COVID-19
UPDATES & INFORMATION
5/11/20

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#

We look forward to having you join us!

Updates, Information & Resources

Governor Mills Introduces Rural Reopening Plan
Click here to read the bulletin

IRS: Coronavirus-related relief for retirement plans and IRAs questions and answers
Click here to read more

Institute for Healthcare Improvement: COVID-19 Resources: Care of Older Adults
Click here to read more
Framing COVID-19
Topic #9: Talking about what young people need during the pandemic
Our future depends on whether youth grow, develop, and learn. When we support young people’s wellbeing, they build the foundation for their social and civic participation—and a better, more inclusive future for us all.

The pandemic has upended much of what we have in place to help kids thrive: child care, schools, mentoring, sports, the arts. From before birth through the early twenties, while children and youth are actively developing, these community resources and relationships remain absolutely essential.

The way we talk about young people now will shape whether response policies and restoration packages reflect the needs, concerns, and voices of the next generation. We need to get this right to boost—rather than break—our chances of sensible and science-informed approaches to early learning, education, and youth development.

The Greeks value age; America could learn something from them in this pandemic

NPR: As Food Supply Chain Breaks Down, Farm-To-Door CSAs Take Off

Upcoming Learning Opportunities

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.

Tackling High-Priority COVID-19 Challenges for Nursing Homes
The Institute for Healthcare Improvement, with support from The John A. Hartford Foundation, is launching the COVID-19 Rapid Response Network for Nursing Homes to support nursing home leadership, staff, residents, families, and communities impacted by the COVID-19 pandemic.

Alzheimer's Association: COVID-19 Caring Conversations
COVID-19 Caring Conversations (for people with memory loss and their caregivers)
COVID-19 Caring Conversations For Professionals
Click here for more information and to register

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

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
Click here for more information
Stress Management for Family Caregivers During the Pandemic on May 13, 1-2pm

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

Webinar on Supporting Older Adults in Emergencies: Preparedness, Response, and Recovery
ACL, CDC, HRSA, and NIA are partnering to provide a new series of webinars: Focus on Aging: Federal Partners’ Webinar Series. This webinar series will address important topics for public health and health care professionals, aging services organizations, the research community, and other stakeholders in aging. Each webinar will include information specific to individuals with Alzheimer’s disease and other types of dementia, as well as their caregivers.
This May 13 webinar will be the first of the Focus on Aging series, and will emphasize emergency preparedness.
Register for the webinar 1:30 - 3:00 PM ET on Wednesday, May 13, 2020.

AlzTalks with Dr. Ron Killiany
May 13, 2020 | 6:00 p.m. - May 13, 2020 | 8:00 p.m.
Join us for an overview of Alzheimer’s disease and other dementia and recent advances in research, including discussion about how changes in the brain from aging and disease impact cognitive symptoms. Link provided upon registration.
Click here for more information

Morally Distressing Events in Healthcare Workers During the Coronavirus (COVID-19) Outbreak
Sonya Norman, PhD
Wednesday, May 20 at 2 p.m. ET
Although it is not typical for healthcare workers to experience significant distress from difficult situations at work, unprecedented contexts, such as a pandemic, may cause some healthcare workers to experience morally distressing events. Morally distressing events refer to experiences that contradict personal or shared values or expectations. Feelings resulting from these experiences can include guilt, shame, distress or intrusive thoughts or images, anger, reduced readiness and, if the person experiences betrayal, reduced
Webinar 5/20: Locating Community-Based Resources
Register for the webinar on Wednesday, May 20, at 3:00 - 4:00 PM ET.
The Christopher & Dana Reeve Foundation's Paralysis Resource Center (PRC) is offering a free webinar on the services of the Aging and Disability Networks including n4a and the Eldercare Locator.
People with spinal cord injury and paralysis are likely to need community-based services and supports offered through the aging and disability networks available in nearly every community in the U.S. This webinar includes an overview of the services provided by the aging services network that are currently used by people with spinal cord injury (health/wellness programs, caregiver support, in-home assistance, case management, transportation, home modification and legal services). Also covered is the role of the National Association of Area Agencies on Aging (n4a) and the Eldercare Locator in connecting people with critical resources to live independently in their own communities.
Click here for more information

