

Seniors Week 2026

Speaker Series

Date	Time	Session	Summary	Speaker(s)
Friday, October 2	10:00am	<u>HealthyNS: My Virtual Support for Health and Wellness</u>	This one-hour session will review the HealthyNS service. Information will be shared about the programs offered and how to access the service.	Gina Hanley, Nova Scotia Health
Friday, October 2	2:00pm	<u>Service Canada: Dental Benefits</u>	Join Shannon from Service Canada who will review Canada’s Dental Care plan including who qualifies for the plan, how to apply or renew your coverage, and other questions.	Shannon Millward, Service Canada
Monday, October 5	10:00am	<u>Healthy Aging: Are You Fit or Living With Frailty?</u>	Attendees will learn what is frailty, how to measure fitness/frailty, and ways to prevent, slow, or even reverse frailty.	Catherine-Anne Murray, Nova Scotia Health
Monday, October 5	2:00pm	<u>Legal Information Society: Wills and Probate</u>	In this session, the Legal Information Society of Nova Scotia will discuss the importance of having a Will, the problems of intestacy, and the process of Probate in Nova Scotia. Free tools available to Nova Scotians will be highlighted.	Dianna Burns, Legal Information Society of Nova Scotia (LISNS)
Tuesday, October 6	2:00pm	<u>Fraud and Scam Prevention for Seniors</u>	Learn about common scams affecting seniors, warning signs of fraud, and resources available to help individuals who have been targeted.	David Harrison, NSSC & Remy Labonte, SNS
Wednesday, October 7	10:00am	Fraud Bingo*	“Fraud Bingo” is a fun program that makes learning about fraud prevention more fun and engaging. Fraud Bingo players have a chance to win small prizes while learning about investment fraud prevention. It takes a regular bingo game and changes BINGO to FRAUD. All FRAUD numbers called include fraud prevention tips and information.	David Harrison, Nova Scotia Securities Commission (NSSC)
Wednesday, October 7	2:00pm	<u>Service Canada: Programs for Seniors</u>	Join Shannon from Service Canada for a presentation on government programs available to seniors, including CPP, OAS, GIS, and related supports.	Shannon Millward, Service Canada

To register, please select the name of the session and follow the prompts.

*Fraud Bingo will be held in person at the **Keshen Goodman Library**.
Registration is not required.

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About the Speakers

Shannon Millward, Service Canada

Shannon is a Citizen Services Specialist from Service Canada who helps folks access and learn about all the various programs Service Canada has to offer. Shannon has been in this role since 2022 and currently serves residents in HRM and East Hants but has colleagues that cover all of Canada.

Dianna Burns, Legal Information Society of Nova Scotia (LISNS)

Dianna Burns' is a member of the Halifax Estate Planning Council, Estate Planning Council of Canada and completed a Master of Laws at Dalhousie University, being awarded the Governor General's Gold Medal Award in Humanities and Social Sciences. She recently presented at Victims Week 2026 for the Dept of Justice Canada.

Remy Labonte, Service Nova Scotia

Remy Labonte is the Rebate and Consumer Relations Officer with Service Nova Scotia Consumer Protection. He is responsible for consumer protection education and outreach as well as supporting the delivery of the Property Tax Rebate for Seniors and Heating Assistance Rebate Program.

Remy worked as an outreach and awareness officer for Nova Scotia Labour Standards before joining Service Nova Scotia in 2025. He has a Bachelor of Science degree from Dalhousie University and is passionate about education and communication.

David Harrison, Nova Scotia Securities Commission

David is the Investor Education & Communications Officer with the Nova Scotia Securities Commission. He is responsible for the development and execution of all investor education programs as well as external communications of the NSSC. David has a journalism degree from the University of King's College in Halifax, NS and an Advanced Diploma in Public Relations the Nova Scotia Community College in Dartmouth, NS.

Gina Hanley, Nova Scotia Health

Gina is an Occupational Therapist who works with HealthyNS as a wellness navigator. Her role includes facilitation of wellness based online group programs and one to one Health Goal Coaching appointments.

Catherine-Anne Murray, Nova Scotia Health

Catherine-Anne is a Network lead with Nova Scotia Health's Frailty and Elder Care Network. Her extensive background as an Occupational Therapist in Geriatrics services has sparked her interest in promoting healthy ageing and improving care for those living with frailty or dementia.