COVID-19 UPDATES & INFORMATION
5/6/20

Updates, Information & Resources

Maine DHHS: COVID-19 Individual Wellness Check In Tool
Click here to read more

The Jackson Lab: Minute to Understanding
THE SCIENCE BEHIND CORONAVIRUS TESTING
Click here to read more

Alzheimer's Association launches COVID-19 Caring Conversations
COVID-19 Caring Conversations (for people with memory loss and their caregivers)
Opportunity for caregivers and people living with dementia to get support and learn strategies to deal with the unique challenges and concerns of the COVID-19 pandemic
Topics:
- Living with Early Dementia
- Tips for Caregivers at Home
- Getting through the Day with Less Stress
- Tips for Caregivers with Loved Ones in Residential Care
- Emergency Planning if You or Your Loved One Gets Sick
These are 30 minute presentations/conversations about VERY relevant issues facing people living with memory loss, and their caregivers.

COVID-19 Caring Conversations For Professionals
Offer support and education for direct care workers on the frontline, caring for someone living with dementia. Sessions will be offered twice a month, highlighting key topics identified by partnership members and professionals working in the field. The Alzheimer’s Association will partner with professionals who have expertise in such topics to encourage conversation and support. Session(s) will also be offered in Spanish.
Logistics: Offer 60 minute session (30 minutes education and 30 minutes Q & A) Date
Topics

- Mental Health and Well Being During These Challenging Times (Dr. Brent Forester and colleagues)
- Strategies to Care for Yourself During These Challenging Times
- Coping with Loss and Grief During These Challenging Times (Hospice)
- Engaging and Supporting Families in the Residential Care Setting (Panel of Best Practices)
- Keeping Residents Engaged in Residential Care During These Challenging Times (Panel of Best Practices)

Click here for more information and to register

Give IT. Get IT: We're Building a Digitally Empowered Community
Click here to learn more about the program

Health Affairs: What CMS’s Response To COVID-19 Means For Front Line Clinicians
Click here to read more

An Update from CEO Megan Walton from the Southern Maine Agency on Aging - COVID-19
Click here to read the update

ACAP expands services to meet community needs during pandemic
Click here to read the article

More Mainers turn to the state’s safety net as the pandemic drags on
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
Find them on Facebook Here

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

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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

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

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

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

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

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**

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**Local Community Volunteer Efforts**

*Check out this initiative!*

**Maine State Music Theatre crafting cloth face masks**

Maine State Music Theatre’s costumes division and a group of volunteers are sewing fabric face masks distributed by Mid Coast Hospital to family members and partner organizations, including long-term care and independent living communities in the region. **Click here to read more**

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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**
Advocacy Matters on #GivingTuesdayNow
Now more than ever, we are all called upon to make a difference. Will you give now to support aging advocacy efforts during Covid-19?

Click here to read more and to support aging advocacy efforts during Covid-19

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