



Good day folks,

**These are unprecedented times!** I hope that you are taking care of yourself and your loved ones, and that you are following provincial guidelines to protect yourselves and your community.

The global pandemic brought on by COVID-19 has led the Nova Scotia provincial government to declaring a state of emergency, with the goal of limiting the spread of the virus to keep urgent medical care needs within the ability of our healthcare system to manage it.

***“We are only as prepared as our population is to step up and stay home. Social distancing now, before a massive spike, is necessary. The quicker we self-distance, the quicker we will be on the other side of this.”***  
***Dr. Lisa Barrett, MD, PhD, Physician and Clinical Scientist of Infectious Disease***

The message is clear; if we can flatten the curve enough we can prevent our medical system from being overloaded and we will be able to take care of everybody! This virus can only be contained and managed if we all take action to stop the spread. In accordance with provincial recommendations, we have **closed our office to all outside visitors**. I remain in self isolation working from home, and for now Connie, Kate and Jen are practicing strict social distancing strategies and working independently at the Christianson Financial office. Our goal is to **maintain our ability to service your needs**, and to that end we are strictly adhering to provincial recommendations to ensure the safety of my team and my clients.

Our community, our province and our world will overcome COVID-19. We will get there faster, and we will have less impact on the health and well-being of our society and the more vulnerable if we practice effective social distancing strategies. Follow this link to the Nova Scotia website for details on [how to manage our behaviours and to comply with provincial recommendations](#).

After receiving my **Keep Calm and Stay Safe** message last week, a client suggested I should have amended it to read: **Keep Calm, Stay Safe and Stay Invested!** That was a great idea, I am officially making that amendment right now. Thanks to J for the suggestion!

We need to find ways to entertain ourselves during this time when most of the information we are being presented with is much less than positive. Kate found a couple of group game sites: [Board games online with Friends](#) and [Jackbox Games](#). Kate tried these with friends and it was a great way to stay in touch while social distancing.

As I have mentioned many times in the past, market events like this are temporary. I'm not certain we have found the market bottom, but we will. As impactful as a market event such as this is, please keep in mind that there will be a recovery on the other side that we need to be prepared for.

Please follow the recommendations from our government, and take care of yourselves. We are here when you need us.

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