

Kousoulis Outlines Seniors Vision for Nova Scotia

On December 17th, MLA Labi Kousoulis, candidate for Leader of the Nova Scotia Liberal Party, who earlier in his career lived in Truro, Amherst and New Glasgow in the banking sector outlined his vision for Seniors in the Province.

The Seniors population is among the fastest growing segment of Nova Scotians. Kousoulis announced the following commitments as the first components of his vision for Seniors:

Support long-term care by building enough modern long-term care beds to remove seniors from the waitlist within hospitals and provide every Senior in need of proper living accommodations. Seniors deserve dignity and should not live in fear about what conditions their living accommodations are in. A review of staffing levels is also important.

Access to hospice care across the

Province by working with local stakeholders and community leaders to offer increased access to hospice care across the province. These facilities must be available across the Province, as Seniors deserve to live close to home and in the best comfort we can provide.

Investments in Seniors health and safety, as the well-being of our aging population needs to be a priority, not just for Seniors but for loved ones who take care of family members should the need arise. These include:

- A high dose flu vaccine for all Seniors who want it.
- Work with the Federal government to implement a national pharmacare program urgently.
- Support the implementation of SHIFT (Nova Scotia's Action Plan for an Aging Population)



- Protect vulnerable Seniors from fraud and fraudulent activity.
- Continue and increase funding so Seniors can continue to live in their own homes.

Season's Greetings & Farewell to 2020

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being developed for the County; and we have supported several significant energy reduction projects including at the RECC, Brookfield Sportsplex, our Municipal Offices at 1 Church Street, and our Central Colchester Wastewater Treatment Facility. These projects have greatly reduced both energy emissions and expenses.

Following a successful Municipal Election in October, we now have a new Council with some fresh new faces and perspectives - including more women on Council than ever before in Colchester's history. We welcome all new Councilors and look forward to a pro-

ductive term of Council.

These are just a few examples of good things that resulted from the hard work and dedication of our staff and Council in 2020. While we will never forget the losses and challenges, we are encouraged to focus on the positive, and to support and to lean on one another as we go forward.

I hope you have enjoyed Christmas and your celebrations during the holiday season. On behalf of Council and the Municipality of Colchester, I wish all the best to you and yours, and a healthy, happy New Year 2021! Be well. Stay safe.

Christine Blair
Mayor, Municipality of Colchester

Notes from office of Dave Ritcey, MLA

As your provincial representative for Truro-Bible Hill-Millbrook and Salmon River, I have been actively advocating, working for the community members and with provincial departments:

Actively communicating and working with provincial departments & ministers ensuring that the TAAC Grounds Revitalization project is a priority for the 2021/2022 provincial budget.

Advocating for provincial COVID-19 support/resources for small and medium size community businesses which are the backbone of the Nova Scotia economy.

Communicating with the RCMP and expressing community concerns with the decision to move the RCMP Communication centre from Truro to the "H" Division headquarters in Dartmouth, NS and not considering another option in our community.

Lobbying the province on the development of a modernized justice centre to replace the two aging provincial courthouse facilities.

Actively communicating with the province, municipality and community on the potential use of the old hospital

property on Willow Street.

Ensuring traffic survey studies are being completed by Department of Transportation & Infrastructure to support projects that will address traffic flow, access and safety concerns within our community.

Acutely aware and advocating for the need of individual cases for additional health services in the community.

Supporting and helping community members navigate community and provincial programs and services:

Joined my colleague Steve Craig in sitting in on the Legislature's Natural Resources and Economic Development Standing Committee on November 24. Which was focused around Innovacorp, a Nova Scotia crown corporation that manages an early stage venture capital fund for Nova Scotia start-ups.

The province is asking for input and are inviting Nova Scotian's to share their ideas for Budget 2021-22. The Department of Finance and Treasury Board has begun accepting submissions. You are encouraged to submit your budget priorities by mail, email, or by speaking with my office directly. Please feel free to reach out to us by phone or email we would be happy to help

(mlaritcey@bellaliant.com or 902-897-0884). The deadline for submissions is Thursday, Dec. 31.

In July, our PC Party leader Tim Houston appointed me as the official opposition critic for the department of Municipal Affairs and Emergency Measures Operations (EMO). I have always believed in solution-based ideas, open dialogue and a collaborative approach, which is no different as your MLA.

Started meeting with municipalities/villages across the province, along with emergency service organizations either in person or virtually, obtaining more of an understanding of their needs and priorities while building important partnerships.

Working with PC Housing Critic, Steve Craig on housing issues across the province which began with a meeting in Amherst initiated by Cumberland North MLA, Elizabeth Smith-McCrossin.

These meetings and discussions have been ongoing with other municipal units, developers and not for profit organizations discussing the importance of Affordable Housing in their own communities and the province. With the goal of proposing long



David Ritcey

term solutions to supply essential, adequate and affordable housing units.

Participated in the 2020 Nova Scotia Federation of Municipalities 114th annual general meeting as my role as the official opposition critic to the Department of Municipal Affairs and EMO. Congratulations to the new president Emily Lutz.

David Ritcey is MLA Truro - Bible Hill - Millbrook - Salmon River with offices at 141 Victoria Street Truro, NS B2N 1Z3 and can be reached at 902-897-0884.

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Asymptomatic Testing Continues

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over at these sites. Appointments are not required for pop-up testing sites.

People who get a general asymptomatic test are not required to self-isolate while waiting for their test or results. People getting tested for other reasons can find their self-isolation requirements at <http://www.nshealth.ca/what-do-i-need-know-about-covid-19-testing-and-self-isolation>.

A negative test result is a good indication that a person is not able to spread the COVID-19 virus at the time of testing but they could still become infectious in the next few days. People who receive a negative test result must continue to follow public health

measures and if they develop symptoms, immediately self-isolate and complete the COVID-19 self-assessment.

Everyone is reminded to keep their social circles small and follow public health measures including wearing masks, physical distancing, practising good hand hygiene, and staying home and completing the COVID-19 self-assessment if they have symptoms.

Quick Facts: Anyone with symptoms should visit <https://covid-self-assessment.novascotia.ca/> to do a self-assessment and book a test if recommended - only call 811 if you cannot do the self-assessment online.

More information about COVID-19 testing and pop-up

locations is available at <http://www.nshealth.ca/content/covid-19-testing> People can find self-isolation requirements associated with testing at:

<http://www.nshealth.ca/what-do-i-need-know-about-covid-19-testing-and-self-isolation>

The Mental Health Provincial Crisis Line is available 24/7 to anyone experiencing a mental health or addictions crisis, or someone concerned about them, by calling 1-888-429-8167 (toll-free). Kids Help Phone is available 24/7 by calling 1-800-668-6868 (toll-free). For help or information about domestic violence 24/7, call 1-855-225-0220 (toll-free)

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*In a year that has challenged us all,
I want to send warm holiday wishes to our wonderful and strong communities.
Looking forward to 2021.
All the best from my family to yours. Tom*