-8648 or 403-5996
E-mail: smartell@shannex.com

Victoria Hall (Halifax)
Phone: 422-3969
Website: www.victoriahall.ca

Cape Breton Region
Williston House (Sydney)
Phone: 539-5267
Website: www.coveguesthome.com

North Shore Region
Parkland Estates (Truro)
Phone: 843-7275
E-mail: info@parklandestates.com

South Shore Region
Shoreham Village (Chester)
Phone: 275-5631

Valley Region
Gladys M. Manning Retirement Community (Windsor)
Phone: 798-0441
E-mail: info@abschi.com

Kingsway Gardens Retirement Residence (Windsor)
Phone: 798-5075
Toll-free: 1-877-898-2122
E-mail: kingswaygardens@eastlink.ca
Website: www.kingswaygardens.ns.ca

Orchard View Apartments (Berwick)
c/o Grand View Manor
Phone: 538-3118 or 538-1865

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Break the Myth about Eggs & Cholesterol

It’s good to eat eggs!
Some people still think eating eggs increases your cholesterol levels, but that’s a myth. Research has clearly shown that you can eat an egg every day without increasing your heart disease risk! *

Cholesterol in eggs has very little effect on your heart health. Large, long-term studies have shown there is no link between eating eggs and heart disease in healthy men and women.**

A healthy diet protects your heart
The real threat to your health is the amount of saturated and trans fats in your diet. These unhealthy fats increase the “bad” cholesterol in your blood, putting you at risk for heart disease and stroke. Eggs are the perfect choice for a heart-healthy diet. They’re low in calories, low in saturated fat and contain NO trans fat. *Med Sci Monit 2007. ** JAMA 1999.

Visit livingwellwithcholesterol.ca to learn about managing cholesterol.

For your FREE spice recipe card, send your name & mailing address to either info@nsegg.ca OR...

Nova Scotia Egg Producers
P.O. Box 1096
Truro, NS
B2N 5G9

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See www.bathfitter.com/HRTC to find out how you can take advantage of Canada’s Home Renovation Tax Credit (HRTC)
Boarding Homes
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.

Housing Services, Department of Community Services
Housing Services delivers the home repair/adaptation grant and loan programs. Services are provided through regional/district offices. Contact information for the regional/district housing offices can be found on page 98.

Home-Improvement Grants and Loans
The following grant and loan programs are offered through the Nova Scotia Department of Community Services, Housing Services, and are designed to help low-income seniors and families maintain their homes:
- Provincial Housing Emergency Repair Program
- Senior Citizens’ Assistance Program
- Access-A-Home Program
- Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Home Adaptation for Seniors’ Independence
- Parent Apartment Program
- Small Loans Assistance Program

Provincial Housing Emergency Repair Program (PHERP)
PHERP provides grants of up to $5,000 to lower-income homeowners who cannot afford to carry out emergency and health- and safety-related repairs to their homes. The income limit on program eligibility varies depending on the home’s location and household size.

Senior Citizens’ Assistance Program (SCAP)
SCAP provides grants of up to $5,000 to low-income senior homeowners who are at least 65 years of age to carry out necessary health- and safety-related repairs to their homes. The income limit for program eligibility varies depending on the home’s location and household size.

Access-A-Home Program
This program provides grants of up to $5,000 to low to moderate income households who must adapt their homes for wheelchair use. The amount of the grant available depends on the applicant's household income level. The maximum annual income limit for eligibility is $39,000. Also, the applicant must submit valid medical documentation.

Emergency Repair Program (ERP)
Assists low income homeowners in rural areas to carry out urgent health- and safety-related home repairs. 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 program eligibility varies depending on the home’s location and household size.

Residential Rehabilitation Assistance Program – Homeowner RRAP
Provides a forgivable loan of up to $16,000 to help low income homeowners to make repairs so that their homes will meet minimum health and safety standards. The amount of assistance available depends on the cost of the repairs. The income limit for program eligibility varies depending on the home’s location and household size.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Disabled Residential Rehabilitation Assistance Program – RRAP for Individuals with Disabilities**

The program provides assistance to modify homes occupied or intended to be occupied by persons with disabilities. Assistance is available to low-income homeowners and landlords who provide affordable housing to low-income households with disabilities. Maximum assistance available is $16,000 for homeowners and $24,000 per rental unit for landlords. Upon receiving assistance, landlords must agree to limit future rental increases for a period of time. For homeowners, income limit for program eligibility varies depending on the location of the home and household size.

**Home Adaptations for Seniors’ Independence (HASI)**

HASI provides financial assistance of up to $3,500 to modify/adapt the homes of low-income seniors who are at least 65 years of age to enable them to continue to live independently in their own homes. Assistance is available to low income senior homeowners or to landlords who provide affordable rental housing to low income seniors. For homeowners the income limit for program eligibility varies depending on the home’s location and household size. The assistance is a one-time non repayable contribution.

**Provincial Loan and Mortgage Programs**

**Parent Apartment Program (This program involves a repayable loan.)**

Provides low-interest loans to homeowners for additions or renovations to a single detached dwelling to create affordable housing accommodation for senior family members. The maximum loan available is $25,000 and the maximum repayable term is 10 years. The senior or seniors must be 50 years of age with a combined income of $20,000 or less.

**Small Loans Assistance Program (This program involves a repayable loan.)**

Provides low-interest loan assistance to help low to modest income homeowners to undertake home repairs/renovations. The applicant’s gross annual household income must be less than $35,000 and the maximum loan available is $20,000.

For more information or to apply for a home improvement grant or loan contact the regional or district housing office nearest you (listed below) or go to www.gov.ns.ca/coms/.

**Regional/District Housing Offices**

**Cape Breton Regional Office**

Provincial Building
360 Prince Street
Sydney, NS B1P 5L1
Phone: 563-2120
Toll-free: 1-800-567-2135

**Northern Regional Office**

176 Archimedes Street
PO Box 481
New Glasgow, NS B2H 5E5
Phone: 755-5065
Toll-free: 1-800-933-2101

**Amherst District Office**

201-2628 Prince Arthur Street
PO Box 486
Amherst, NS B4H 3Z5
Phone: 667-1161
Toll-free: 1-800-933-2101

**Truro District Office**

60 Lorne Street
Truro, NS B2N 3K3
Phone: 893-5999
Toll-free: 1-866-525-5454

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Home Maintenance, Renovations, and Environmental Assessments

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.
Website: www.gov.ns.ca/energy

Environmental Home Assessment Program
Nova Scotia Environment offers a free program to educate rural residents about proper maintenance of their septic system, water well and heating oil tank. An Environmental Home Assessment helps homeowners protect their families’ health, save money, and protect the environment from the harmful effects of faulty oil tanks, wells and septic systems.
An Environmental Home Assessment includes:
- a water and wastewater assessment of your property;
- a $50 rebate on septic tank pumping;
- a water quality sampling kit;
- water saving devices;
- samples of environmentally friendly cleaners;
- and a home oil tank system checklist.
In addition, seniors with a household income of less than $50,000 may be eligible for up to a $3000 grant to fix their failing septic system. The first step is to call 1-866-500-3427 to make an appointment for your Home Assessment.

