Updates, Information & Resources

Maine DHHS Bulletin:
Temporary Changes to Supervision Requirements for Hospice Aides and Home Health Agency Aides
Federal Communications Commission (FCC) COVID-19 Telehealth Funding Opportunity
Nursing Facility COVID-19 Resources and FAQs
Click here to read more

Maine Department of Labor Unemployment Insurance FAQs Regarding COVID-19 (Updated 4/22/20)
Click here to read more

Best Practice Caregiving: News and Updates
Click here to read more

FrameWorks Institute: Framing COVID-19

Topic #7: Talking about the importance of prevention

There are actions we need to take now to prevent and reduce future harm from the pandemic, but thinking and acting in this way is genuinely difficult. When it comes to society's big challenges, we often struggle to act together before it's too late.

There are reasons for this. We have a built-in tendency to assume that things will continue as they are----- even when the norm has been disrupted. We also prefer rewards now
over delayed benefits----- even if the prize is bigger later. We default to focusing on the here and now, though we all have the desire to leave a positive legacy for the future.

We all need help to think preventatively. This is vital to achieve the action we need right now----- and to help us design a better future as we come through this moment.

Here are three ways to spark a preventative mindset.

**MaineHousing: COVID-19 Rental Relief Program**

[Click here to read more](#)

**Maine Medical Center/MaineHealth: Department of Vocational Services**

COVID-19 and Public Benefits Last updated 4/22/2020

Transcript for COVID-19 Public Benefits Webinar

**Targeted Recommendations to Support Nursing Home Staff and End of Life Care**

A group of nursing and gerontology colleagues in Connecticut sent the recommendations below to the Governor of Connecticut to support nursing home staff and alleviate suffering, particularly during end-of-life. These recommendations are endorsed by the Connecticut Coalition to Improve End-of-Life care.

[Click here to read the recommendations](#)

**Almgren Law: A Packing List for a Pandemic**

Everyone should be ready in the event you need care in a hospital, nursing home or assisted living. Once admitted, they are not letting families in right now nor do they want items dropped off for their patients.

Have an emergency bag ready. Some ideas of things you should have in the bag:

1. Written UPDATED accurate list of medications: name, dose, and frequency.
2. List of all allergies or need for certain medications, such as nausea medicine when taking pain medications.
4. List of emergency contacts and all of their telephone numbers on paper! If the patient is unconscious and phone is locked or battery out.
5. Primary Care Doctor and any Specialists that you see: full name, office address and telephone numbers.
6. Copy of legal paperwork such as Health Care Proxy, HIPAA Release letter, and MOLST.
7. Copy of both sides of your health insurance cards.
8. If patient has a pacemaker or defibrillator: a copy of the pocket information card that states the brand, model number, MRI compatibility.
9. If the patient has asthma or COPD, bring the inhalers. Hospitals are running out.
10. CPAP machine. If you have one, bring your own as they may not have CPAPs available now.
11. Extra batteries for hearing aid or other medical devices.
12. N95 mask or any type of mask, if you have them.
13. Hand sanitizer and Clorox wipes.
14. Cell phone charger! Patients have phones but they need charging. You can be in the emergency room for 6 to 48 hours!
15. iPad or laptop and charging cords. Have movies already downloaded.
16. Good toothbrush and hair brush. Just say no to hospital toiletries.
17. Eye glasses, saline solution, contact lenses.
18. 3 pairs of underwear. Patient hospitalized in non-critical condition generally wants their own underwear.
19. Book or something to read. You cannot always count on the wifi at hospitals.
I also recommend that you leave a copy of your Health Care Proxy, HIPAA Release letter, both sides of your health insurance cards, your Emergency Contact list and your Physician list attached to the side of your refrigerator. EMTs are trained to look for emergency information in the event 911 is contacted and you cannot speak.

Click here to find the Almgren Law post on Facebook

A Message from Aroostook Area Agency on Aging: Impact of Social Isolation on Older Adults

Loneliness and social isolation for older adults have a deep emotional impact, sometimes leading to depression and anxiety. Did you know loneliness also affects our physical health? In fact, one study found loneliness had similar health effects on older adults as smoking 15 cigarettes a day.