Webinar: Supporting Grandfamilies in a Pandemic
National Association of Area Agencies on Aging
5/21/2020 2:00 PM EDT
Join Generations United and n4a for a conversation on how the Aging Network can best support older adults raising grandchildren or other young relatives during this tumultuous time. The needs of grandfamilies are often great and always complicated even in good times. Add online learning, stay-at-home precautions and reduced access to services and supplies, and you have a population in need of extra help, now! Generations United’s experts will highlight the trends in these families’ current and emerging needs and share ideas for aging organizations to increase support to these older adults. A grandparent currently raising her grandchildren will share first-hand experience, and other grandfamily and AAA experts will join the conversation—as will you! In this COVID-19 era, sharing of emerging practices is critical, and we hope to capture local responses during the webinar.
Click here to here to learn more and register

Ageism is Bad for Your Health
Tuesday, May 26th, 2020, from 12:00 p.m. to 1:30 p.m.
Hosted by Tri-State Learning Collaborative on Aging
On Tuesday, May 26, from 12:00 to 1:30, we will focus on ageism, the negative impacts on our health and how we can change the conversation moving forward. During the recent COVID-19 response we saw a marked increase in ageist attitudes—from naming coronavirus the “Boomer Buster” to cartoons asking people to choose grandma or the economy. Join us to learn more about changing the conversation on aging in our current climate and how we move forward together with effective messaging. We will be joined by re-framing experts from New Hampshire, Vermont, Maine and from the national initiative.
Presenters:
- Patricia D’Antonio, Vice President, Professional Affairs, The Gerontological Society of America, Program Director, Reframing Aging Initiative
- Kelly Laflamme, Program Director, Endowment for Health
- Keliane Totten, Chief Officer, Community Engagement, Concord Regional VNA
- Jennifer Rabalais, Co-Director, Center on Aging and Community Living, Project Director, Institute on Disability, University of New Hampshire
- Angela Smith-Dieng, Director, Adult Services Division, Department of Disabilities, Aging and Independent Living, Vermont
- Mary Lou Ciolfi, Acting Administrator, HillHouse Assisted Living, Aging Services Consultant, Adjunct Faculty, University of New England

Click here to register
Alzheimer's Association Virtual Person-Centered Dementia Care
The curriculum is a train-the-trainer model created to prepare attendees already familiar with Alzheimer's and dementia care, to train direct care staff in a wide range of residential and community based settings. The 7-hour **virtual** training teaches attendees how to deliver the 13-hour curriculum based on the person-centered model of Habilitation Therapy.

*Click here to view the flyer*
*Click here for more information & to register*

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**Local Community Volunteer Efforts**

*Check out this initiative!*

**China For a Lifetime**
China’s China For A Lifetime Committee has instituted China Food Delivery. They will pick up and deliver prepaid orders from Walmart and Hannaford. Delivery drivers practice good hand hygiene and social distancing.

*Click here to read more about the committee*

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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.*

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**Funding Opportunities**

**USDA Rural Development: Distance Learning & Telemedicine Grants**
*Click here to read more*

**Robert Wood Johnson Foundation**
Pioneering Ideas: Exploring the Future to Build a Culture of Health
*Click here to read more*

**NCOA: COVID-19 Community Response Fund**
*Click here to read more*

**Maine Association of Nonprofits: Information on COVID-19 for Maine Nonprofits, Financial Relief for Nonprofit Businesses and Employers**
*Click here to read more*

**Maine Philanthropy Center: COVID-19 Response Funds**
Personal Protective Equipment (PPE) Resources

UMaine: Maine-made cloth face coverings and other consumer products
Click here to read more

Sewing Masks for Maine
Free of Charge for Healthcare Providers
Mask Request Form: Maine Healthcare Providers

Mid Coast Pop Up PPE Factory
Find them on Facebook Here

In Case You Missed It

LeadingAge: Older American Lives At Stake: Five Essential Actions
Click here to read more

Maine Public: As Maine Begins To Reopen, A Closer Look At The State's Response To The Pandemic
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