Home Safe Living Inc.
At Home Safe Living, we believe that everyone should be able to live safely and comfortably in their own home. We are dedicated to helping seniors and persons with disabilities achieve this goal by providing customized solutions that allow freedom and independence. Our showroom offers a wide range of daily living aids, lift chairs, scooters, walkers, and bathing adaptations, such as bathlifts, walk-in bath and a barrier free shower display.
Home Safe Living Inc.
300 Prince Albert Road, Suite 100
Dartmouth, NS B2Y 4J2
Phone: 404-7233
E-mail: info@homesafeliving.com
Website: 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 the NSHBA, a non-profit organization of independent home builders, renovators, and corporate members. The association works to improve the housing industry.
15A Oland Crescent (Bayers Lake Business Park)
Halifax, NS B3S 1C6
Phone: 450-5554
Toll-free: 1-800-668-2001
E-mail: nshba@nshba.ns.ca
Website: www.nshba.ns.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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<thead>
<tr>
<th>Name</th>
<th>Constituency</th>
<th>MLA</th>
<th>Constituency Office</th>
<th>Ph:</th>
<th>Fax:</th>
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<tbody>
<tr>
<td>Keith Bain</td>
<td></td>
<td>MLA – Victoria–The Lakes</td>
<td>Constituency Office: 1551 Old Route 5</td>
<td>674-0089</td>
<td>674-0191</td>
<td><a href="mailto:keithbainmla@ns.sympatico.ca">keithbainmla@ns.sympatico.ca</a></td>
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<tr>
<td>Sterling Belliveau</td>
<td></td>
<td>MLA – Shelburne</td>
<td>Constituency Offices: P.O. Box 595</td>
<td>637-3200</td>
<td>637-3530</td>
<td><a href="mailto:mlashelburne@eastlink.ca">mlashelburne@eastlink.ca</a></td>
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<tr>
<td>Pam Birdsall</td>
<td></td>
<td>MLA – Lunenburg</td>
<td>Constituency Office: 119 Pelham Street Box 1509</td>
<td>634-9110</td>
<td>634-8489</td>
<td><a href="mailto:pambirdsallmla@bellaliant.com">pambirdsallmla@bellaliant.com</a></td>
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<tr>
<td>Hon. Scott Brison</td>
<td></td>
<td>MP – Kings–Hants</td>
<td>Constituency Office: 360 Main St., Suite 12</td>
<td>542-4010</td>
<td>542-4184</td>
<td><a href="mailto:kings.hants@ns.sympatico.ca">kings.hants@ns.sympatico.ca</a></td>
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<tr>
<td>Hon. Darrell Dexter</td>
<td></td>
<td>MLA – Cole Harbour</td>
<td>Constituency Office: 971 Cole Harbour Rd Cole Harbour, NS</td>
<td>462-5300</td>
<td>462-5306</td>
<td><a href="mailto:ddexter.mla@gmail.com">ddexter.mla@gmail.com</a></td>
</tr>
<tr>
<td>Cecily Clarke</td>
<td></td>
<td>MLA – Cape Breton North</td>
<td>Constituency Office: 176 Commercial St. Suite 12</td>
<td>794-4060</td>
<td>794-1815</td>
<td><a href="mailto:mlaclarke@ns.sympatico.ca">mlaclarke@ns.sympatico.ca</a></td>
</tr>
<tr>
<td>Bill Estabrooks</td>
<td></td>
<td>MLA – Timberlea–Prospect</td>
<td>Constituency Office: BLT Recreation Centre</td>
<td>876-2472</td>
<td>876-2192</td>
<td><a href="mailto:billestabrooks@navnet.net">billestabrooks@navnet.net</a></td>
</tr>
<tr>
<td>Karen Casey</td>
<td></td>
<td>MLA, Colchester North</td>
<td>Constituency Office: 30 Duke Street, Suite 10</td>
<td>893-2180</td>
<td>893-3064</td>
<td><a href="mailto:karencasey@ns.aliantzinc.ca">karencasey@ns.aliantzinc.ca</a></td>
</tr>
<tr>
<td>Vicki Conrad</td>
<td></td>
<td>MLA – Queens</td>
<td>Constituency Office: 43 Carten Street Suite 12</td>
<td>354-5203</td>
<td>354-5247</td>
<td><a href="mailto:vconrad@ns.aliantzinc.ca">vconrad@ns.aliantzinc.ca</a></td>
</tr>
<tr>
<td>Frank Corbett</td>
<td></td>
<td>MLA – Cape Breton Centre</td>
<td>Constituency Office: 3397 Plummer Ave. Box 1</td>
<td>862-9550</td>
<td>862-9501</td>
<td><a href="mailto:frankmla@ns.sympatico.ca">frankmla@ns.sympatico.ca</a></td>
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<td>637-3200</td>
<td>637-3530</td>
<td><a href="mailto:mlashelburne@eastlink.ca">mlashelburne@eastlink.ca</a></td>
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<td>Gordie Gosse</td>
<td></td>
<td>MLA – Cape Breton Nova</td>
<td>Constituency Office: 758 Victoria Road Sydney, NS</td>
<td>564-9161</td>
<td>564-9975</td>
<td><a href="mailto:gordiegosse@ns.aliantzinc.ca">gordiegosse@ns.aliantzinc.ca</a></td>
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Toll Free (NS): 1-888-585-0550
Toll free: 1-877-582-0277
Toll Free (NS): 1-877-634-9110
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<tr>
<td>Hon. Richard Hurlburt</td>
<td>Yarmouth</td>
<td>Lovitt Plaza, 368 Main Street, Yarmouth, NS</td>
<td>742-8120</td>
<td>742-8157</td>
<td><a href="mailto:rhurlburt@ns.aliantzinc.ca">rhurlburt@ns.aliantzinc.ca</a></td>
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<tr>
<td>Ramona Jennex</td>
<td>Kings South</td>
<td>8985 Commerical Street, Suite 2, New Minas, NS</td>
<td>681-3741</td>
<td>681-6261</td>
<td><a href="mailto:ramonajennexmla@bellaliant.com">ramonajennexmla@bellaliant.com</a></td>
</tr>
<tr>
<td>Gerald Keddy</td>
<td>South Shore–St. Margaret’s</td>
<td>129 Aberdeen Rd., Suite 201, Bridgewater, NS</td>
<td>527-5655</td>
<td>527-5656</td>
<td><a href="mailto:kedyg@ns.sympatico.ca">kedyg@ns.sympatico.ca</a></td>
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<tr>
<td>Becky Kent</td>
<td>Cole Harbour–Eastern Passage</td>
<td>1515A Main Rd, PO BOX 152, Eastern Passage, NS</td>
<td>465-3180</td>
<td>465-3179</td>
<td><a href="mailto:kentbj@gov.ns.ca">kentbj@gov.ns.ca</a></td>
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<tr>
<td>Ross Landry</td>
<td>Pictou Centre</td>
<td>115 MacLean Street, New Glasgow, NS</td>
<td>752-7677</td>
<td>752-7922</td>
<td><a href="mailto:pictoucentremla@rosslandry.ca">pictoucentremla@rosslandry.ca</a></td>
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<td>Maureen MacDonald</td>
<td>Halifax Needham</td>
<td>3115 Velth Street, Halifax, NS</td>
<td>455-2926</td>
<td>455-3929</td>
<td><a href="mailto:mmacdonald@navnet.net">mmacdonald@navnet.net</a></td>
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<td>John MacDonell</td>
<td>Hants East</td>
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<td>883-7308</td>
<td>883-7627</td>
<td><a href="mailto:john.macdonell@ns.sympatico.ca">john.macdonell@ns.sympatico.ca</a></td>
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<td>Jim Morton</td>
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<td>678-6880</td>
<td>678-6945</td>
<td><a href="mailto:jimmorton@kingsnorthmla.ca">jimmorton@kingsnorthmla.ca</a></td>
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<tr>
<td>Percy Paris</td>
<td>Waverley – Fall River-Beaver Bank</td>
<td>273 Windsor Junction Road, Windsor Junction, NS</td>
<td>860-4004</td>
<td>860-0197</td>
<td><a href="mailto:percy@percyparis.ca">percy@percyparis.ca</a></td>
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<tr>
<td>Charlie Parker</td>
<td>Pictou West</td>
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<td>485-4550</td>
<td>485-7088</td>
<td><a href="mailto:charlieparkermla@ns.aliantzinc.ca">charlieparkermla@ns.aliantzinc.ca</a></td>
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<td>Denise Peterson-Rafuse</td>
<td>Chester–St. Margaret’s</td>
<td>213-9977 St. Margaret’s Bay Rd, RR2, Hubbards, NS</td>
<td>857-3378</td>
<td>857-3386</td>
<td><a href="mailto:denisepetersmla@bellaliant.com">denisepetersmla@bellaliant.com</a></td>
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<tr>
<td>Chuck Porter</td>
<td>Hants West</td>
<td>PO Box 3873, 58 Gerrish Street, Windsor, NS</td>
<td>798-5779</td>
<td>798-4093</td>
<td><a href="mailto:chuck@chuckporter.ca">chuck@chuckporter.ca</a></td>
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<td>Name</td>
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</tbody>
</table>
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                      | Ph: 889-2112  | Fx: 889-3190  | Email: sidprest.mla@ns.aliantzinc.ca |                       |
| Gary Ramey               | MLA – Lunenburg West | Constituency Office: 410 King St., Bridgewater, NS B4V 1B1, 
                      | Ph: 530-8080 | Fx: 530-8081  | Email: gary.ramey.mla@eastlink.ca |                       |
| Michele Raymond          | MLA – Halifax Atlantic | Constituency Office: 47 Williams Lake Rd, 
                              | Ph: 477-4100 | Fx: 477-4810  | Email: mhraymondmla@eastlink.ca |                       |
| Hon. Geoff Regan         | MP – Halifax West | Constituency Office: 1496 Bedford Highway, Suite 222, 
                              | Ph: 426-2217 | Fx: 426-8339  | Email: geoff@geoffregan.ca, www.geoffregan.ca |                       |
| Kelly Regan              | MLA, Bedford-Birch Cove | Constituency Office: 1550 Bedford Highway, Suite 555, 
                              | Ph: 407-3777 | Fx: 407-3779  | E-mail: kelly@kellyregan.ca, www.kellyregan.ca |                       |
| Murray Scott             | MLA – Cumberland South | Constituency Office: 6 McFarlane Street, 
                              | Ph: 597-1998 | Fx: 597-8080  | Email: murrayscottmla@eastlink.ca |                       |
| Brian Skabar             | MLA – Cumberland North | Constituency Office: 30 1/2 Church St., 
                              | Ph: 667-9812 | Fx: 667-9811  | Email: office@brianskabarmla.ca |                       |
| Harold (Junior) Theriault| MLA – Digby–Annapolis | Constituency Office: 310 Conway Ave., PO Box 1038, 
                              | Ph: 245-2991 | Fx: 245-6853  | Email: junior@ns.aliantzinc.ca |                       |
| David A. Wilson          | MLA – Sackville–Cobequid | Constituency Office: 51 Cobequid Road, 
                              | Ph: 864-0396 | Fx: 864-8409  | Email: davidawilsonmla@eastlink.ca |                       |
| Lenore Zann              | MLA Truro – Bible Hill | The BMO Building, Suite 212, 
                              | Ph: 897-ZANN (9266) | Fx: 897-1841 | Email: lenorezannmla@bellaliant.com |                       |
| Trevor Zinck             | MLA – Dartmouth North | Constituency Office: 102 Albro Lake Road, 
                              | Ph: 461-0181 | Fx: 461-0775  | Email: tzinck@ns.aliantzinc.ca |                       |
Provincial Health Services

Nova Scotia’s Health-Care System

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-care system is comprised of the Department of Health, the Department of Health Promotion and Protection, nine district health authorities, 37 community health boards, and the IWK Health Centre. Each organization has an important role to play in planning for and delivering health-care services to Nova Scotians.

Nova Scotia Department of Health Promotion and Protection

The Department of Health Promotion and Protection brings together Nova Scotia Health Promotion, Public Health, and the work of the provincial medical officers. By bringing together experts in promotion, prevention, and protection, the government is taking steps to create a healthier and safer Nova Scotia. This department is responsible for population health assessment and monitoring; chronic-disease and injury prevention; healthy development; communicable-disease prevention and control; emergency preparedness; addictions; physical activity, sport, and recreation; environmental health; and volunteerism.

TIPS

In 2007, major cardiovascular diseases and cancer were the leading causes of death for elderly Nova Scotians.

Nova Scotia Department of Health Promotion and Protection
PO Box 487
Halifax, NS B3J 2R7
Phone: 424-4807
Toll-free: 1-866-231-3882
E-mail: healthpromotion@gov.ns.ca

Nova Scotia Department of Health

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.

District Health Authorities and Community Health Boards

District Health Authorities (DHAs)

Within Nova Scotia, nine DHAs 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 that oversees the delivery of health services within its community. The Department of Health provides operational funding to the DHAs. They work with community health boards, foundations, auxiliaries, volunteers, and other partners in health to meet the health needs of communities.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Community Health Boards (CHBs)
Within Nova Scotia, the CHBs work to assess local health needs and develop community health plans, which identify ways to improve the overall health of the community. CHBs 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. CHBs 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 DHAs.

South Shore Health
Serving Lunenburg and Queens counties
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
Phone: 527-5260
E-mail: info@ssdha.nshealth.ca
Website: www.ssdha.nshealth.ca

South West Health
Serving Shelburne, Yarmouth, and Digby counties
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
Phone: 742-3541
E-mail: bjohnson@swndha.nshealth.ca
Website: www.swndha.nshealth.ca

Annapolis Valley Health
Serving Annapolis and Kings counties
AVH-Chipman
15 Chipman Drive
Kentville, NS B4N 3V7
Phone: 538-3431
Website: www.avdha.nshealth.ca
AVH Seniors LINCS Program
Phone: 825-6310

Colchester East Hants Health Authority
Serving Colchester County and most of the Municipality of East Hants
207 Willow Street
Truro, NS B2N 5A1
Phone: 893-5554 (auto attendant) and 893-4321 (switchboard)
Website: www.ceeha.nshealth.ca

Cumberland Health Authority
Serving Cumberland County
34 Prince Arthur Street
Amherst, NS B4H 1V6
Phone: 661-1090
Website: www.cha.nshealth.ca

Pictou County Health Authority
Serving Pictou County
Aberdeen Hospital
835 East River Road
New Glasgow, NS B2H 3S6
Phone: 752-7600
Website: www.pcha.nshealth.ca

Guysborough Antigonish Strait Health Authority
Serving Antigonish, Guysborough, and Richmond counties and the southern portion of Inverness County
St. Martha’s Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5
Phone: 867-4273
Website: www.gasha.nshealth.ca

Cape Breton District Health Authority
Serving Cape Breton, Victoria, and Inverness counties
Cape Breton Regional Hospital
1482 George Street
Sydney, NS BIP 1P3
Phone: 567-7802
Website: www.cbdha.nshealth.ca
Some people are not eligible for insurance coverage in Nova Scotia, as they are covered by other health-insurance plans. These people include regular members of the RCMP and the Canadian Forces, students from other provinces, and inmates of federal penitentiaries. Tourists and visitors to the province are also not eligible.

