COVID-19
UPDATES & INFORMATION
5/14/20

A Reminder from MCOA

The Maine Council on Aging, in partnership with LeadingAge ME & NH and the Maine Resident Services Coordinators Association, hosts a weekly meeting for congregate housing coordinators and managers to address concerns related to a potential outbreak of Covid-19 in congregate housing settings. Please join us!

Standing MCOA/LeadingAge Housing Call – for RSCs and Housing Managers – every Friday at 10:15
Join Zoom Meeting (video encouraged): https://zoom.us/j/992754142
Meeting ID: 992 754 142
Password: 535837
Conference Call Line: 1-646-558-8656 passcode: 992754142#

Updates, Information & Resources

Governor Mills Extends State of Civil Emergency As Maine Continues to Combat COVID-19
Click here to read the bulletin

Maine DHHS: Attention Providers of Sections 18, 19, 20, 21 and 29: New COVID-19 Service Codes and Temporary Rate Increases through Appendix K Amendment
Click here to read the bulletin

Youth Movement Against Alzheimer’s Introduces MealsTogether
The EngAging Project
Research project by Grace Ellrodt, recent graduate of Bates College, explores loneliness and aging.
Click here to read more

New Data from UsAgainstAlzheimer's Examines Impact of Coronavirus Crisis
Click here to read the news release.
To help support caregivers during this crisis, UsAgainstAlzheimer's also released a blog post with advice from caregivers on managing during this crisis.

Alzheimer's Disease International Releases a Position paper on COVID-19 and Dementia
Click here to read the paper.

UMaine Extension: Food Preservation Webinar Series
Click here to read more

Upcoming Learning Opportunities

(NEW) Dementia Workforce Development: Two Models to Prepare for the Future
(National Alzheimer’s and Dementia Resource Center (NADRC) Webinar – June 16, 2020)
An introduction to critical issues in the dementia workforce will be presented. The CATCH-ON program at Rush University Medical Center is addressing workforce needs in unique ways through its Geriatric Workforce Enhancement Program. Dr. Erin Emery-Tiburcio will discuss various aspects of CATCH-ON, including the development of Dementia Friendly Communities in Illinois and resources for building your local dementia workforce. A second dementia workforce program example will be provided by Ms. Katelyn Marschall. Ms. Marschall will provide an overview of the Wisconsin Dementia Care Specialist Program and how the Dementia Care Specialist Program impacts people with dementia and their families. Practical resources for dementia professionals developed for use in community-based settings will also be provided.
Click here for more information

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

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
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

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

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 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.

**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.

**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.

**Local Community Volunteer Efforts**

**Check out this initiative!**

**City of Bangor**
The City of Bangor continues to monitor and respond to the COVID-19 pandemic. Significant coordination continues among city departments, the Maine CDC, local healthcare providers, and other partners. They are compiling local resources on their city website.

**Click here to visit the website**
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**
Click here to read more

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**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

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**In Case You Missed It**