COVID-19
UPDATES & INFORMATION
3/26/20

Information & Resources

Mills Administration Takes Steps to Support Nursing Homes in Response to COVID-19
Click here to read more

Click here to read more

Maine Department of Inland Fisheries and Wildlife: How to safely spend time outside
Click here to read more

Local Businesses, Organizations Rally to Aid Residents
Click here to read more

Impacts of COVID-19: Maine's Economic Crisis & Statewide Help for Businesses and Workers
Click here to listen to the program

Catching Health: How are you holding up?
Click here to read more
Upcoming Learning Opportunities

The Maine Council on Aging, LeadingAge Maine & New Hampshire, and the Maine Resident Services Association invite you to participate in a conversation about responding to the needs and safety of older residents living in independent congregate housing during COVID-19. Some experts will be on the call to offer some guidance but mostly, this is an opportunity for a discussion about best practices in keeping residents safe and making sure they can access the supports and services they need while they are staying in place.

**Housing COVID-19 Call**
Time: Mar 27, 2020 10:15 AM

Join Zoom Meeting
https://zoom.us/j/156372127
Meeting ID: 156 372 127
Conference Call Option
1-646-558-8656 passcode 156372127#

**Webinar: CORONAVIRUS PREPAREDNESS FOR PEOPLE WITH CHRONIC DISEASES: WHAT DO CAREGIVERS NEED TO KNOW?**
*Hosted by National Health Council*
Event Date: Mar. 27, 2020
Event Time: 12:00 - 1:00 p.m. E
[Click here to register]

**Looking for something to do at home?**
Hannah LeBlanc, U-ExCEL Fitness Director in the Geriatrics Division at University of New England developed weekly workouts to share.
[Click here for the Workout of the Week#1 information]

The videos below correspond with the workouts on the link above:
- [Strength and Balance, Circuit & Fusion Video](#)
- [Sit & Fit Video](#)
- [Core Dynamics Video](#)

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**In Case You Missed It**

**Volunteer Guidance on Safe Deliveries**
*How to make safe deliveries for a vulnerable community member during COVID-19*

**Ageism and Coronavirus – why reframing is crucial**
[Click here to read more]
Census 2020: COVID-19 Resources
*Click here to read more*

Maine Coronavirus Community Assistance Facebook Group
*Click here to learn more*

*Check out the MCOA Local Community Volunteer Efforts page here*

**Covid-19: Volunteer Efforts in Communities Survey**
We are working to share any community efforts & available resources across Maine and has started sharing on our website here for easy reference. Please take the survey to let us know about volunteers efforts so we can spread the word!

*Click here to take a few minutes to let us know how your community is responding to the needs of older residents*