People moving to Nova Scotia from elsewhere in Canada may 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 would continue to receive coverage from their former province of residence. It is their responsibility to contact that province to ensure that their coverage is continued.

People from outside Canada who are establishing permanent residence in Nova Scotia may apply for coverage. Contact the MSI office for details.

Registration
You can register through the MSI office by phone or in person.

Nova Scotia Health Cards
After your application has been processed, each member of your family will receive a Nova Scotia Health Card that must be presented whenever insured services are required. Carry your signed health card with you at all times.

Lost or Stolen Cards
There is a $10 charge to replace a lost or stolen health 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 that MSI has your most up-to-date contact information and mailing address. If your address changes, you should contact MSI.
Ambulance Services

You are highly advised to call for an 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 Nova Scotia is strongly advised to purchase travel insurance to cover ambulance fees incurred in other provinces/countries.

Ambulance Fees

Payment plans are available for 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, provided that you are a resident of Nova Scotia with a valid MSI card.

$134.52: This fee applies to an individual who is transported from an incident location to an approved facility, provided that he or she has a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to his or her place of residence, with a physician’s approval.

$168.14: This fee applies to a mobility-challenged patient whose transport either begins or ends at his or her 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.

$672.57: This fee 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.

$1,008.84: This fee applies to all non-interfacility transports for non-Nova Scotia Canadian citizens.

$1,008.84: This fee 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 EHS Billing Office to set up a payment plan that will allow you to pay the invoice over time, interest free, until it has been paid in full.

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 issue cannot be resolved by the billing administrator, you can make a formal appeal. Appeal packages can be obtained through the billing department at the numbers listed below.

EHS Billing Office
Phone: 832-8337
Toll-free: 1-888-280-8884
Website: www.gov.ns.ca/health/
HealthLink 811 – 24-Hour Health Information and Advice

HealthLink 811 gives you access to non-emergency health information and advice. Registered nurses will give you the information you need to help you decide what care you need and to provide reassurance regarding all kinds of general health issues and questions. Advice and information may include a recommendation to see your doctor or visit your local emergency department. You can also get the answers to health questions and concerns. Nurses can also provide you with information about services that are available in your community.

Some examples of when to call HealthLink 811 include:
- You have a question about a health issue;
- You want to know if a rash needs medical attention;
- You need to know if a hot or cold compress is better on a sprain; or
- You want to know what resources are available in your community to provide help with special diets, nutrition planning or how to quit smoking.

If you or a family member does not speak English, HealthLink 811 can provide services in French and many other languages. Services in other languages are offered through a third party interpretation service and include, but are not limited to, Arabic, Farsi, and Cantonese. Reliable information about health topics that interest you is also available online.

Dial 8-1-1 in Nova Scotia.
If you are hearing-impaired, you can dial 7-1-1 (TTY).
Online at: www.NSHealthLink811.ca

Nova Scotia Seniors’ Pharmacare Program

The Program
The Nova Scotia Seniors’ Pharmacare Program is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs.

What’s New
Effective April 1, 2009, the copayment you would pay for each prescription has been lowered to 30% from the previous 33% [Please refer to question 11 (Q11) for more information].

Q1. Who is eligible?
You are eligible to join the program if you:
- are a permanent resident of Nova Scotia;
- have a valid Nova Scotia Health Card (If you are a new resident of Nova Scotia, must apply for a Nova Scotia Health Card before applying to the Program);
- are at least 65 years old; and
- do not have coverage through Veterans Affairs Canada, Non-Insured Health Benefits, Nova Scotia Family Pharmacare, or any other public or private plan that covers most of your medications and supplies after age 65.

Q2. How does the Program work?
If you join the Seniors’ Pharmacare Program, your coverage will start on the first day of the month of your 65th birthday. When you take your prescriptions to the pharmacy, you must show your Nova Scotia Health Card. The part of the prescription cost that is covered by the Seniors’ Pharmacare Program is billed directly to the Program.

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old. –James A. Garfield

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Q3. **What is covered?**

The Nova Scotia Seniors’ Pharmacare Program pays for certain prescribed drugs, supplies, and related services dispensed by pharmacies in Nova Scotia. Drugs and supplies covered by the program are listed in the Nova Scotia Formulary. A committee of experts keeps the list up-to-date based on the latest evidence.

For some drugs, your prescriber will need to get special approval from the Seniors’ Pharmacare Program to have the drug covered. Our customer service representatives, your prescriber, or your pharmacist can answer questions about this process. You can also get this information online at: www.gov.ns.ca/health/pharmacare/benefitsfaq.asp

Q4. **How do I enroll?**

If you are a Nova Scotia resident, you will receive a Seniors’ Pharmacare Program information package two to three months before you turn age 65. If you wish to join the program, you must return the completed application form within 90 days of the first day of the month of your 65th birthday.

If you just moved to Nova Scotia, you have to apply for and receive a Nova Scotia Health Card before you can apply to the Seniors’ Pharmacare Program.

Q5. **What if I do not apply when I am eligible?**

If you do not apply for the Seniors’ Pharmacare Program coverage within 90 days of the first day of the month of your 65th birthday; or if you decide to leave the program for any reason and decide to join again later, you may have to pay a late entry penalty. This means you:

- must wait 90 days for your coverage to start once you are accepted into the Seniors’ Pharmacare Program; and
- must pay one and a half times the premium for your coverage for five (5) years.

As a new resident to Nova Scotia, you will not be charged the late entry penalty if you are applying to the Program after turning age 65.

Q6. **What if I have private or other public drug coverage?**

If you have private or other public drug coverage, you are not eligible to join the Seniors’ Pharmacare Program. However, if your coverage ends for any reason, you can join the Seniors’ Pharmacare Program without having to pay the late entry penalty. To ensure that you are not charged a late penalty, you must provide proof that you had other drug coverage since turning age 65. To learn more about what you need in this situation, please call 429-6565 or toll free 1-800-544-6191.

**NOTE:** Even though you may have other drug insurance, you can have certain costs reimbursed through the Seniors’ Pharmacare Program. If you paid copayments to your drug insurance that add up to more than the total cost of the maximum premium ($424) and the annual maximum copayment ($382) in the Seniors’ Pharmacare Program, you can apply to have the difference reimbursed. You do not have to be enrolled in the Seniors’ Pharmacare Program to be reimbursed for those costs.

To be reimbursed, you must send the original receipts, or a statement confirming your prescription receipts from your insurance plan, to the Seniors’ Pharmacare Program. Please include your name, health card number, phone number, and address so that your reimbursement can be processed as quickly as possible. For more information on how to apply for reimbursements, please call 429-6565 or toll free 1-800-544-6191.
Q7. What does the Program cost me?
Seniors contribute to the Seniors’ Pharmacare Program in two ways – through a “premium” and a “copayment”.

The premium is the fee you must pay each year to join the Seniors’ Pharmacare Program. Some seniors may have their premium reduced or waived entirely depending on their income level, or if they receive the Guaranteed Income Supplement (GIS).

The “copayment” is the portion of the prescription cost that you must pay each time you have a prescription filled at the pharmacy.

Note: Some private insurance companies reduce coverage for people once they turn age 65. Please check with your private drug plan to see if your coverage has been reduced to help you make the decision that is right for you.

Q8. How much premium do I have to pay?
When you enroll in the Seniors’ Pharmacare Program, your premium is calculated based on your income and the number of months remaining in the program year (April 01 – March 31). Currently, the maximum annual premium a senior would pay is $424.

If you receive the Guaranteed Income Supplement (GIS), you still have to pay the copayment [Refer to question 11 (Q11) for more information], but you do not have to pay a premium unless you have an outstanding balance from the previous year (An outstanding balance would appear on your Seniors’ Pharmacare Program statement). You must provide confirmation that you receive the GIS and sign the Authorization for Release of Guaranteed Income Supplement (GIS) Information Form. The form is available on our website (www.nspharmacare.ca) or by calling 429-6565 or toll free 1-800-544-6191.

If you are single and your income is below $18,000; or, if your income and your spouse’s income add up to less than $21,000, you still have to pay the copayment [Refer to question 11 (Q11) for more information], but you do not have to pay a premium. Also, you may qualify for a reduced premium if you are single and your annual income is less than $24,000; or, if your income and your spouse’s annual income add up to less than $28,000. Your eligibility for a reduced premium will automatically be determined when the Seniors’ Pharmacare Program verifies your income with the Canada Revenue Agency.

Q9. How can I pay my premium?
There are three ways to pay your premium:
1. Yearly payment can be made by cheque, electronic funds withdrawal from your bank account, Visa, or MasterCard.
2. Quarterly payments (every three months) can be made by electronic funds withdrawal from your bank account.
3. Monthly payments can be made by electronic funds withdrawal from your bank account.

Q10. Can my premium be reimbursed, if requested?
If a senior moves out of the province or dies, premiums will be refunded for any full months prepaid by the senior. The Seniors’ Pharmacare Program must be notified in writing within one year of the senior’s death or relocation for you to receive a refund.

Q11. How much copayment do I have to pay?
The copayment is the portion of the cost you must pay toward your prescriptions. You are required to pay 30% of the total cost of each prescription as a copayment. Currently, the maximum copayment a senior would pay in the program year is capped at $382. Once your copayments reach a total of $382 for the year, the Seniors’ Pharmacare Program will pay the full...
cost of your prescriptions that are covered under the program until the end of the program year, which is March 31.

Sometimes, you may have to pay more than the $382 annual maximum copayment. This could happen when:
- you want the brand name drug which is more expensive than the generic; or
- the drug or supply you are prescribed costs more than the maximum amount the Seniors’ Pharmacare Program will pay; or
- the drug you are prescribed is not covered by the Seniors’ Pharmacare Program. In this case, you would be responsible for the entire cost of the prescription.

In these situations, you may want to talk to the person who prescribed the medication or to your pharmacist about alternative medications that are fully covered under the Seniors’ Pharmacare Program.

Note: The additional amount you pay for these prescriptions does not count toward reaching your annual maximum copayment.

You can contact the Seniors’ Pharmacare Program to get your copayment balance anytime during the year by calling 429-6565 or toll free 1-800-544-6191.

Q12. How can I pay my copayment?
Seniors have the option to pay the 30% copayment on every prescription to the pharmacy at the time of purchase; or, to pay the $382 annual maximum copayment directly to the Seniors’ Pharmacare Program.

If you do not pay a premium and you wish to pay the $382 annual maximum copayment directly to the Seniors’ Pharmacare Program, you must complete the Copayment Options Form to indicate your payment method and schedule. If you pay a premium under the Program, you must also complete the Copayment Options Form and you must use the same payment method as you use to pay your premiums. For example, if you pay your premiums on a monthly basis, you must pay your copayments on a monthly basis. The Copayment Options Form is available on our website (www.nspharmacare.ca) or by calling 429-6565 or toll free 1-800-544-6191.

Note: If you choose to pay the annual maximum copayment of $382 for the Program year, you will not be reimbursed any portion of the $382 that you do not use in the year. You should review your prescription costs from last year to help choose the option that works best for you.

