COVID-19
UPDATES & INFORMATION
4/28/20

Updates, Information & Resources

Have you filled out the Census yet?
Click here to Shape Your Future

For Partners:
Click here for resource guide
Click here for more Partner Outreach Materials

Maine DHHS: Resource for Essential Employees Regarding Child Care Subsidies
Click here to read the bulletin

CDC: Symptoms of Coronavirus (Update)
Click here to read more

UMaine updates: Maine-made cloth face coverings and other consumer products
We've updated our web page listing other sources of Maine made face coverings and Maine made hand sanitizer here:
Click here to read more
Please note: Folks should review carefully to make sure any products meet the specific need they are looking for. The hand sanitizer for example has a range of alcohol %.

NIOSH-Approved Particulate Filtering Facepiece Respirators
Click here to read more
University of New England: Center of Excellence in Aging
Survey Study Seeking Volunteers
In the past few weeks our lives have changed dramatically as the Coronavirus (COVID-19) has spread throughout the world. The Center of Excellence in Aging at University of New England is conducting a research study to explore the attitudes and behaviors of older adults in relation to the current Coronavirus (COVID-19) pandemic. We invite adults aged 55+ years to complete a 10-15 minute survey. Responses will be kept confidential.
Click here for more information and to take the survey

Southern Maine Agency on Aging Virtual Classes
Stress Management for Family Caregivers During the Pandemic on May 13, 1-2pm
Understanding Cognitive Loss: Basics for Family Caregivers on April 30, 1-3pm
Telephone Family Caregiver Support Group:
(CALL: 713-3723), Monday, May 11, 2020, 3 – 4:30pm,
FMI: Barbara Alberda, 713-3723
Click here for more information

NAVIGATING AGING: Seniors With COVID-19 Show Unusual Symptoms, Doctors Say
Click here to read more

Portland Press Herald: For ‘hidden heroes’ in home care, pandemic’s front lines extend into kitchens and bedrooms
Click here to read more

Maine Public: King, Golden Call For Congress To Allow Remote Voting And Virtual Meetings
Click here to read more

NPR: Testing Could Unlock A Return To Normal Life, But Obstacles Persist
Click here to read the article

Funding Opportunities

Click here to read more
Upcoming Learning Opportunities

**Zoomin' with EqualityMaine**
*Click here to sign up and learn more*

**Alzheimer's Association COVID-19 and Caregiving Town Hall**
Wednesday, April 29, 1pm ET
This Town Hall will feature:
- Tips for home caregivers to support people living with dementia.
- Tips for those with loved ones living in care facilities.

There will also be a question-and-answer session with Beth Kallmyer, Alzheimer's Association vice president of Care and Support.  
*Click here for more information and to register*

**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 & Covid-19
Advances in 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.
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!

Anah Shrine Clowns spread joy to nursing home residents, area families
PRESQUE ISLE, Maine — Late Saturday morning, more than 20 Anah Temple Shrine clowns and members of the Aroostook Shrine Club gathered at the Presque Isle Rehab and Nursing Center to visit, at a safe distance, with folks isolated due to COVID-19 social distancing measures.
Click here to read more

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
In Case You Missed It

**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*

**Face Masks Can Prove Tricky for Those With Eyeglasses**
*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