COVID-19
UPDATES & INFORMATION
4/1/20

Updates, Information & Resources

Governor Mills Issues Stay Healthy at Home Mandate
Click here to read more

We have fielded a number of questions yesterday and today about this order, specifically related to volunteer activities. We’ve sought clarification and will provide more information as it is available. The order will take effect of 12:01 a.m. on April 2, 2020 and will last until at least April 30, 2020.

Click here to read the Executive Order

Essential Business Operations Definitions

We’d like to hear from you!

How are healthcare providers addressing lack of access to internet or technology to provide telehealth services? Please provide any info to Jess Maurer

Updates from Maine’s Area Agencies on Aging
Remember that the local area agency on aging is the first place older Mainers call if help is needed (1-877-353-3771). While all of their offices are physically closed, they’re still providing all of their services virtually – they’re connecting people with the services they need, doing Medicare and Options Counseling over the phone, hosting virtual family caregiver support groups and, of course, still making and delivering Meals on Wheels.

Please check the resource pages with updates below:
Aroostook Agency on Aging
Eastern Area Agency on Aging
Stuck at Home (Together)

Initiative of the Foundation for Art & Healing

To address emotional distress caused by the unprecedented public health demands to establish physical isolation in response to the COVID-19 pandemic, the Foundation for Art & Healing (FAH) (www.artandhealing.org) is launching a new initiative: Stuck at Home (Together). This program will deploy a variety of evidence-based creative expression and mindfulness-oriented activities to enable, enhance and sustain social connectedness while reducing the stress and anxiety that many are experiencing.

[Click here to read more about the initiative]
[Click here to access the Stuck at Home (Together) webpage]

Ready for the Week #2 Workouts from U-ExCEL?

Hannah LeBlanc, U-ExCEL Fitness Director in the Geriatrics Division at University of New England developed weekly workouts to share.

Spell Your Name Workout for Week#2

[Click here for the Workout of the Week#2 information]

The videos below correspond with the workouts of the week on the link above:
Strength & Balance, Circuit, Fusion
Sit & Fit
Core Dynamics

Parishioners in Camden, Rockland and Belfast offering helping hand to local seniors in need of groceries and prescription delivery

[Click here to read more]

Inspector General Warns About New Social Security Benefit Suspension Scam

[Click here to read more]

Upcoming Learning Opportunities

The Economic Development Council of Maine is hosting a zoom meeting with Heather Johnson, Commissioner of DECD for the latest update on COVID-19 response. The meeting will be held on Friday, April 3 at 12:00

Please join to learn about what DECD is doing and participate in a Q&A session.

Join Zoom Meeting: https://zoom.us/j/180352423
Meeting ID: 180 352 423
One tap mobile
+16468769923,,180352423# US (New York)
+13126266799,,180352423# US (Chicago)

Local Community Volunteer Efforts
Check out this volunteer effort!
If you haven't heard, Maine COVID Sitters is a group of health care professional students in the Portland area coming together to provide support to Maine's Healthcare workers. Click the link below to read more about their start and the MN CovidSitters group that launched this volunteer initiative!

As coronavirus impact grows, volunteer network tries to help health care workers who have ‘helped us’

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Maine Council on Aging is working to share any community efforts & available resources across Maine and have started sharing on our website for easy reference. Check out the link below & share within your networks to ensure that service providers of all kinds can more easily find the services older people need during this crisis. This page is updated daily as we hear from more communities - please check back often!

MCOA Local Community Volunteer Efforts Listing

Are you a part of a local volunteer effort in your community and do not see it listed at the webpage above? Please let us know about it by completing the brief survey here.

In Case You Missed It

Resources and Updates from Alzheimer's Association:

Alzheimer's Association Offers Guidance to Long-Term and Community-Based Care Settings to Ensure High-Quality Dementia Care Continues During COVID-19 Crisis
Click here to read the Press Release

Emergency Preparedness: Caring for persons living with dementia in a long-term or community-based care setting
Click here to download the document

MCOA Meetings
Please add these to your calendars with the connection details below.

Standing MCOA Member & Partner Call – every Tuesday morning at 8:00
Join Zoom Meeting (video encouraged): https://zoom.us/j/974743577
Meeting ID: 974 743 577
Conference Call Line: 1-646-558-8656 passcode: 974743577#

Standing MCOA/LeadingAge Housing Call – for RSCs and Housing Managers – every Friday at 10:15
Join Zoom Meeting (video encouraged): https://zoom.us/j/992754142
Meeting ID: 992 754 142
Conference Call Line: 1-646-558-8656 passcode: 992754142# US