Q13. What if I have to pay for a prescription?
If you forget your Nova Scotia Health Card, you will have to pay for the prescription at the pharmacy. You can get reimbursed for the portion the Seniors’ Pharmacare Program would have paid. To do this, you must send the original receipt to the Seniors’ Pharmacare Program within six months of the date of the purchase. If received after six months, receipts will not be considered for reimbursement. To avoid processing delays, ensure you include your name, address, phone number, and Nova Scotia Health Card number.

Claiming Premiums and Copayments on Your Income Tax Return
Program premiums and copayments are considered medical expenses for taxation purposes. For more information, please contact Canada Revenue Agency at 1-800-959-8281. Tax receipts for the previous calendar year are sent to seniors in January.
**Annual Registration Renewal**
You must renew your coverage by April 1st of each year. In February or March, you will receive an information package from the Seniors’ Pharmacare Program regarding renewal of your coverage.

**Travelling Outside Nova Scotia**
Be sure to take enough medication and supplies for your trip, plus extra in case of delays. Prescriptions filled at a pharmacy outside Nova Scotia, but inside Canada, will be reimbursed in medical emergencies only. There is no reimbursement, emergency or otherwise, for prescriptions filled outside Canada. We recommend that you purchase health insurance before you depart on your trip.

For more information, please contact:

**By Mail**
Nova Scotia Seniors’ Pharmacare Program
Nova Scotia Pharmacare Programs
PO Box 9322, Halifax, NS B3K 6A1

**In Person**
Nova Scotia Seniors’ Pharmacare Program
Nova Scotia Pharmacare Programs
230 Brownlow Avenue, Dartmouth, NS

**By Phone**
Metro Halifax: 429-6565
Toll Free: 1-800-544-6191

**By Internet**
www.nspharmacare.ca

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**Health Card Questions**
Medical Services Insurance
PO Box 500
Halifax, NS B3J 2S1
Telephone: 496-7008
Toll Free: 1-800-563-8880
www.gov.ns.ca/health/msi

**Income Tax Notice of Assessment**
Canada Revenue Agency
Tax Centre
PO Box 12077, Station A
St. John’s, NL A1B 3Z2
Toll Free: 1-800-959-8281
www.cra-arc.gc.ca

**Private Health Insurance**

Private health-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 lists local health-insurance providers under the heading of Insurance, Life and Health.

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**Guaranteed Income Supplement (GIS)**
Human Resources and Social Development Canada
Toll Free: 1-800-277-9914

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**Orchard View Apartments**

Assisted Living Complex • Adjoining Grand View Manor

Large one & two Bedroom Units Rent Includes: Daily Meal, Weekly Housekeeping, Emergency Power and Utilities. Optional Services available 24/7 Include: Personal Care, Bathing, Medication Management, Emergency Call Pendants and Laundry.

(902) 538-3118 • 110 Commercial St., Berwick, NS

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
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:

- Home Care
- Self-Managed Care
- Facility-Based Respite Care
- Long-Term Care (such as a nursing home or a residential-care facility)
- Adult Protection Services

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 are 8:30 am–4:30 pm seven days a week.

Toll-free: 1-800-225-7225

Home Care

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 is safely possible. Home Care services are provided to individuals who meet the 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; it 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 link clients 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 must meet standards for training and competency set by the Continuing Care branch of the Department of Health 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, portable oxygen cylinders, and related supplies to individuals who require long-term oxygen therapy and who meet the program and medical eligibility requirements.

**Assessment Process**
If you require an assessment for Home Care, a care coordinator employed by Continuing Care 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 Home Care 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, the care coordinator may assist you with the process for placement in a home that will best meet your needs.

**Client Fees**
Depending on their 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 cost 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 he or she falls into. Below 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 the 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 $10.88 an hour fee for supportive care services, a $65.30 monthly fee for oxygen, and a maximum fee amount of $108.83 a 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 $10.88 an hour fee for supportive care services, a $130.60 monthly fee for oxygen, and a maximum fee amount of $217.66 a month for all Home Care services received. If there are two people in the family, the hourly rate for supportive services is $10.88, the monthly oxygen fee is $65.30, and the maximum fee amount is $108.83 a month for all Home Care services.

$43,824 to $50,075
If you are single, there is a $10.88 an hour fee for supportive care services, $195.89 monthly fee for oxygen, and a maximum fee amount of $326.49 a month for all Home Care services received. If there are two people in the family, the hourly rate for supportive care services is $10.88, the monthly oxygen fee is $130.60, and the maximum fee amount is $217.66 a month for all Home Care services.

Cancelled-Visit Fee
For Home Care clients who are not available for a scheduled home-support visit and who do not provide a 24-hour notice of cancellation, there will be a fee of up to $54.42 charged for each missed visit. The fee may be waived under special circumstances.

Self-Managed Care
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. Registered professional health services, like nursing, continue to be provided directly through Continuing Care’s Home Care services. People accessing Self-Managed Care may also be subject to the Home Care fee schedule outlined above.

DID YOU KNOW?
Glaucoma is the leading cause of blindness. Impaired vision is sometimes the first sign of glaucoma, but symptoms can also include eye pain, clouded or haloed vision, red eyes, headaches, and nausea. Frequent, routine eye examinations are the best way to detect glaucoma.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Caregiver’s Allowance
The Caregiver Allowance recognizes the important role of caregivers in their efforts to assist loved ones and friends.

The program is targeted to low income care recipients who have a high level of disability or impairment as determined by a home care assessment. If the caregiver and the care recipient both qualify for the program, the caregiver will receive the Caregiver Allowance of $400 per month.

Please call 1-800-225-7225 to apply for the Caregiver Allowance. If you are already receiving Continuing Care services, contact your Continuing Care Coordinator.

If you are unable to immediately access the 1-800-225-7225, please try again. For those who leave recorded messages, staff will return all calls as soon as possible.

Facility-Based Respite Care
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, 2009, the provincial standard daily respite charge is $30.90. There is a cap of 60 days a year for respite clients, which helps to ensure 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.

Long-Term Care
If your care needs exceed what Home Care can provide, Continuing Care 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 fall under the following categories:

- Residential-care facility (RCF) or community-based options (CBO): 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 levels 1 and 2 care relate 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:

DID YOU KNOW? At age 50+, more than ever, an ounce of prevention is worth a pound of cure. Stay on top of all regular checkups, get your flu shot every year, eat healthy and keep up with your dental care.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Nursing homes:** These facilities are licensed to provide accommodation and primarily level 2 care. There are 80 nursing homes with a combined total of 6,257 beds. The homes are licensed and regularly inspected by the Department of Health.

All individuals requiring this level of care can 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, supervision, and personal care for four or more people. There are 33 facilities with a combined total of 778 beds. The facilities are regulated and regularly inspected by the Department of Health. Individuals requiring this level of care can 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 that are licensed by the Department of Health operate outside of the Department of Health's single-entry access system for Continuing Care services. To access these 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 care similar to that provided in residential-care facilities but for one to three people. Approved homes are inspected by the Department of Health and must follow the Interim Guidelines for Community-Based Options. Individuals requiring this level of care can apply through the Department of Health's single-entry access system for Continuing Care services by calling 1-800-225-7225.

**Licensing, Standards, and Quality of Care**
Questions or concerns about the licensing, standards, and quality of Continuing Care services (Home Care and Long-Term Care) should be directed to the Monitoring and Evaluation branch of the Department of Health.

Monitoring and Evaluation, Continuing Care Department of Health
PO Box 488
Halifax, NS B3J 2R8
Phone: 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 at 1-800-225-7225. Website: www.gov.ns.ca/health/ccs

**Application/Assessment Process**
Contact the Continuing Care toll-free line (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, you and 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.

**TIPS**
Canada’s Food Guide suggests adults age 50+ take a daily vitamin D supplement. Talk to your doctor, registered dietitian or pharmacist before taking any other supplements since they may interfere with some medications.
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 type 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 your care level decision date. The department’s eligibility authority decides each case based on an individual’s needs, the legislation (the Social Assistance Act, Adult Protection Act, and Homes for Special Care Act), and 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 would prefer to live. The nursing home you select could be in a community anywhere within 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 the care level decision is made by the Department of Health. The Department of Health coordinates the waiting list chronologically by that date.

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 placement 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 and 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. If you are placed in a facility that was not your first choice, your name will remain on the waiting list until you reach your preferred facility.
Waiting for Admission from Hospital
If you are in a hospital and the doctors have said you are ready to leave for a long-term care home, you will be offered admission to the first available home within a 100-kilometre (60-mile) driving distance of the community in which 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 that 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 becomes available 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.

Fees for Long-Term Care
Effective January 1, 2005, the Department of Health began fully covering the health-care component of 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, 2009:

Nursing homes: standard accommodation charge of $94.75 a day
Residential-care facilities: standard accommodation charge of $54.50 a day
Community-based option: standard accommodation charge of $48.00 a day

There is no additional fee for private rooms. Individuals who cannot pay the standard accommodation charge can apply to have their charge 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 his or her net income. Net income is derived from line 236 (net income) minus line 118.
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 financial-assessment process. If you are applying for a reduction to the standard accommodation charge, you will be asked about your income and required to sign consent forms that will allow the financial-assessment review officers from the Department of Health to verify your 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.

Note: Everyone who applies to a nursing home must complete a financial application.

**Splitting Income between an Applicant and His or Her Spouse**

The income belonging to you and your spouse will be evenly divided between the two of you. If after the 50-50 income split your spouse has an assessed income that falls below the designated Spousal Income Threshold ($16,974 a year, effective November 1, 2009), 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 $2,760 a year.

**Financial-Assessment Appeal Process**

If you disagree with the decision regarding your authorized accommodation charge, you can request a review. This is done by filling out the Review Request Form attached to the Notice of Authorized Charge letter sent to you 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 and 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 in which it makes sure that all of 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, based on the accommodation charge authorized by the Department of Health. Residents who cannot afford to pay the standard accommodation charge retain the greater of either $221 a month or 15 per cent of their assessed annual income. Of course, residents also retain all of their assets. The resident uses assets and retained income to cover items of personal need (e.g., Pharmacare copayments, clothes) and personal enjoyment (e.g., hairdressing, subscriptions). The resident has full control over the use and management of his or her retained income and assets.

**TIPS**

Hold the salt! As we age our senses of taste and smell diminish and we may be inclined to season food more heavily than before. Seniors need less salt than younger people.

**PROGRAMS FOR POSITIVE AGING / PROVINCIAL HEALTH SERVICES**

**Alzheimer’s, Palliative and Post Op Care**

24 hrs service – 7 days a week

A service provider for Blue Cross, Veterans Affair, WCB & Most Major Ins. Co.

Phone: 832-9158
powers@phg.ns.ca
Fax: 835-3051
www.phg.ns.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Adult Protection Services
The Adult Protection Act in Nova Scotia protects physically or mentally vulnerable adults (aged 16 or over) from abuse, neglect, or self-neglect. If you know an adult who is in need of protection, call the Department of Health at 1-800-225-7225. All Nova Scotians have a legal responsibility to report suspected cases of abuse or neglect against vulnerable adults. Adult Protection workers have the authority to intervene and offer services to help those in need of protection to live safely. For more information on Adult Protection Services, see the fact sheet at http://www.gov.ns.ca/health/ccs/Adult_protection/AP_Fact_Sheet.pdf

Vulnerable Adults
Individuals can be 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 would 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 who is 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 then provide services to help.