While much attention is being devoted to meeting basic needs like food and shelter for older adults, we are also finding creative ways to address social and emotional needs in ways consistent with social distancing guidelines.

Would you or someone you know enjoy a phone call from a caring person who wants to know how you are doing? The Friendly Visiting Program matches up folks with Aroostook RSVP participants to provide conversation and companionship.

A daily or weekly call from a Friendly Visitor might be just the thing to add a little fun to the day. Call the Aroostook Agency on Aging and see if a Friendly Visitor might be right for you!

Until in-person workshops can safely be conducted again, our partner Healthy Living for ME is offering two free programs -- Virtual Tai Chi and Better Health Now -- that can be completed from the comfort of your home.

Our popular Tai Chi program is now presented virtually over the Internet. This 16-session class can help quiet the mind with slow methodical movements that have been proven to improve balance and lessen the pain associated with arthritis.

We are also offering free interactive toolkits for Better Health Now. Participants can complete this six-week program from the comfort of their home and includes weekly support calls with a certified facilitator. Learn how to utilize your "Tool Box" through action planning, problem solving, decision making and so much more.

Although we are not able to offer in-person A Matter of Balance classes, we are taking referrals for names for classes we will start in the fall. We look forward to seeing you!

The Aroostook Agency on Aging has answers for many of your needs, from meals to help with Medicare to access to in-home supports. Well-trained staff are available to help older adults remain independent and live safely in their own home.

Please call the Agency at 207-764-3396 or 1-800-439-1789 and tell us what you need. We are here to serve you.

For more information visit:
www.aroostookaging.org
www.healthylivingforme.org

Sheriff’s Office helps deliver meals in Aroostook County

Click here to read more

Long-term health care residents stay connected to loved ones through donated iPads
Advocacy Opportunities

Join Today’s National Day of Action for Aging Services
Contact Congress Today for Aging Services Relief in Next COVID-19 Relief Package
Congress has the opportunity to provide critical funding and resources for aging services providers throughout the country. Urge Congress to include these LeadingAge priorities in the next coronavirus legislation today!

Click here to learn more & link to take action

Urge Congress to protect and enhance resources for vulnerable populations
Alzheimer's Association and the Alzheimer's Impact Movement (AIM) are launching an advocacy campaign to advance several key federal priorities through the U.S. Congress. The COVID-19 pandemic is challenging health systems worldwide and raising many important issues, especially for those living with Alzheimer’s and other dementia. As Congress acts to pass legislation addressing our nation's public health response to the COVID-19 pandemic they have the ability to protect and enhance resources for critical populations.

Click here to learn more & link to take action

Contact Congress Today for Aging Services Relief
Congress is Developing Next COVID-19 Relief Package Now
Congress has the opportunity to provide critical funding and resources for aging services providers throughout the country. Urge Congress to include these LeadingAge priorities in the next coronavirus legislation today!

Click here to learn more & link to take action

Funding Opportunities

Click here to read more

Maine Philanthropy Center: COVID-19 Response Funds
Click here to read more

Upcoming Learning Opportunities

Social Media Tools For Lifelong Communities Webinar
Hosted by UMaine Center on Aging
April 30th, 9-10AM
Click here for more information and to register
Resources for Integrated Care (RIC) Webinar: Supporting Family Caregivers of Older Adults through Times of Stress and Isolation
Thursday, April 30, 2020 12:00-1:30 PM ET
More than 34 million individuals in the U.S. provide unpaid care for an older adult, including many individuals who are dually eligible for Medicare and Medicaid. Due to the emergency brought on by COVID-19, caregivers of older adults may be experiencing new challenges and others may be new to caregiving responsibilities. The emotional, physical, and financial impact of caregiving can lead to stress, depression, anxiety, and other health problems. Providers and health plan staff can play key roles in supporting caregivers, particularly during this time of isolation.
This webinar will offer strategies for supporting caregivers and their loved ones, information on access to health and social supports, and practical tips for addressing the needs of caregivers experiencing social isolation and stress-related conditions. Speakers will also include strategies for virtual settings.
Featured Speakers:
- Erin E. Emery-Tiburcio, Ph.D., ABPP, Co-Director of Rush Center for Excellence in Aging at Rush University Medical Center
- Kathy Kelly, Executive Director, Family Caregiver Alliance/National Center on Caregiving
- Bryan Godfrey, LCSW; Care Management Social Worker, UNC Geriatrics Specialty Clinic

