COVID-19
UPDATES & INFORMATION
4/27/20

A Reminder from MCOA

MCOA Partners, Members & Friends Check In Call
Weekly on Tuesdays at 8:00am

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
Password: 785205
Conference Call Line: 1-646-558-8656 passcode: 974743577#

As a reminder, please see the above Zoom meeting credentials for our standing meeting. Note, we are using password protection to address concerns with the Zoom platform. We look forward to having you join us!

Updates, Information & Resources

Maine Free Legal Answers
Maine Free Legal Answers is an online legal advice system for people with incomes impacted by the COVID 19 crisis or households that qualify as low income. It is an American Bar Association program, found in about 40 states, that the Maine Volunteer Lawyers Project administers for Maine. We have over 150 licensed Maine attorneys enrolled to answer questions through this online system. Because of the high number of active attorneys – including a group of faculty and 3rd year students at Maine Law and groups at UNUM that meet weekly to answer questions – questions are being answered quite quickly. https://Maine.freelegalanswers.org
Maine Department of Economic & Community Development: Protecting your business and ensuring your employees are safe
Click here to read more

Telehealth.HHS.gov: Telehealth: Health care from the safety of our homes
Learn more about telehealth, for patients and providers
Click here to read more

Cornell Crisis Advice Project
As you are well aware, many older people at this time would like to help others, but have difficulty doing so in isolation. There is one powerful thing they can contribute now, and from home: their wisdom on living through a crisis. To that end, we have expanded the Cornell Legacy Project to include the Cornell Crisis Advice Project. We have opened this website to collect and share the elders' advice and lessons about living through a crisis. People who have lived through periods like as the Great Depression, World War II, or the Jim Crow era, figured out ways to survive and even thrive. For all these elders, a crisis challenged them to become resourceful about finding resources and providing for loved ones.
Click here to read more

State of Maine, Office of the Governor: Maine Helps
Click here to read more

Center for Consumer Engagement in Health Innovation: Who Are the Most At-Risk Older Adults In the COVID-19 Era? It’s Not Just Those in Nursing Homes
Click here to read more

Face Masks Can Prove Tricky for Those With Eyeglasses
Click here to read more

Leading Age: COVID-19 and Affordable Housing Providers: Recap of Key HUD Guidance
Click here to read more

Phone a friend, urges Sullivan group
Click here to read the article

Funding Opportunities

Click here to read more

Maine Philanthropy Center: COVID-19 Response Funds
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](#)

Understanding Cognitive Loss: Basics for Family Caregivers  
*Webinar Hosted by Southern Maine Agency on Aging*  
Thursday, 4/30/20 from 1-3pm  
[Click here for more information & registration](#)

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](#)
Advanced Care Planning and Cultural Considerations in the time of COVID-19
Presented by:
Joshua Magariel, LCSW, National Director of Patient Experience at Seasons Hospice & Palliative Care.
Nicole McCann-Davis, National Director of Communications and Multicultural Affairs at Seasons Hospice & Palliative Care.

When: Friday, May 1st, 2020, 2 pm ET / 11 am PT OR 4:00 pm ET / 1:00 pm PT

Course Description: As the coronavirus pandemic nears its peak around the United States, clinicians and healthcare workers in all settings will need to have the skills to guide patients through creating advanced care plans that fit their wishes, beliefs, and circumstances. One of the key considerations to facilitating advanced care planning discussions is a firm understanding the impact that COVID-19 is having on different communities and cultures. Join Seasons for an engaging hour-long look at how to facilitate advanced directive conversations in a time of coronavirus.

This course is eligible for one credit hour(s) of CE for registered nurses and social workers. For additional information on the course and how credit is obtained, please click here to view an event flyer.

Click Here to Register for our 5/1 Course!

Care of the Patient with Dementia
Presented by:
Ryana Goldberger, MSW, LCSW, ACHP-SW, National Director of Patient Experience at Seasons Hospice & Palliative Care.

When: Tuesday, May 5th, 2020 2 pm ET / 11 am PT

Join us to learn how to define dementia, discuss prevalence, symptoms and treatment options for patients with Alzheimer's, and discuss methods of supporting caregivers of those with dementia.

This course is eligible for one credit hour(s) of CE/CME for RNs, LPNs, LVNs, social workers, MDs, DOs, NPs, and PAs. For additional information on the course and how credit is obtained, please click here to view an event flyer.

Click here to register

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 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.
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.

Local Community Volunteer Efforts
Check out this initiative!
Nobleboro Volunteers Sew Face Masks, With Power or Without
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
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
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

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