Financial Abuse
If financial abuse occurs at the same time as other forms of abuse, Adult Protection workers may be able to intervene and offer services to help those in need of protection. In cases in which the situation only involves financial abuse, Adult Protection workers can refer individuals to an authority that can help safeguard their financial interests.

Senior Abuse
For more information on senior abuse, see page 82.

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

Protection of Persons in Care
New legislation in Nova Scotia serves to protect all individuals in health facilities that are licensed under the Departments of Health or Community Services. These include nursing homes and residential-care facilities, hospitals, and homes for the aged or disabled people. You can report known or suspected cases of abuse in these facilities to the Protection of Persons in Care office at the Department of Health at 1-800-225-7225.

TIPS
If you’re not hungry because most food tastes too bland, try these natural, good-for-you flavor enhancers: olive oil, vinegars, garlic, onions, spices, including cinnamon, cloves, ginger, turmeric (which also aid digestion).
Addiction Services

This service provides prevention, treatment, and rehabilitation services for individuals (and their families) with alcohol, drug, gambling, and tobacco problems.

For more information, visit www.addictionservices.ns.ca/ or contact one of the district offices listed below.

**Capital District Health Authority**
Serving the Halifax Regional Municipality, West Hants, and Mount Uniacke
Phone: 424-8866 (Central Intake Line)
Toll-free: 1-866-340-6700
Cape Breton District and Guysborough Antigonish Strait Health Authorities
Serving Cape Breton Island, Antigonish, and Guysborough counties
Phone: 563-2590
Toll-free: 1-888-291-3535

**Pictou County Health Authority, Cumberland Health Authority, and Colchester East Hants Health Authority**
Serving Pictou, New Glasgow, Amherst, Springhill, Truro and Elmsdale areas
Pictou: 485-4335
New Glasgow: 755-7017
Amherst: 667-7094
Springhill: 597-8647
Truro: 893-5900
East Hants: 883-2095

**Annapolis Valley Health**
Serving Annapolis Royal, Berwick, Bridgetown, Canning, Grand Pre, Greenwood, Hantsport, Kentville, Kingston, Lawrencetown, Middleton, Milford, New Minas, Paradise, Port Williams, Sheffield Mills, and Wolfville
Kentville: 679-2392
Wolfville: 542-6370
Middleton: 825-6828
Berwick: 538-3648

**South West Health**
Serving Barrington Passage, Shelburne, Yarmouth, Digby, and Church Point areas
Barrington Passage: 637-1432
Shelburne: 875-8645
Yarmouth: 742-2406
Digby: 245-5888
Church Point: 645-3502

**South Shore Health**
Serving Lunenburg, Queens, Shelburne, Annapolis, and Kings counties
Bridgewater: 543-7882
Liverpool: 354-3422
Lunenburg: 634-7325

**Problem Gambling Help Line**
See the information on page 29.

Mental Health Services

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.

You cannot have a little integrity or a lot of integrity. There is no sliding scale for integrity. You either have it, or you don’t.  –Rosemarie B. Greco
**Mental Health Services Offices**

- **Amherst:** 667-3879
- **Antigonish:** 863-4511
- **Bridgewater:** 527-5228
- **Dartmouth:** 466-1830
- **Digby:** 245-4709
- **Halifax (QEII):** 454-1400 / 1440
- **Inverness:** 258-1911
- **Kentville:** 679-2870
- **Middleton:** 825-4825
- **New Glasgow:** 755-1137
- **Shelburne:** 875-4200
- **Sydney:** 567-8170
- **Truro:** 893-5526
- **Waterville:** 538-3103, ext.136
- **Windsor:** 792-2042
- **Yarmouth:** 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 the staff in long-term care facilities. Particular areas of focus are the identification and treatment of seniors with mental illness and the management of challenging behaviours. A variety of services are available, including health promotion, education, outreach (home visitations), clinic appointments, and regularly scheduled clinics in long-term care facilities within the district. Staff work in consultation with two geriatric psychiatrists, an advanced practical nurse, and two local geriatricians.

For more information, contact:
Sheri Whiting, Program Secretary
Phone: 567-1729

**Seniors’ Mental Health Service**

**Capital Health**

This service is designed to meet the mental health needs of people aged 65 and older. A variety of services are available, including health promotion, education, outreach (home visitations), a 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. An emphasis is placed on providing services in the home or community setting. A person’s mental health is as important as his or her physical health. The Seniors’ Mental Health Service encourages seniors to access help when required.

Nova Scotia Hospital site
Phone: 464-6054

or

Queen Elizabeth II site
Phone: 473-7799

**Seniors’ Mental Health Service**

**Kings and Annapolis counties**

This service, coordinated by a nurse and delivered by social work, occupational therapy, and psychology professionals, is designed to meet the mental health needs of seniors. Assessments and home visits are provided by a nurse and psychiatrist. Family physicians are involved throughout the process. Education, early memory loss groups and support groups are offered for individuals with dementia and their families. 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.
Preventing Falls

Preventing Falls Together
Anyone can fall, but as we get older, we are more at risk of falling and more likely to be injured as a result of a fall. Falls are the most preventable health concern for older adults. Preventing Falls Together is a program of Community Links, funded by Nova Scotia Health Promotion and Protection. The purpose of the program is to reduce the number and impact of falls among seniors in Nova Scotia. This is accomplished through the development of regional coalitions whose members incorporate falls prevention strategies into the daily work of their organizations and their communities.

Susan King, Program Coordinator
Phone: 539-6098
E-mail: coordinator@preventingfallstogether.ca
Website: www.preventingfallstogether.ca

Coalition Development and Support:
Carla Malay, Western Nova Scotia
Phone: 682-2090
E-mail: nswest@preventingfallstogether.ca

Brenda MacKinnon, Central Nova Scotia
Phone: 863-5040
E-mail: nscentral@preventingfallstogether.ca

Susan King, Eastern Nova Scotia
Phone: 539-6098
E-mail: coordinator@preventingfallstogether.ca

Anne Corbin, HRM
Phone: 422-0914
Email: info@preventingfallstogether.ca

Falls Clinic
Nova Scotians aged 65 and over who have fallen or have mobility and balance difficulties can be referred to the Falls Clinic by their family doctor or by any professional with agreement from the family doctor.

Professionals will assess the senior’s overall health status and medications, the risk factors involved in falling, home safety, walking aids, footwear and foot care, and home support. They will then recommend treatment and provide counselling. The goal of the clinic is to prevent future falls for those at risk of falling.

Falls Clinic, Geriatric Day Hospital
Camp Hill Veterans’ Memorial Building, 1st Floor
5955 Veterans’ Memorial Lane
Halifax, NS B3H 2E1
Phone: 473-2493

Specialized Health Programs for Seniors

Centre for Health Care of the Elderly
The centre provides health-care services for older adults. Specific programs include the 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 Middleton, and Antigonish.

Centre for Health Care of the Elderly
Camp Hill Veterans’ Memorial Building
5955 Veterans’ Memorial Lane
Halifax, NS B3H 2E1
Phone: 473-8603
Website: www.cdha.nshealth.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Geriatric Day Hospital**  
**QEII Health Sciences Centre**  
This program provides short-term outpatient rehabilitation for seniors by a team of health-care professionals. A physician’s referral is required.

Geriatric Day Hospital  
Camp Hill Veterans’ Memorial Building, 1st Floor  
5955 Veterans’ Memorial Lane  
Halifax, NS B3H 2E1  
Phone: 473-2493

**Geriatric Medicine, Cape Breton District Health Authority**  
This service is designed to help meet the health and aging needs of older adults in the Cape Breton District Health Authority. Health-care professionals experienced in seniors’ health provide assessment, recommendations, information and support to patients, their families, caregivers and health care providers in the district.

This service is accessed by referral from Family Physicians.

**South West Health Senior’s Clinics**  
Open to all Tri-County seniors aged 65+, these clinics offer services including education and counselling to help seniors stay healthy; referrals for tests (e.g., blood work, X rays); memory testing; and helping seniors manage chronic conditions such as heart disease, high blood pressure, high cholesterol, bronchitis, and arthritis. The clinics are held in Barrington, Argyle, Yarmouth, and Bear River.  
Phone: 742-3542, ext. 787

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**Accommodation for Health-Care Patients and Visitors**

**QE II Health Sciences Centre Accommodations**  
(Halifax)  
For details on special accommodation rates for patients and families using the QEII facilities, visit the Department of Seniors website and click on External Links. For a printed copy of this information, call the Department of Seniors 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. The rooms are non-smoking and include a television, telephone service, and a private bath. Accommodation for physically challenged individuals is available. The lodge provides a cafeteria and reading lounge along with laundry facilities, an elevator service, and parking ($7 a night). The lodge is within walking distance of the QEII Health Sciences Centre and the IWK Grace Health Centre.  
Room rates:  
Single occupancy: $45.20 with tax  
Double occupancy: $67.80 with tax  
Call for information on family occupancy.  
Reservations are recommended.

Point Pleasant Lodge  
1121 South Park Street  
Halifax, NS B3H 2W6  
Phone: 421-1599  
E-mail: guestservices@pointpleasantlodge.com  
Website: www.pointpleasantlodge.com

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
The Lodge That Gives (Halifax)
Cancer patients who normally reside in Nova Scotia but at a distance from Halifax can stay at this 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.

Lodge Coordinator
5826 South Street
Halifax, NS B3H 1S6
Phone: 423-6183
Toll-free: 1-800-639-0222

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. It 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 and coffee and tea are provided. There is a specially equipped room available for physically challenged individuals. The house is staffed around the clock by volunteers and is within walking distance of the Valley Regional Hospital. The room rate is $20 per person a night.

Gertrude Morse, Coordinator
Fidelis House Society
140 Exhibition Street
PO Box 125
Kentville, NS B4N 3W4
Phone: 679-6567
E-mail: fidelishouse@ns.aliantzinc.ca
Website: 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 ray) to women aged 50 and older who have no diagnosed breast problems.

Clinics: Screening clinics have hours of operation that are flexible and convenient. The Halifax clinic is located at the Halifax Shopping Centre, and the program is available at health-care facilities throughout the province. In addition, three mobile clinics provide breast screening throughout the province.

Nova Scotia Breast Screening Program
Halifax Shopping Centre
Unit 603L, 7001 Mumford Road
Halifax, NS B3L 2H8
Phone: 473-3960
Toll-free: 1-800-565-0548

Cervical Cancer Prevention Program (CCPP)
CCPP, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of cervical cancer. Its mandate includes public education, health-professional education, the development and dissemination of standards for laboratory services, a provincial cytology/colposcopy registry, and research. Pap test awareness brochures and information about where to get a Pap test in your area are available upon request. Participation in committees and the CCPP volunteer network is invited and welcome.

Margery MacIsaac, Program Coordinator
Cervical Cancer Prevention Program
Room 555A, Bethune Building
1276 South Park Street
Halifax, NS B3H 2Y9
Tel. (902) 473-7438
Fax. (902) 473-4425
E-mail: margery.macisaac@ccns.nshealth.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Endorsement Disclaimer
The Department of Seniors does not endorse or recommend any commercial products or private-sector services in this directory. Consumers are encouraged to be cautious and to ensure that 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.

