COVID-19
UPDATES & INFORMATION
5/20/20

Updates, Information & Resources

Mills Administration Updates Plan to Restart Maine’s Economy
Click here to read the bulletin

AARP: Special Coronavirus Tele-Town Hall Coming Thursday, May 21, at 1p.m. ET
Caring for Loved Ones in Care Facilities with special guests Emmy-winning actress and New York Times best-selling author Susan Lucci and AARP CEO Jo Ann Jenkins
Click here to read more

LeadingAge: Not Grounded in Reality: Latest CMS Guidance to States and Locals Doesn’t Address Nursing Homes’ Massive, Ongoing Need for Tests and PPE
Click here to read more

Dementia and COVID-19: Insights from the Field
In this 13-minute QuickCast, Kirsten Jacobs shares ideas and insights garnered from providers and collaborators who are supporting people with dementia amidst COVID-19.
Click here to read more

U-ExCEL Workout of the Week #9!
The second attachment is a Word Search Workout that goes along with Day 4 under “Ways to Mix up your Weekly Routine,” and is a mix of all three classes.

Workout of the Week #9
Word Search Workout Week #9

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

If you would like to look back on a past week/workout, all U-ExCEL At Home Workouts 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](https://www.une.edu/com/geriatric/programs/u-excel)

20 Degrees: An [Event Decision-Making Tool](https://www.une.edu/com/geriatric/programs/u-excel) to help you decide if you should host an event in 2020

TechSoup: The Show Must Go On: Producing a Virtual Nonprofit Event [Click here to read more](https://www.une.edu/com/geriatric/programs/u-excel)

COVID-19 forces end-of-life conversations for nursing home residents [Click here to read the article](https://www.une.edu/com/geriatric/programs/u-excel)

Portland will use emergency federal grants for housing assistance [Click here to read the article](https://www.une.edu/com/geriatric/programs/u-excel)

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### Upcoming Learning Opportunities

Don't forget to register for the Tri-State Learning Collaborative on Aging "Resiliency & Recovery Conversation" Series
Volunteer Transportation: May 20th, 2020, 2:00 - 3:00 pm
Senior Centers & Congregate Meal Sites: May 27th, 2020, 2:00 - 3:00 pm
Adult Day Centers: June 3rd, 2020, 3:00 - 4:00 pm
[Click here to learn more & register for the upcoming conversations](https://www.une.edu/com/geriatric/programs/u-excel)

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](https://www.une.edu/com/geriatric/programs/u-excel)
[Click here for more information & to register](https://www.une.edu/com/geriatric/programs/u-excel)

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](https://www.une.edu/com/geriatric/programs/u-excel)

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](https://www.une.edu/com/geriatric/programs/u-excel)
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.
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

Understanding Social Isolation Series Part 1: What it is, Why it Matters and How it's Measured
Wednesday, May 27, 2020
AARP Foundation, with the American Society on Aging, explores the health impacts of social isolation among older adults, and looks at current recommendations and solutions to prevent and mitigate its negative effects. This timely series comes at an unprecedented moment in America, as the novel coronavirus thrusts millions of older adults into greater physical isolation from family, friends and neighbors. As these events unfold, it will be more important than ever for healthcare professionals and those in the aging services sector to understand the importance of social connections and strategies to support healthy social engagement and inclusion. Register for this two-part web seminar to learn about the latest research, screening and measurement methods, recommendations and best practices.

Click here to register

Understanding Social Isolation Series Part 2: Interventions and Best Practices in Healthcare and the Community
Thursday, May 28, 2020
AARP Foundation, with the American Society on Aging, explores the health impacts of social isolation among older adults, and looks at current recommendations and solutions to prevent and mitigate its negative effects. This timely series comes at an unprecedented moment in America, as the novel coronavirus thrusts millions of older adults into greater physical isolation from family, friends and neighbors. As these events unfold, it will be more important than ever for healthcare professionals and those in the aging services sector to understand the importance of social connections and strategies to support healthy social engagement and inclusion. Register for this two-part web seminar to learn about the latest research, screening and measurement methods, recommendations and best practices.

Click here 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
What Challenges are People with Chronic Disease Facing in the New COVID-19 Environment?
May 28, 2020 03:00 PM
People with chronic conditions have always faced considerable challenges to manage their conditions. In an age of COVID-19, they face many new challenges, including not getting the routine care they need to monitor and manage their chronic disease. In this month’s General Member Webinar, Dr. Betsy Thompson, Director of the Division for Heart Disease and Stroke Prevention at CDC and a Rear Admiral in the U.S. Public Health Service will discuss some of these challenges we should understand and look at approaches that can help us inform the public in our states and territories.

Establish a Volunteer led Social Wellness Call Program: Train the Trainer Webinar
May 29 @ 1:00 pm - 3:00 pm
The Motion Picture and Television Fund is sharing their social connectivity train the trainer program with senior center professionals. Staff who will be training volunteers to make wellness calls should sign up for this free training. This free training will provide guidance for starting a program, recruiting, marketing, policies and procedures, rules and regulations and reporting. MPTF will ask for feedback from those deciding to use the tools.

Rural Primary Care Tools and Resources for Managing Suicidal Ideation During COVID-19
Jun 2, 2020 02:00 PM in Central Time
Mental health professionals are predicting an increase in suicidal ideation as a result of the coronavirus pandemic (COVID-19). Part of the explanation has been tied to financial stress, role balance, and isolation. Individuals in rural communities may be experiencing these risks for suicidal ideations more acutely given rural people already disproportionately struggle with isolation and poverty. In rural communities primary care providers are an integral member of the mental health workforce and can play a pivotal role in identifying and managing suicidal ideation in their patients.

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 to register

Check here to register

Click here to register

Click here to register

Click here for more information

Local Community Volunteer Efforts

Check out this initiative!

Mission Stays in Touch with Downeast and Island Families with Project ReachOut
In response to coronavirus physical distancing, the Mission suspended several popular
activity where community members gathered at the Downeast campus in Cherryfield or on the islands to share a public supper, a morning coffee and conversation, musical evenings, and other events. Knowing how important social interactions are in keeping communities strong, the Mission redirected its creativity, finding new ways to do its work. ReachOut is one example.

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

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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**
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
In Case You Missed It

Maine Eliminates Testing Prioritization; Expands Testing to Anyone Suspected of Having COVID-19
Click here to read the bulletin

CDC Important Information About Your Cloth Face Coverings
Click here to read more

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CORONAVIRUS INFORMATION & RESOURCES