COVID-19
UPDATES & INFORMATION
5/12/20

Updates, Information & Resources

Maine DHHS: COVID-19 Testing for Uninsured Individuals
Click here to read the bulletin

Maine DHHS Receives Federal Approval of Appendix K Waiver Amendment
Click here to read the bulletin

Maine Association of Nonprofits
As a statewide resource hub for Maine's diverse nonprofit community, Maine Association of Nonprofits is gathering and developing resources that supplement the state's guidance regarding a phased "reopening." We recognize that many of our fellow associations and coalitions here in Maine are also creating tools and we want to amplify that great work (and not reinvent the wheel!). We hope to curate a library of resources to support our broad membership as they navigate safely reopening offices, resuming services, and/or welcoming the public in the coming weeks and months.

If you have or are developing resources/tools relevant to Maine's nonprofits--broadly or to specific mission areas or regions--would you be willing to complete this brief survey? Sharing your offerings will help us point nonprofits to the tools and supports most useful to them, showcase the ingenuity and collaboration among nonprofits, and identify gaps in supports.
Click here to complete the survey

SMAA Senior News: An Interview with Dr. Shah
Click here to read the interview
ADvancing States Announces Release of ConnectToCareJobs.com
Click here to read more

Maine Center for Economic Policy: Congress must act boldly to protect Maine families, communities from harm
Click here to read more

Senator King Calls for Major Investments in Rural Telehealth Infrastructure
Click here to read the Press Release

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. There are scholarships available that are grant supported by AgingME GWEP. We would like to make these available to as many of our long term care and assisted living communities as possible.
Click here to view the flyer
Click here for more information & to register

U-ExCEL Workout of the Week #8!
Click here for the Workout of the Week #8
Click here for the Word Scramble (answer key included on page 2) that goes along with day 3 under “Ways to Mix up Your Weekly Routine” and is a mix of all three classes.
Strength & Balance
Sit & Fit
Core Dynamics

A reminder that all At Home Exercise Workouts created by Hannah can be found on the following website – scroll down to COVID-19 – U-ExCEL At Home Workouts: https://www.une.edu/com/geriatric/programs/u-excel

Upcoming Learning Opportunities

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.
This free call series is held every weekday at 12:00 noon beginning May 4th
Click here to read more and register

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

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 (see webinar below)  
Click here for more information and to register

(NEW) COVID-19 Caring Conversations for Professionals  
For Long-Term Care Providers from All Care Settings  
Taking Care of Your Mental Health and Well Being: Warning Signs of Trauma, Anxiety and Depression  
May 27, 2020, 6:00 pm - 7:00 pm  
This session, led by Dr. Brent Forester, will identify key components of mental health and ways to care for yourself during these challenging times of COVID-19. Due to significant losses direct care staff are experiencing on the front line, it is important to recognize symptoms of trauma, anxiety and depression. Everyone experiences trauma differently, based on their own life experiences. By recognizing symptoms, professionals can identify warning signs of clinical depression, significant anxiety and post-traumatic stress disorder that may warrant further evaluation by a medical professional. Attendees will have the option to submit questions in advance or during the presentation.  
Click Here 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  
Stress Management for Family Caregivers During the Pandemic on May 13, 1-2pm

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 health care 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 confidence in leaders or the organization. This webinar will help mental health and other
healthcare providers understand how working in the current pandemic might result in experiences of morally distressing events for some healthcare workers. Strategies that workers, coworkers, and leaders can use to reduce the potential for morally distressing events and strategies that mental health care providers can use to reduce the distress associated with morally distressing events will be discussed. 

Click here to register

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 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
**Check out this initiative!**

**Delta Prime Robotics: Face shields, "Ear Saver" straps and other medical accessories**

We are using 3d printers owned by our team, team members, and other local volunteers to print Face shields, "Ear Saver" straps and other medical accessories that are in short supply and high cost right now to help the response to the COVID19 pandemic. We are doing this together, alone from our own homes.

*Click here to read more*
*Click here to find them on Facebook*

----------

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.*

----------

**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**
*Click here to read more*

----------

**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

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

Statement From LeadingAge: U.S. Policymaker Failure has Deadly Consequences
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.