Essential Services

**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.

Nova Scotia Power
Customer Service Manager B-15
PO Box 910
Halifax, NS B3J 2W5
Phone: 428-6230
Toll-free: 1-800-428-6230
E-mail: home@nspower.ca
Website: www.nspower.ca

Adult Day Programs

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, hairstyling, 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’s disease and other forms of dementia. Fees vary depending on the programs and services provided.

For more information or to enrol in an adult day program, contact the programs available in your area.

**Adult Day Programs**

**Berwick**
VON Annapolis Valley Branch Adult Day Program
Robin State, Program Coordinator
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: 538-7844

**Digby**
Tideview Terrace Adult Day Program
Elaine Connelly
51 West Street
Digby, NS
Phone: 245-4718

The fact is that you deserve all the good things in life that you can possibly imagine as long as you achieve them by doing or contributing something of value to other people and to your world. –Brian Tracy

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Glace Bay
Victoria Haven Nursing Home
5 Third Street
Glace Bay, NS B1A 6E8
Phone: 849-4127

The Adult Day Program - Glace Bay Hospital
300 South St., Glace Bay, NS B1A 1K9

Halifax Regional Municipality
Always Home Adult Day Centres
Georgia Lloyd
43 Dundas Street
Dartmouth, NS B2Y 2V2
Phone: 405-4400
E-mail: info@alwayshomedaycentres.ca
Website: www.alwayshomedaycentres.ca

Elim Place Adult Day Program
39 Booth Street
Dartmouth, NS B2X 1P2
Phone: 406-7480
E-mail: elimplace@yahoo.ca
Website: www.elimplace.ca

Oakwood Terrace Adult Day Program
Thia Rutledge
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1
Phone: 469-2794, ext. 199
E-mail: thia@oakwoodterrace.ns.ca

Breakaway Adult Day Program
VON of Greater Halifax
Paula Yanch
Halifax Shopping Centre
Tower 1, Suite 300
7001 Mumford Road
Halifax, NS B3L 4N9
Phone: 455-5800

Northwood Adult Day Programs
Halifax and Cobequid
Donna MacDonald, Director
Phone: 454-3347
or
Maryellen Eyland, Senior Program Planner
Phone: 454-3374
Website: www.nwood.ns.ca

The Adult Day Centre
7071 Bayers Road, Suite 161, Halifax
A Capital Health and Northwood Partnership
Phone: 454-7373
Website: www.nwood.ns.ca

The Birches
Clasina MacKinnon
Musquodoboit Harbour, NS B0J 2L0
Phone: 889-3474

Lunenburg County
Breakaway Adult Day Program
VON Lunenburg County
Monday 1:00 - 4:00 $5 fee
Laurie Clark
Bridgewater Citizens’ Room
1924 Northwest Road
P.O. Box 147
Blockhouse, NS B3J 1E0
Phone: 624-0876
E-mail: laurie.clark@von.ca

VON Adult Day Program
Tuesday - Thursday 9:00 am - 3:00 pm $20 fee
Laurie Clark
Bridgewater Citizens’ Room
1924 Northwest Road
P.O. Box 147
Blockhouse, NS B3J 1E0
Phone: 624-0876
E-mail: laurie.clark@von.ca

The happiest business in all the world is that of making friends...  —Anne S. Keaton

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Parrsboro**
South Cumberland Community Care Centre
Debbie Fullerton or Brenda Roberts
50 Jenks Avenue
Parrsboro, NS B0M 1S0
Phone: 254-2540

**Pictou**
Take a Break Program
Sharon Lynch
PO Box 250
Pictou, NS B0K 1H0
Phone: 485-4341

**Sydney**
Parkdale House
55 Inglis Street
Sydney, NS B1P 1W6
Phone: 567-1787

**VON Adult Day Program**
380 Kings Road
Moxham Centre, Suite 4
Sydney, NS B1S 1A8
Phone: 564-6420

**Sydney Mines**
Northside Harbouview Hospital Seniors’ Day Program
Mary Robertson
22 Richard Street
Sydney Mines, NS B1V 2H7
Phone: 736-2831, ext. 140

**Truro**
VON Colchester East Hants Branch Adult Day Program
Judy Milligan
Johnson Manor
9 Church Street
Truro, NS B2N 3Z5
Phone: 893-7001

**VON Cumberland**
Elaine Frost
43 Prince Arthur Street
Amherst, NS B4H 3Z5
Phone: 667-8796

### 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 and Wheels to Meals (community meal programs). The directory is available from the Spencer House Seniors’ Centre in Halifax at 421-6131 and the Department of Seniors at 1-800-670-0065 or by calling the Continuing Care toll-free line at 1-800-225-7225.

**Meals on Wheels**
Frozen meals are prepared locally and delivered by volunteers to your home for a modest fee.

**VON Greater Halifax**
Phone: 453-5800
E-mail: greater.halifax@von.ca
Website: www.vongreaterhalifax.ca

**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.

For specific information on meal programs within your area, contact the Continuing Care toll-free line at 1-800-225-7225 or the Nova Scotia Meals Network representative nearest you. See below.
**Meals Network Representatives**  
**Central Nova Scotia**  
Deborah Dostal  
Spencer House Seniors’ Centre  
5596 Morris Street  
Halifax, NS B3J 1C2  
Phone: 421-6131

**Eastern Nova Scotia**  
Debbie MacLean, Dietitian  
Victoria County Memorial Hospital  
PO Box 220  
Baddeck, NS B0E 1B0  
Phone: 295-2112  
E-mail: macleand@cbdha.nshealth.ca

**Northern Nova Scotia (Stellarton, Westville, and Trenton)**  
Sheila Hoeg  
VON New Glasgow  
Phone: 755-4524  
E-mail: sheila.hoeg@von.ca

**Frozen Favourites**  
**VON Lunenburg County**  
$5 per meal (pick-up or delivery)  
1924 Northwest Road  
P.O. Box 147  
Blockhouse, NS B3J 1E0  
Phone: 624-0318

**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 that come ready to heat in an oven or microwave. Call Meals And More’s dietitian to discuss your dietary needs. There is free delivery in the greater Amherst area.

Susan Kastuk-Ridlington, Dietitian  
Phone: (506) 536-8102 (toll-free from Amherst)  
E-mail: meals@nbnet.nb.ca

**Health Equipment and Supplies**  
**Aliant Telecom**  
Aliant offers a variety of telephone services for people with hearing, speech, sight, or motion disabilities.  
Toll-free: 1-800-694-9313  
TTY: 1-800-276-3105

**Canadian Red Cross Health Equipment Loan Service (HELP)**  
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 at no cost. Donations are appreciated.

**Canadian Red Cross Society Health Equipment Loan Program**  
**Central Area**  
Main Loan Office  
133 Troop Avenue  
Dartmouth, NS B3B 2A7  
Phone: 423-3680

**Northern Area**  
**Truro Red Cross Service Centre**  
798 Prince Street  
Truro, NS B2N 1H1  
Phone: 895-3894

**Amherst Red Cross Service Centre**  
16 Church Street, Suite B  
Amherst, NS B4N 3A6  
Phone: 667-8794

**Western Area**  
**Kentville Red Cross Service Centre**  
10 Pelton Drive (Kentville Industrial Park)  
Kentville, NS B4N 3V7  
Phone: 678-0415

For More Information call **1-800-670-0065**, email **seniors@gov.ns.ca** or visit **www.gov.ns.ca/seniors**
Adaptive Clothing
Easy Living Shops Canada Ltd.
Specialists in open back clothing for seniors since 1977. This company produces comfortable, fashionable, adaptive clothing designed for men and women with special needs. Please call:
Paula Chambers, Nova Scotia Representative
Phone: 684-0937
Toll-free: 1-800-665-1976
Website: www.easylivingshops.com

Private Home Care and Home-Support Services
If you require home-care services, Continuing Care, the Department of Health, is your first point of contact. Call the Continuing Care toll-free line at 1-800-225-7225. See page 130.

Many private organizations also offer in-home support services to seniors who want to remain independent in their own homes. They provide professional nursing care and offer a variety of home-support services.

The 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; transportation; and many others.

The 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. See below.

Cape Breton Area
VON Cape Breton Metro
Phone: 564-6479

Nightingale Nursing Services
Phone (Sydney): 562-6274
Northside Community Guest Home  
Phone: 794-4733

**Halifax and Surrounding Areas**  
**Always Home Homecare**  
Services include personal care, meal preparation, housekeeping, and respite care. We are a registered Veterans Affairs provider.

For more information, contact:  
Georgia Lloyd  
43 Dundas Street  
Dartmouth, NS B2Y 2V2  
Phone: 405-4400  
E-mail: info@alwayshomedaycentres.ca  
Website: www.alwayshomedaycentres.ca

**Anson Care Givers Inc.**  
Phone: 435-2525

**CareStrategies Inc.**  
Phone: 422-1155

**Comcare**  
Phone: 453-0838  
Toll-free: 1-800-565-1930

**Haven Bay Home Care Services**  
Phone: 826-1341

**Home Instead Senior Care**  
Phone: 429-2273

**Licensed Practical Nurses**  
Private Duty Registry  
Phone: 499-3004

**Nightingale Nursing Services**  
Phone (Halifax): 465-9777

**Ora’s Guest Home & In Home Support**  
Phone: 462-4409

**Power’s Home Care Inc.**  
Phone: 832-9158

**Red Cross Home Support Services**  
Phone: 496-0103

**ScotiaCare Homecare and Caregivers**  
Phone: 454-3777  
Toll-free: 1-888-414-0404

**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, home cleaners, and companions.

Howard Court  
6 Scott Street  
Dartmouth, NS B2Y 3V1  
Phone: 454-3674

**Shellyn Senior Care**  
Phone: 435-8555

**Stay Home Care**  
Phone: 864-2677

**VON Greater Halifax**  
Phone: 453-5800

**We Care**  
Home Health Services  
Phone: 454-2571

**SENIORS for SENIORS™**
Companions/homemakers assisting seniors in their own homes.

**SERVING SENIORS SINCE 1990**
For a free brochure outlining rates and services call:  
HRM 454-3674; Truro 897-7355

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
North Shore Area
Earth Angels Homecare & Companions
Phone: 893-3553
Website: www.EarthAngelsHomecare.ca

VON Antigonish
Phone: 863-5700

VON Colchester East Hants
Phone: 893-3803

VON Cumberland County
Phone: 667-8796

VON Pictou County
Phone: 752-3184

South Shore Area
Care Choices Inc.
Phone: 527-1622

Region of Queens Home Support
Phone: 354-3333

VON Lunenburg County
Phone: 624-1897

VON Queens County
Phone: 354-3249

Valley Area
Annapolis Valley At Home Senior Care
Serving the Valley from Windsor to Digby
Phone: 765-6777
E-mail: annvalleyathomeseniorcare@gmail.com

Care Force Home Health Care Services Ltd
Phone: 542-0360
Toll Free: 1-866-966-1466

VON Annapolis Valley
Phone: 678-3415

Western Area
VON Tri-County
Phone: 742-4512

Health Professionals and Services

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/physicians

Phone: 424-3047

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 beneficial 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:
Nova Scotia College of Chiropractors
Phone: 425-2445
E-mail: inquiries@chiropractors.ns.ca
Website: www.adjustyourview.ca

Occupational Therapists
Occupational therapy is a health-care profession that focuses on skills for the job of living. Disease or disability often impact how we perform everyday activities (e.g., bathing, dressing, eating, homemaking, hobbies). Occupational therapists can provide treatment programs aimed at improving a person’s abilities to complete the activities of daily living. They can provide home safety assessments to prevent injury as well as prescribe and educate in the use of adaptive

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
equipment and aids. Occupational therapists work with seniors in a variety of settings, including hospitals, private clinics, long-term care facilities, and their own homes. You do not require a physician’s referral to be seen. Occupational therapy within the hospital setting is covered under MSI, however coverage varies depending on private health-insurance policies.

