

*It's all about trust.*

Serving Seniors Alliance Co-operative is a collective group of exceptional trusted local businesses and service providers who have been researched, referenced and accepted as committed to providing their services at the highest level of quality and trust.

**902-499-4122 | [www.servingseniors.info](http://www.servingseniors.info)**



**All Serving Seniors Alliance Co-operative Business Members are committed to providing a trusted and superior, professional level of service to seniors and their families.**

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## ADVOCACY FOR SENIORS

**CARP Nova Scotia Chapter**  
Bill VanGorder | 902-999-3572  
[vangorder@carp.ca](mailto:vangorder@carp.ca)  
[www.carpnovascotia.ca](http://www.carpnovascotia.ca)



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## AFTER STROKE

**After Stroke**  
Stephanie Frizzell | 902-448-5861  
[afterstroke@marchofdimes.ca](mailto:afterstroke@marchofdimes.ca)  
[afterstroke.ca](http://afterstroke.ca)



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## BRACES - ORTHOPEDIC

**BRACE Yourself**  
Sandy Houston | 902-802-9263  
[braceyourself.sandy@gmail.com](mailto:braceyourself.sandy@gmail.com)  
[braceyourselfns.com](http://braceyourselfns.com)



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## CLEANING SERVICE

**Abode**  
Islay McNab & Sam Murray  
[hello@abodecleaningservice.com](mailto:hello@abodecleaningservice.com)  
[www.abodecleaningservice.com](http://www.abodecleaningservice.com)



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## DENTURES

**Click Smart Dentures**  
Dr. Kirk Blanchard | 902-476-7909  
[www.clicksmartdentures.ca](http://www.clicksmartdentures.ca)



## EMERGENCY RESPONSE SYSTEM

### Northwood Intouch

Karen Morash | 902-421-6319  
kmorash@nwood.ns.ca  
www.northwoodintouch.com



## FINANCIAL PLANNING

### Desjardins Financial Security

Stephen Cox, Certified Financial Planner  
steve.cox@stevecox.ca | 902-446-4563  
www.stevecox.ca



## FITNESS FOR SENIORS

### Nordic Walking Nova Scotia

Esther & Bill VanGorder | 902-454-2267  
info@nordicwalkingnovascotia.ca  
www.nordicwalkingnovascotia.ca



## FOOT CARE

### Toe to Sole Foot Care

#### (REGULAR, ADVANCED & DIABETIC)

Marcienne Mason, RN | 902-434-6070  
marciennemason@gmail.com



### Dartmouth Podiatry

Dr. Jason Ju | 902-405-4002  
dartmouthpodiatry@outlook.com  
www.dartmouthpodiatry.com



## FRAUD PREVENTION

### ABCs of Fraud (CARP)

Bill Van Gorder | 902-999-3572



## FUNERAL SERVICES

### Epilog Natural Burial Services CIC

Louisa Horne | 902-492-2223  
louisa@epilog.ca  
www.epilog.ca



## HEARING | Health, Protection & Aids

### Accurate Hearing

PJ Dunning | 902-252-3004 / 902-406-4327  
Accurate-hearing@eastlink.ca  
www.accuratehearing.ca



## HOME CARE

### Home Instead

Brittany Keough | 902-429-2273  
bkeough@homeinstead.com  
www.homeinstead.com/halifax



## LAWYER

### Casey Rodgers Chisholm Penny Duggan

Gregg Yeaton | 902-434-6181  
gyeaton@crcplawyers.com  
www.greggyeatonlawyer.ca



## MEAL PLANNING

### Heart to Home Meals

Wayne & Lisa Miller | 902-444-2230  
nova.scotia@hearttohomemeals.ca  
www.hearttohomes.ca



## MEDICAL EQUIPMENT

### Harding Medical

Janice Edwards | 902-453-6900  
info@hardingmedical.com  
www.hardingmedical.com



## MORTGAGE BROKER

### CENTUM Mortgage Team Inc.

Bill Cossitt, AMP | 902-292-4913  
bill\_cossitt@centum.ca  
www.billcossitt.com



## MOVING/DOWNSIZING

### Epilog Transition Services CIC

Louisa Horne | 902-492-2223  
louisa@epilog.ca  
www.epilog.ca



## PET CARE

### Elderdog Canada

Elizabeth Newman | 902-456-4596  
dartmoutheastcc@elderdog.ca  
www.elderdog.ca



## PHYSIOTHERAPY/OCCUPATIONAL THERAPY

### PhysioCare at Home

Lesley d'Apollonia | 902-404-4200  
office@physiocareathome.com  
www.physiocareathome.com



## PRIVATE HOME FOR SENIORS

### **Carter Senior Care**

Robin Carter | 902-209-1314 | 902-446-CARE  
cartercare@eastlink.ca  
www.carterseniorcare.com



## REALTOR

### **Century 21 Trident Realty Ltd.**

Paul Connors | 902-449-8252  
paul.connors@century21.ca  
www.century21.ca/paul.connors



## RETIREMENT LIVING (Dartmouth)

### **Parkland at the Lakes Phase 2**

Mary Ann Bunker | 902-483-1860  
mbunker@shannex.com  
www.experienceparkland.com



## RETIREMENT LIVING (Halifax)

### **Parkland Clayton Park**

Shari Landry | 902-446-8505  
slandry@shannex.com  
experienceparkland.com



## SENIOR CARE CONSULTING

### **Greywave Senior Care Consulting**

Marie-Claire Chartrand | 902-448-8439  
mcc@greywave.ca  
www.greywave.ca



## TRANSPORTATION

### **SeniorsTransit**

Alexandra Wilson | 902-441-9472  
alexandra@seniorstransit.com  
www.seniorstransit.com



## TRAVEL

### **Almon Travel**

Danny & Debbie Almon | 902 431 4932  
danny@almontravel.ca  
www.almontravel.ca



**For your convenience, most Members provide in-home services.  
902-499-4122 | October 2024**



Seaside 105.9FM is a proud sponsor of Serving Seniors Alliance Co-operative.