

Senior Care Corner

by Alex Handyside, CSA

Serving-Seniors Serves Seniors



Are you a Senior?
Are you living with a Senior?
Do you have a parent who is a Senior?
Do you know a Senior in your neighbourhood?
Then this column is for you.

Seniors are trusting people - it comes from the days when a handshake was a promise, and whoever walked in the back door had to be a friend. Today, it's buyer beware, and your house has become your fortress. Nowadays Seniors should - and must - be cautious and skeptical, not least of all with trades people and professionals.

So it's comforting to know that the Serving-Seniors Alliance, a non-profit group of trades people and professionals, is not only dedicated to serving Seniors but can be trusted absolutely.

"If a son in Alberta knows that his Dad in Porters Lake needs a rotten step replaced, he can go to www.ServingSeniors.biz and find someone who specializes in helping Seniors," says Steve Simpson of The Elder Helper Company (469-1000).

Other trusted members include an elderlaw specialist (Schofield & Desveaux, 826-9140), an eldertax expert (Cambridge Financial, 457-1937), a mature moves specialist (David Yetman at Century 21 Trident, 422-2100), a home & auto insurance advisor (Grey Power, 425-1515), and an investment advisor who serves Seniors (Joan Mikkelsen CFP, 468-0602).

Open Space (476-1508) specializes in clutter-clearing and

organizing, and Impeccable Cleaning Services (441-8181) for light or heavy-duty cleaning.

A Senior's health and wellness are well looked after by Silhouette Fitness (445-9963), Care One Chiropractic (445-2885), PhysioCare at Home (404-4200), Hydrostone Osteopathy (405-3222), Audiology Associates (469-8409), and ScotiaCare Homecare & Caregivers (454-3777). Stroke survivors should contact Dartmouth Speech Language Services (435-4923) for expert assistance. Family caregivers should talk to the Adelaide Respite Inn (433-1440) to set-up a rejuvenating break.

Compatible Computer Services (420-1212) provides expert sales, repairs and service, while WindowWalk Computer Education (830-9336) trains Seniors in their own home.

Medical equipment and orthotics are provided by Century Medical Distributors (422-4710), while MedicAid Halifax (477-2837) provides emergency response systems to Seniors who live alone.

Finally, help for Seniors, their families and caregivers is available from the Alzheimer Society of Nova Scotia, and Caregivers Nova Scotia.

Serving-Seniors is proving to be a tremendous and trusted resource for Seniors and their families. Contact Serving-Seniors online at www.ServingSeniors.biz or by phone (827-5599).