For more information, contact your local community hospital or Nova Scotia Society of Occupational Therapists
Halifax Shopping Centre
7001 Mumford Road, Suite 819
PO Box 11
Halifax, NS B3L 2H8
Phone: 453-4537

**Physiotherapists**
Physiotherapy is the health-care professional dedicated to enhancing and restoring mobility. You do not require a physician's referral to schedule an appointment, however you may require one 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 their own homes. Physiotherapy treatments provided within 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. There are also physiotherapists available in many of the Sports complexes now as well.

For more information, contact your local community hospital or Nova Scotia College of Physiotherapists
Phone: 454-0158
Toll-free: 1-866-225-1060
Email: office@nsphysio.com
Website: www.nsphysio.com

**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 listing of practitioners in your area, look in the Yellow Pages under the heading Podiatrists.

**VON Foot-Care Services**
The VON provides foot-care services and clinics in various parts of Nova Scotia. For more information, see page 143 or 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, including dentures, crowns, partials, and implants. Seniors must be in good health as appointments can be lengthy.

Dalhousie Dental Clinic
5981 University Avenue
Halifax, NS B3H 1W2
Phone: 494-2101

**In-Home Services**

**Seniors’ Snow Removal Program**
The Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups within the HRM to provide a snow removal service for seniors (65+) or disabled people.
Seniors wishing to receive this service must pre-register for the program and provide a shovel and salt for the volunteer. Financial assistance is available to those who qualify. Registration closes in early December.

Snow Removal General Inquiries
Sackville and Area
Phone: 864-2165
Toll-free: 1-902-558-1049
Website: www.halifax.ca/services/seniorssnow.html

Dartmouth
Dartmouth Seniors Service Centre
Phone: 864-2165

Halifax
Abilities Foundation of Nova Scotia
Phone: 453-6000

Chebucto Links
Phone: 422-3525

Spencer House Seniors’ Centre
Phone: 421-6131

Hammonds Plains
Seniors of Upper Hammonds Plains Club
Phone: 835-3511

Sackville
Sackville Senior Advisory Council
Phone: 864-5591

Valley Area
Annapolis Valley At Home Senior Care
Serving the Valley from Windsor to Digby
Services include companionship, housekeeping, meal planning and preparation, personal assistance, medication monitoring, home administration, running errands, and incidental transportation. We supervise those with dementia and provide assistance to those that require special exercise programs for Parkinsons.

We are able to provide direct billing to Blue Cross for our veterans. Free in-home consultations and assessments.

For more information, please contact
Dana Cole-Clark, RHNC
Annapolis Valley At Home Senior Care
PO Box 939
Greenwood, NS B0P 1N0
Phone: 765-6777

Grocery Delivery Services
Grocery delivery costs vary depending on the store. A few stores have a service in which customers can phone in their orders (usually at a specified time) and have them filled and delivered. Contact specific stores for details.

Caregiver Support
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 recipient.
Support groups for family caregivers are active in many parts of Nova Scotia.
Contact Caregivers Nova Scotia to locate the group nearest you, to receive a free newsletter, or to find answers to your caregiving questions.

Halifax Shopping Centre
Tower 1, Suite 105
7001 Mumford Road
Halifax, NS B3L 4N9
Phone: 421-7390
Toll-free: 1-877-488-7390
E-mail: support@caregiversns.org
Website: www.caregiversns.org
CareStrategies Inc.
CareStrategies Inc. provides education, support and resources for family caregivers at home, in the community and in the workplace. CareStrategies presents seminars and workshops for employers committed to developing a healthy workplace environment, and for employees who are juggling work life, home life and caregiving responsibilities. CareStrategies works with individuals and families to find solutions together and to create a Caregiver’s Plan®.

Gail Bruhm and Mary Anne Nardecchia
Box 33132
Halifax, NS B3L 4T6
Phone: 902 422-1155
E-mail: Info@carestrategies.ca
Website: www.carestrategies.ca

Compassionate Care Benefit
For information on the Compassionate Care Benefit available under Employment Insurance, see page 55.

Respite Care
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 112) Respite services are also provided by many private home-care agencies.

End-of-Life Issues

Hospice, Palliative Care, and Bereavement
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 the 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, bereavement and other 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@eastlink.ca or call the Department of Seniors at 1-800-670-0065.

Dr. David Henderson, President
207 Willow Street
Truro, NS B2N 5A1
Phone: 893-7171
E-mail: nshpca@eastlink.ca
Website: www.nshpca.ca

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**Palliative and Supportive Care, VON Greater Halifax**

This program supports individuals and families during the end of life, focusing on daily living and quality of life. Volunteers take part in an extensive education program to develop the skills required to help clients and their family members.

Donna Hanczaryck  
Phone: 455-6644

**Managing Your Affairs**

Everyone should take the necessary legal steps to ensure that their affairs will be properly managed if they become unable to manage them by themselves. For more information on the power of attorney, enduring power of attorney, and guardianship, contact the Legal Information Society of Nova Scotia. See the contact information on page 74.

**Important Documents**

The period following a death is a highly emotional one. Some preplanning can spare your friends and family from confusion, worry, agonizing decisions, and legal entanglements. Be sure you (and your immediate family or friends) know where your important papers and documents are located. This matter is best done by preparing a list of your most important documents and by keeping them all in one location. In your record you should include your 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 (www.gov.ns.ca/health) to assist people 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 printed copy of the brochure, contact the Department of Seniors at 1-800-670-0065.

**Human Body Donation Program**

The Department of Anatomy and Neurobiology within the Faculty of Medicine of Dalhousie University maintains a human body donation program for the provinces of Nova Scotia, New Brunswick, and Prince Edward Island in which you can donate your body to medical science. Donors can be assured that they will be making an invaluable and profound contribution to the education and training of doctors, nurses, dentists, and other health-care professionals and to life-saving medical research.

Brenda Armstrong  
Department of Anatomy and Neurobiology  
Dalhousie University  
5850 College Street  
Halifax, NS B3H 1X5  
Phone: 494-6850  
Website: www.anatomy.dal.ca/donation/

**Funeral Arrangements**

Before someone dear to you dies, it is important to find out his or her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation, if applicable. 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 option. 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 69) 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.

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
**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.

Last Post Fund, Nova Scotia Branch
Chebucto Place
7105 Chebucto Road, Suite 200A
Halifax, NS B3L 4W8
Phone: 455-5283
Toll-free: 1-800-565-4777
E-mail: lpfnsb@eastlink.ca
Website: 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 for the deceased. Below is a brief listing of possible contacts.

- Service Canada, Income Security Programs (Old Age Security, Canada Pension Plan)
- Veterans Affairs Canada
- the private pension boards of previous employers
- the Nova Scotia Department of Health Pharmacare Program
- the Nova Scotia Registry of Motor Vehicles, regarding driver’s licences (Service Nova Scotia and Municipal Relations)
- insurance companies
- credit card companies

**Death Certificate**
In most situations funeral directors look after the arrangements for the death certificate and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate (short form), it may be obtained for a fee of $29.70 from the Deputy Registrar General at the number listed below. If the cause of death is required (for insurance purposes, for example), you must obtain a certified copy of the death registration at a cost of $35.90.

Service Nova Scotia and Municipal Relations
PO Box 157
Halifax, NS B3J 2M9
Phone: 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 were 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. Items to consider include Old Age Security, the Canada Pension Plan Death Benefit, the Surviving Spouse’s Benefit, the Dependent Children’s Pension, and any private pension plans (i.e., military pensions and 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 people with physical disabilities in Nova Scotia. Programs include information, disability travel cards, financial support for assistive devices, wheelchair recycling, job-skills training, and a fully accessible summer camp. There is also a Polio Nova Scotia support program.

Faye Joudrey, Coordinator
Community and Client Services
3670 Kempt Road
Halifax, NS B3K 4X8
Phone: 453-6000, ext. 226
E-mail: admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

ALS Society of Nova Scotia
The ALS Society of Nova Scotia is committed to supporting individuals living with amyotrophic lateral sclerosis (ALS) by providing equipment, caregiver support, information, and referrals and by funding research to find a cure.

ALS Society of Nova Scotia
P.O. Box 22112
7071 Bayers Road
Halifax, NS B3L 4T7
Phone: 454-3636
Toll-free: 1-866-625-7257
E-mail: info@alsns.ca
Website: www.alsns.ca

Alzheimer Society of Nova Scotia
The society is committed to alleviating the personal and social consequences of Alzheimer’s disease and other forms of dementia. It promotes best practices in treatment and care and supports the search for the causes of and possible cures for dementia. Programs and services include:

Alzheimer InfoLine (1-800-611-6345): Trained individuals provide confidential 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: These include responses to province-wide requests for presentations and displays, general information, and specific training on topics such as the Safely Home Alzheimer Wandering Registry. There is also an annual conference to educate professional care providers.

Handrahan Resource Library: This resource offers specialized videos, books, pamphlets, and fact sheets on all aspects of Alzheimer’s disease and other forms of dementia.

Safely Home© Program: This is a national program that assists RCMP and police in finding a person who is lost and returning them safely to their home. After registering and paying a one-time fee of $35, the new member receives a bracelet, ID cards and caregiver handbook.

6009 Quinpool Road, Suite 300
Halifax, NS B3K 5J7
Phone: 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 to 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.

The Arthritis Society, Nova Scotia Division
West End Mall
6960 Mumford Road, Suite S-13
Halifax, NS B3L 4P1
Phone: 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 Brain Injury Association of Nova Scotia is comprised of brain injury survivors, family members and professionals who work together to promote and contribute to an environment in Nova Scotia which is 1) responsive to the needs of all Nova Scotians who have been affected by acquired brain injury (traumatic or by internal causes such as strokes, tumours, aneurysms, oxygen deprivation, or illness) and which 2) results in brain injury prevention.

PO Box 8804
Halifax, NS B3K 5M4
Phone: 473-7301
E-mail: bians1@ns.sympatico.ca
Website: www.3ns.sympatico.ca/bians1/

**Canadian Cancer Society**
This volunteer-based organization funds cancer research and provides support, through programs and services, for those affected by cancer.
Phone: 1-800-639-0222
E-mail: ccs.ns@ns.cancer.ca
Website: 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.
1-888-939-3333

**Smokers’ Helpline**
This toll-free, telephone-based information and support service is for smokers and the people who care about them. Trained personnel answer questions about quitting smoking and help callers develop a “quit plan” that will work for them.
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 experiences.
1-888-939-3333

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
Website: www.cancer.ca

**Hope has never trickled down. It has always sprung up.** –Studs Terkel
Canadian Celiac Association
This national organization is dedicated to providing services and support to people with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education, and research.

