COVID-19
UPDATES & INFORMATION
4/7/20

Updates, Information & Resources

Maine DHHS: Which Type of Mask Do I Need?
Click here to read more

CDC: Coronavirus disease 2019 (COVID-19) Checklist: Older Persons
Click here to read more

CDC: Preventing the Spread of COVID-19 in Retirement Communities and Independent Living Facilities (Interim Guidance)
Click here to read more

CDC: Guidance for Retirement Communities and Independent Living
Click here to read more

Administration for Community Living (ACL) COVID-19 Resources Updates
Click here to read more

PHI: We Surveyed Our Stakeholders on COVID-19. Here’s What We Learned.
Click here to read more
COVID-19 & 2020 Census
The U.S. Census Bureau is monitoring coronavirus (COVID-19) carefully, and the health, safety and well-being of the public and our staff is our top priority.

Click here to read more

Norridgewock couple making face shields for health care workers

Click here to read the article

Healthy Aging: Age Friendly South Portland: Community resources available for older adults during COVID-19 pandemic

Click here to read more

Upcoming Learning Opportunities

Free "Suddenly Remote" Series Began Today, but there’s time to join the next three!
Beginning today, MANP is offering a new, free webinar series with our partners at RoundTable Technology designed to help everyone learn to not only adjust to remote work but thrive. **Each Tuesday this month from 1-2pm** get 20-40 minutes of relevant content, then participate in open conversations to share ideas and ask questions:

Schedule (subject to change as the world changes):
- April 7: Remote Work Basics
- April 14: Adapting to Remote Work
- April 21: Hosting a Virtual Event
- April 28: Safeguarding Your Home Workforce

Learn more and register today! (You only need to sign up once to get access to all four sessions. All registered participants will receive recordings of each session.)

Help for Alzheimer's Families
Live Chat: Dementia Care in the Time of Social Distancing
THURSDAY, APRIL 9, 2020 AT 3:00PM EDT

Click here for more information

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.

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

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.
**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.](#)

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**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.](#)

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**UMaine Health Connection Chats**

Wednesdays from 11am – 12 Noon

Beginning April 15, 2020

[Click here to read more](#)

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**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](#)

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**Local Community Volunteer Efforts**

**Check out this initiative!**

**Friends In Action**

From grocery or prescription pick up, bringing hot meals, to friendly phone calls to check in. Their “Phone Friends” program is now partnering with the Ellsworth Public Library, this program matches volunteers to homebound individuals who would appreciate a phone call a couple of times a week during this time of isolation.

[Click here to read more about Friends In Action](#)

[Find them on Facebook here](#)
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.

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**In Case You Missed It**

**Addressing Social Isolation for Older Adults During the COVID-19 Crisis**  
[Click here to read more](#)

**CDC Released updated information regarding Cloth Face Masks**  
[Click here to read more](#)