COVID-19
UPDATES & INFORMATION
4/30/20

Updates, Information & Resources

Free Training for Direct Care Workers on PPE
This grant funded PPE training module was developed specifically for direct care workers. Find the Direct Care training in the yellow box at the link below.
Click here to read more

Centers for Medicare & Medicaid Services (CMS) and the Assistant Secretary of Preparedness and Response (ASPR) Launch New Toolkit to Help States Navigate COVID-19 Health Workforce Challenges
Click here to read more

CDC: Care Plans Help Both Older Adults and Caregivers
Click here to read more
Template for Complete Care Form
Click here to read more

CDC: Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes
Click here to read more

Maine Department of Economic & Community Development: COVID-19 Prevention Checklists
Click here to read more & resources
WHO: Mental health and psychosocial support aspects of the COVID-19 response
Click here to read more

U-ExCEL Week 6 Workout
- Week 6 workout (PDF)
- Build Your Own Bootcamp workout (PDF)
Videos
- Strength and Balance, Circuit, Fusion video
- Sit and Fit video
- Core Dynamics video

UMaine Health Connection Chats
Announcing Second Round of Sessions May-June
Click here to read about the upcoming chats

Upcoming:
UMaine Health Connection Chat: Issues Relevant to Those with Cancer & Caregivers of Those with Cancer
Wednesday, 11am – 12 Noon
May 6th, 2020
Click here to read more

MHCA: Creating Connections: E-Notes for Long Term Care
Click here to read more

YCCAC to offer limited transportation services beginning May 4th
Click here to read more

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**Funding Opportunities**

Click here to read more

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

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**Upcoming Learning Opportunities**

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

Southern Maine Agency on Aging Virtual Classes
Telephone Family Caregiver Support Group:
(CALL: 713-3723), Monday, May 11, 2020, 3 – 4:30pm,
FMI: Barbara Alberda, 713-3723
Advanced Care Planning & Covid-19  
*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 / 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.

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

MCOA Member News

Senscio Systems
Scarborough firm expands with COVID-19 home-monitoring system
Click here to read the article

Aroostook Community Action Program
MMG Insurance donates $10,000 to ACAP in support of COVID-19 relief for Aroostook County families
Click here to read the article

Local Community Volunteer Efforts

Check out this initiative!

Grand Isle Seniors Club serves seniors during COVID-19 shutdown
Click here to read the article

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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

Governor Mills Announces Consensus Economic Forecasting Commission, Revenue Forecasting Committee to Convene Early to Assess Economic Ramifications of COVID-19 on State Revenues
Click here to read more

Midcoast Meals on Wheels loosens criteria due to virus, sees over 40% jump in need
Click here to read the article

America's face-mask culture is changing, and their meaning changes too
Click here to read the article

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