For more information, contact:
Janice Newhook, President
Halifax Chapter
Tacoma Plaza
50 Tacoma Drive, Suite 14
Dartmouth, NS B2W 3E6
Phone: 464-9222
E-mail: celiac.halifax@ns.sympatico.ca
Website: www.celiac.ca

Canadian Liver Foundation
The foundation provides many services for liver disease patients and their families, health-care professionals, and the public.

Atlantic Canada, Regional Office
287 Lacewood Drive, Unit 103-406
Halifax, NS B3M 3Y7
Phone: 423-8538
Toll-free: 1-866-423-8538
E-mail: atlantic@liver.ca
Website: 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.

Nova Scotia Division
63 King Street
Dartmouth, NS B2Y 2R7
Phone: 466-6600
Toll-free: 1-877-466-6606
E-mail: cmhans@eastlink.ca
Website: www.novascotia.cmha.ca

DID YOU KNOW
From 2007 to 2033, Nova Scotia’s overall population will decrease by more than 4%. The number of people aged 65+ will increase by 86%.

Epilepsy Association of Nova Scotia (EANS)
EANS provides support to Nova Scotians affected by epilepsy. Services include counselling, advocacy, newsletters, informative brochures, and a resource library. Epilepsy Community Action Groups are sponsored throughout the province.

There are Epilepsy Community Action Groups throughout the province and in Fredericton, NB, and a social/recreational self-run group for adults, which is based in the EANS office (The Epilepsy Fun Club).
Iris Elliott, Outreach Support Coordinator  
Phone: 429-2633  
Toll-free: 1-866-EPILEPSY (374-5377)  
E-mail: info@epilepsyns.com  
Website: www.epilepsyns.com

**Halifax Stroke Club**
The club operates as a self-help group for stroke survivors and their families and friends. It also offers support and companionship.

Bernard Boudreau, President  
865-3741  
George Reid, Treasurer  
445-1864

**Dartmouth Stroke Support Club**  
Weekly meetings at the Findlay Community Centre  
26 Elliott Street, Dartmouth  
1 pm – 3 pm each Wednesday September through to June  
Allan Kindervater, President  
443-9600  
Linda MacDonald, Treasurer  
462-4037  
E-mail: support@dartmouthstrokesupport.org  
Website: www.dartmouthstrokesupport.org

**Heart and Stroke Foundation of Nova Scotia**
The foundation promotes the study, prevention, and reduction of premature death and disability as a result of heart disease and stroke. It supports research, education, and the promotion of healthy living.

5161 George Street, 7th Floor  
Halifax, NS B3J 1M7  
Phone: 423-7530  
Toll-free: 1-800-423-4432  
E-mail: contactus@heartandstroke.ns.ca  
Website: 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 an awareness of and commitment to organ donation.

Marie Oxner, Office Administrator  
Nova Scotia Branch  
6960 Mumford Road, Suite 15  
Halifax, NS B3L 4P1  
Phone: 429-9298  
Toll-free: 1-800-889-5557  
E-mail: info@kidney.ns.ca  
Website: www.kidney.ca

**Lung Association of Nova Scotia**
The association is a volunteer-driven charitable health organization whose mission is to improve the quality of life by controlling and preventing lung disease through research, advocacy, patient services, and education. An information and support program called BreathWorks is offered for those with adult breathing problems and chronic obstructive pulmonary disease (COPD) (e.g., emphysema and bronchitis). To speak with a certified COPD education counsellor, call 1-866-717-2673.

Louis Brill, President and CEO  
17 Alma Crescent  
Halifax, NS B3N 3E6  
Phone: 443-8141  
Toll-free: 1-888-566-5864  
E-mail: info@ns.lung.ca  
Website: www.ns.lung.ca

If you love somebody enough, you can still hear their laughter after they’re gone.  
—Al Baker
March of Dimes
March of Dimes Canada offers a groundbreaking program called Conductive Education that merges elements of education and rehabilitation to help people with motor disabilities increase their independence and mobility. The program is beneficial to seniors who have multiple sclerosis, Parkinson’s, cerebral palsy, brain injuries or who have survived a stroke. Programs are offered in Halifax, the Annapolis Valley and Antigonish.

Beth Brydon
March of Dimes Canada
5303 Tobin Street
Halifax, NS B3H 1S3
Phone: 401-8425
Fax: 444-3529
E-mail: bbrydon@marchofdimes.ca
Website: www.marchofdimes.ca

Osteoporosis Canada
This organization is committed to providing the highest quality of services, education, and research to help Canadians take care of their bones.

Osteoporosis Canada, NS Chapter
418-82 Parkland Drive
Halifax, NS B3S 1S3
Phone: 479-2115
Toll-free: 1-800-463-6842, ext. 405
E-mail: novascotia@osteoporosis.ca
Website: www.osteoporosis.ca

Muscular Dystrophy Canada (MDC)
Programs and services provided by the Atlantic Division of MDC include the Atlantic Equipment and Mobility Program, a peer support program, education and advocacy, and individual support.

Regional Office
170 Cromarty Drive, Suite 222

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Psoriasis Society of Canada
The society's goals are to increase the awareness of psoriasis, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.
Judy Misner, President
PO Box 25015
Halifax, NS B3M 4H4
Toll-free: 1-800-656-4494
E-mail: judymisner@eastlink.ca
Website: www.psoriasissociety.org

Tinnitus Support Group of Atlantic Canada
The group provides educational and support services to people suffering from tinnitus. It also strives to increase community awareness about tinnitus and hearing loss. Monthly support meetings are held at the Captain William Spry Community Centre, 10 Kidson Road in Halifax, on the second Wednesday of each month at 7 pm.

PO Box 25085
Halifax, NS B3M 4H4
Phone: 473-4366
E-mail: tinnitussupport@eastlink.ca
Website: http://tinnitusatlantic.tripod.com

Victorian Order of Nurses (VON)
VON Canada (Victorian Order of Nurses) is a national, non-profit and charitable home and community care organization serving Canadians coast to coast. We provide health-care services to people and their families at home or in the community setting. Our programs and services help seniors remain living independently in their homes. Services vary by branch, and may include visiting nursing, rehabilitation, palliative care, caregiver support, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include adult day programs, meals programs, transportation programs, seniors exercise, volunteer visiting, and more. Many interesting volunteer opportunities are available within your local VON branch.

Care is provided in consultation with a physician and is available seven days a week.

VON is supported by fees for services, volunteers, donations, bequests, grants, and fundraising projects.

VON Canada Eastern Region
Halifax Shopping Centre
Tower 1, Suite 300
7001 Mumford Road
Halifax, NS B3L 4N9
453-5800
Website: www.von.ca

VON Sites in Nova Scotia
Annapolis Valley
678-3415
1-800-411-9646
Antigonish
863-5700
Cape Breton Metro
562-8502
Colchester East Hants
893-3803
Cumberland County
667-8796
Greater Halifax
453-5800
Lunenburg County
624-1897
Pictou County
752-3184
Queens County
354-3249
Tri-County
742-4512

For More Information call 1-800-670-0065, email seniors@gov.ns.ca or visit www.gov.ns.ca/seniors
Professional Associations

Continuing Care Association of Nova Scotia (CCANS)
CCANS represents continuing care facilities and service providers.

Margaret Morrison, President
Tower 1, Suite 215A
7001 Mumford Road
Halifax, NS B3L 4N9
Cell Phone: 1-902-956-0090
E-mail: ccans@eastlink.ca
Website: www.nsnet.org/ccans/

Doctors Nova Scotia
This organization represents all doctors in Nova Scotia.
25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
Phone: 468-1866
E-mail: webmaster@doctorsns.com
Website: www.doctorsns.com

Home Support Nova Scotia Association (HSNSA)
HSNSA represents home-support agencies and organizations working to promote the home-support industry in Nova Scotia.

Krista Beeler, Executive Director
Armdale Professional Building
2625 Joseph Howe Drive, Suite 35
Halifax, NS B3L 4G4
Phone: 479-0989
E-mail: hsnsa@hfx.andara.com
Website: www.homesupportns.com

Nova Scotia Association of Health Organizations (NSAHO)
NSAHO represents health, continuing care, and community service providers.

2 Dartmouth Road
Bedford, NS B4A 2K7
Phone: 832-8500
E-mail: sandi@nsaho.ns.ca
Website: www.nsaho.ns.ca

Nova Scotia HomeCare Association (NSHCA)
NSHCA, representing private homecare agencies, promotes and protects the reputation of the homecare industry in NS and is a voice for private homecare across the province.

Jeanie Burke or Georgia Lloyd, co-chairs Nova Scotia HomeCare Association
644 Portland Street, Suite 332
Dartmouth NS B2W 6A3
Phone: 460-8074
E-mail: info@homecareNS.org
Website: www.homecareNS.org

Serving Seniors Alliance
A resource of caring, dedicated professionals and service providers. For seniors and their families.

Phone: 499-4122
Toll-free: 1-877.504-4040
E-mail: weserve@ServingSeniors.info
Website: www.ServingSeniors.info

Appreciation is like an insurance policy. It has to be renewed every now and then.
–Dave McIntyre

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Give Us Your Comments 2010

If you have suggestions for improving Programs for Positive Aging, please take a few minutes to fill out this comment form and mail it to the address on the back of the page.

1. a) Where did you obtain your copy of Programs for Seniors?
   - Nova Scotia Department of Seniors
   - 50+ Expo
   - Doctor’s office
   - Pharmacy
   - Library
   - Community centre
   - Agency/organization (Please indicate the name of the agency/organization.)
   - Other (Please specify.)

   b) Is there another location where you would like to have Programs for Seniors made available? (Please specify.)

2. What is your main reason for using Programs for Seniors? (Check all that apply.)
   - To provide me with information for my own use.
   - To assist a family member or friend.
   - I refer to it in my work within a government agency.
   - I refer to it in my work within a non-government agency.
   - Other (Please specify.)

3. Is the print easy to read?
   - Yes
   - No
   - If no, why not?

4. Is the wording easy to understand?
   - Yes
   - No
   - If no, why not?
5. Would you recommend Programs for Seniors as a resource for others?
   - Yes
   - No
   (Please specify why or why not.)

6. In which age category do you belong?
   - Under 25
   - 25–49
   - 50–64
   - 65–79
   - 80–94
   - 95+

7. Are you aware of any information in the publication that may be incomplete or out of date? (Please specify.)

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

8. Is there additional information that you would like to see included in future editions of Programs for Seniors? (Please specify.)

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

9. Do you have any suggestions for improving Programs for Seniors? (Please specify.)

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

Thank you for taking the time to complete this questionnaire. Your answers will be very useful in preparing the next edition of Programs for Positive Aging.

Please mail to:
Nova Scotia Department of Seniors
1740 Granville Street
PO Box 2065
Halifax, NS B3J 2Z1

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