Register for the webinar

Why Reframe? Understanding the significance and tools of Reframing Aging and Reframing Elder Abuse
12-1:30p ET, Thursday, April 30, 2020
Reframing Aging is a long-term social change endeavor designed to improve the public's understanding of what aging means and the many ways that older people contribute to our society. Its sister project, Reframing Elder Abuse, aims to demonstrate how we can restructure our communities to put elder abuse on the public agenda, generate a sense of collective responsibility, and boost support for systemic solutions to prevent and address it. This webinar will build awareness of both projects, discuss where they overlap and how we can all learn about the impact of ageism on society.

Click here to register

UMaine Health Connection Chats
Wednesdays from 11am – 12 Noon
Click here to read more

American Society on Aging: Older Adult Malnutrition: A Health Crisis
Date: May 5, 2020
Time: 1:00-2:30pm ET
Did you know that the COVID-19 pandemic has the potential to place older Americans at an increased risk for poor nutrition and its negative health impacts? Older adult malnutrition continues as a health crisis in America today, and can be addressed through a collaborative effort of key stakeholders in aging research, policy, and programs. The webinar National Developments in Addressing Older Adult Malnutrition: From Research to Policies to Programs will report on the latest national developments in malnutrition prevention, including the recent Government Accountability Office (GAO) report on federal nutrition programs for older adults, the consideration of sarcopenia and the special nutrition needs of older adults in creating updated Dietary Guidelines, and the integration of malnutrition/undernutrition screening measures into national health surveys. You will walk away with next steps to take to participate in and take action on
these opportunities.

Find out more information below and register here.

**National Older Adults Mental Health Awareness Day 2020 Webinar**

May 7, 2020  
1-2:30 pm EST  
Please join the Substance Abuse and Mental Health Services Administration, Administration for Community Living, Veterans Health Administration, and National Coalition on Mental Health, and Aging for the NATIONAL OLDER ADULT MENTAL HEALTH AWARENESS DAY 2020: Combating Social Isolation for Seniors during the COVID-19 Pandemic.

Older Adult Mental Health Awareness Day 2020 will include important remarks from the Assistant Secretary for Mental Health and Substance Use - Dr. Elinore McCance-Katz, the Assistant Secretary for Aging – Mr. Lance Robertson, and the latest information on coping with social isolation and loneliness from University of California San Diego Distinguished Professor of Psychiatry, Dr. Dilip Jeste.

*Click here to register*

**Engaging Community Food Sources During COVID-19**

*Hosted by Tri-State Learning Collaborative on Aging*  
Tuesday, May 12th, 2020  
12:00 PM to 1:30 PM  
On Tuesday, May 12 from 12:00 to 1:30, the focus of the Idea and Experience Exchange: Wisdom Inquiry series will be engaging community food sources during COVID-19. Has your lifelong community initiative developed a hot meal to go program instead of a weekly hot meal? Is your food pantry developing new ways to meet the needs in your community? Are restaurants, local grocery stores, and farmers finding new ways to deliver food safely to their customers? Are you planning a "Victory Garden"? If you know about any of these in your community, please come prepared to share. People who attend this webinar will leave inspired with new ways to engage community food sources during COVID-19 and beyond.

*Click here to register*

---

**Local Community Volunteer Efforts**

*Check out this initiative!*

**Effort to aid community casts a wide net**

The Yarmouth Community Coronavirus Task Force helps keep residents informed and ensures vital services are maintained during the outbreak.  
*Click here to read the article*

-------------

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

Click here to read more

Senior Centers Connect
Senior Centers Connect is a resource guide from the National Council on Aging for centers that are temporarily closed due to the Coronavirus outbreak. The guide includes ideas for programming and continuing services.
Click here to read more

Looking for more resources and information?
Click the button below to access more information and resources from MCOA and past daily email updates.

CORONAVIRUS INFORMATION & RESOURCES

Maine Council on Aging | PO Box 988, Brunswick, ME 04011 | 207-592-9972