An Important Message from MCOA

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

PLEASE NOTE!
Due to recent changes in the Zoom platform, a password is now required to join meetings. You must enter the password below to join this meeting!

We apologize for any inconvenience and appreciate your understanding.

We look forward to you joining us tomorrow morning for this call!

Join Zoom Meeting (video encouraged): https://zoom.us/j/974743577
Meeting ID: 974 743 577
Meeting Password: 785205
Conference Call Line: 1-646-558-8656 passcode: 974743577#

Updates, Information & Resources

Updated COVID-19 Reportable Event Guidance and Procedures
Bulletin from the Maine Department of Health & Human Services
April 6, 2020
The Maine DHHS Office of Aging and Disability Services has implemented COVID-19 specific Reportable Events instructions for consumers with I/DD and Brain Injury. This updated guidance is issued in response to provider questions.
Resources for Relay Services
Now that working remotely has become the ‘new normal’, many of us are participating in virtual/online meetings daily. For those of with hearing loss, this can bring challenges. Free resources are available to make online meeting participation more accessible.
Click here to read more

Addressing Social Isolation for Older Adults During the COVID-19 Crisis
Click here to read more

EMORY UNIVERSITY GOIZUETA ALZHEIMER’S DISEASE CENTER
Caregiving in a time of Coronavirus
Click here to read more

COVID-19 Fact Sheet for Grandfamilies and Multigenerational Families
Click here to read more

SAGE’s National Resource Center on LGBT Aging
Prepare for COVID-19 Tips and Resources for LGBT Elders and those living with HIV
Click here to read more

Maine Acts of Kindness: Portland hotel donates 50 rooms to health care workers
Click here to read more of the article from Portland Press Herald

CDC Released updated information regarding Cloth Face Masks
Click here to read more

Ready for the Week #3 Workouts from U-ExCEL?
Hannah LeBlanc, U-ExCEL Fitness Director in the Geriatrics Division at University of New England developed weekly workouts to share.

U-ExCEL Workout of the Week #3

U-ExCEL Total Body Card Deck Workout

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

Upcoming Learning Opportunities

CDC webinar for rural partners
CDC will be hosting a webinar on **Wednesday, April 8, 2020 at 4:00 p.m. ET** to provide updates for rural partners, stakeholders, and communities on the coronavirus disease 2019 (COVID-19) response.

The webinar will include opening remarks by Deputy Secretary Eric Hargan and a presentation by Dr. Jay Butler (Deputy Director for Infectious Diseases, CDC) sharing guidance with partners, public health practitioners, healthcare providers, and others working to protect the health of rural communities. He will describe what CDC knows and what CDC is doing in response to this outbreak since the previous COVID-19 Update for Rural Health Partners that aired on March 23. We will also have time for questions and answers.

**Registration** is required. The webinar will be posted online within a week. To submit questions in advance, please e-mail ruralhealth@cdc.gov with "Rural Health Update 4/8" in the subject line.

**Webinars: Managing volunteer programs and outreach during COVID-19.**
The SMP National Resource Center, the SHIP National Technical Assistance Center, and the Center for Benefits Access (aka the MIPPA center) have been working with the Administration for Community Living (ACL) to offer a series of webinars to help grantees manage their volunteer programs and outreach efforts during the COVID-19 crisis.

**Outreach Strategies During COVID-19 Webinar**
**Thursday, April 9, 2:00 p.m. – 3:30 p.m. ET**
This webinar provides an opportunity for SMP, SHIP, and MIPPA grantees to get together to share their concerns and, more importantly, their strategies and practices about how to do outreach, counseling, and benefits enrollment during the COVID-19 outbreak. While the focus of this webinar will be on examples for SMP, SHIP, and MIPPA all ACL grantees are welcome to join and participate.

**Register for the webinar.**

**Living With COVID-19 Webinar: A Guide for Volunteer Programs**
**Monday, April 13, 2:30 p.m. – 4:00 p.m. ET**
COVID-19 is an unprecedented event. No disaster or disease has ever affected volunteering to the extent that will likely occur in the next few months. In this webinar, Steve McCurley will take attendees through some preliminary discussion of the likely impact of COVID-19 on volunteers and volunteer programs and highlight some of the major issues around which grantees need to begin planning. While the focus of this webinar will be on examples for SMP, SHIP, and MIPPA all ACL grantees are welcome to join and participate.

**Register for the webinar.**

**Northern New England Response to Covid-19**
Webinar Hosted by Tri-State Learning Collaborative on Aging
**Tuesday, April 14th, 2020**
12:00 PM to 1:30 PM

On Tuesday, April 14 from 12:00 to 1:30, the Tri-State Learning Collaborative on Aging will host a special Covid-19 webinar to discuss challenges and promising practices to support the health of older people in northern New England. Learn how the different shelter-in-place orders effect the work in age-friendly organizations and lifelong communities. We will also share some emerging practices developing to meet the needs in communities across northern New England. Come prepared to share your experiences and to ask questions. We will be joined by state legislators, age-friendly organizations, and State Units on Aging.

**Click here to register.**

**Announcing UMaine Health Connection Chats**
Coping with COVID-19: Mindfulness Tools for Geriatric Providers
Thursday, April 16th at 12-1:30pm

Please join us for this free AgingMe Interdisciplinary Mindfulness Seminar Hosted by faculty in the UMaine’s Psychology, Social Work & Nursing Programs Seminar will be led by Rebecca MacAulay, PhD, a licensed clinical psychologist

Click here for more information and to register

Local Community Volunteer Efforts

Check out this initiative!

Age Friendly Saco
Age Friendly Saco and The Deli & Company partnered up to amplify food distribution to Saco seniors this week. Click here to read the full post and see 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 webpage above? Please let us know about it by completing the brief survey here.

In Case You Missed It

Safety Advice If You Must Visit the Grocery Store
Click here to read the article

MCOA COVID-19 Housing Call w/LeadingAge & Maine Resident Service Coordinators Association
MCOA Members can access this recorded calls by clicking here

The MCOA has created a closed Facebook page so that Resident Service Coordinators and housing managers can share information and resources real time during this crisis. If you’d like to join, click this link