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#

As a reminder, please see the above Zoom meeting credentials for our standing meeting. Note, we are using password protection to address concerns with the Zoom platform. We look forward to having you join us!

Updates, Information & Resources

Maine DHHS: GUIDANCE ON PROTECTING PEOPLE’S ECONOMIC IMPACT PAYMENTS (EIP)
Click here to read the bulletin

Department of Labor Processes Thousands of Pandemic Unemployment Assistance Applications on First Day of Program
Click here to read the Press Release

Maine DHHS Seeks Federal Flexibility to Support Adults with Disabilities
and Older Mainers in the Face of COVID-19
Click here to read the Press Release

Maine Department of Labor: Pandemic Unemployment Assistance (PUA)
Click here to read more

MaineHousing: COVID-19 Rental Relief Program
Click here to read more

AARP Maine Senior Hours Database: Maine Grocery & Food Resource Listing
Click here to read more

National Council of Nonprofits: Nonprofits and Coronavirus, COVID-19
Click here to read more

Briefing on Maine's Proposed Appendix K for the five HCBS Waivers (PowerPoint)
Click here to read more

Free workshops offered by Healthy Living for ME
Participants can join from the comfort of their own home
Click here to read the full Press Release

Ready for U-ExCEL Workout of the Week #7?

Click here for Workout #7

Click here for the All Day Mini-Workout

Videos:
Strength & Balance, Circuit, Fusion
Sit & Fit
Core Dynamics

Bangor Daily News: To reopen, Maine needs to test far more people. What will it take?
Click here to read the article

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Personal Protective Equipment (PPE) Resources

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

Mid Coast Pop Up PPE Factory
UMaine: Maine-made cloth face coverings and other consumer products

Find them on Facebook Here

Advocacy Opportunities

Contact Congress TODAY for Affordable Senior Housing Relief
Support LeadingAge’s affordable senior housing asks in the next COVID-19 relief package by contacting your representative and senators today. Congress has been working for weeks on the next funding package; now is the time to make sure your voice is heard for affordable senior housing

Click here to take action

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

Click here to read more

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

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.

Click here to read more

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

Click here to read more
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.

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

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*

**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

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### Local Community Volunteer Efforts

*Check out this initiative!*

KVCC students, 3D printing club produce face shields for health care workers
*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.*

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### In Case You Missed It

**Maine DHHS: Temporary Rate Increase Guidance for MaineCare Providers**
*Click here to read the bulletin*

(4/30/2020)
*Click here to read more*

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