A Message from MCOA

Due to Memorial Weekend, we will not be sending out a daily update on Friday, 5/22 or Monday, 5/25. We will be holding our standing Housing Call meeting on Friday, 5/22 and our standing Member & Partner Call on Tuesday, 5/26. Please see the meeting connection details below - we look forward to seeing you there and wish you all a wonderful holiday weekend!

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](https://zoom.us/j/992754142)
Meeting ID: 992 754 142
Password: 535837
Conference Call Line: 1-646-558-8656 passcode: 992754142#

**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](https://zoom.us/j/974743577)
Meeting ID: 974 743 577
Password: 785205
Conference Call Line: 1-646-558-8656 passcode: 974743577#

We look forward to having you join us!
Thank You Direct Care Workers PSA!
The Home Care & Hospice Alliance of Maine, in collaboration with the Maine Health Care Association and the Long Term Care Ombudsman, is excited to share with you our new PSA honoring dedicated caregivers who continue to take care of Maine's most vulnerable patients during these challenging times.
Click here to view the Facebook Post

TSLCA Resiliency & Recovery Conversations: Volunteer Transportation
On May 19, TSLCA hosted a conversation about volunteer transportation and how COVID-19 has changed these programs across Maine, New Hampshire and Vermont. During the call, folks shared resources, asked questions and talked about how they are working to adapt volunteer transportation programs to be as safe as possible while Covid-19 is still a threat.
Click here to watch the recording of the call
Additional Information about the Resiliency & Recovery Conversation Series can be found here

CDC: PUBLIC HEALTH CONSIDERATIONS FOR REOPENING MASS TRANSIT DURING THE COVID-19 PANDEMIC
Click here to read more

CDC: What Rideshare, Taxi, Limo, and other Passenger Drivers-for-Hire Need to Know about COVID-19
Click here to read more

Older Americans Month 2020 Activity Ideas
Click here to read more

Bernstein Shur: Legal Guidance on COVID-19 and FAQs
Click here to read more

UST; Unemployment & Workforce Solutions: COVID-19 Workforce Trends Report
Click here to read more

Maine Public: Deep Dive Coronavirus
The novel coronavirus is testing our resilience in unprecedented ways, affecting all aspects of Maine life, including education, health, state government, business, law enforcement and more. Join Maine Public as we continue Deep Dive: Coronavirus, conversations with our news team that trace the outbreak in our state from its source through the present and looking ahead to the future.
Click here to read more

As Maine lab triples testing capacity, local providers can’t test everyone immediately
Click here to read the article

U.S.-Canada border closure extended to June 21
Click here to read the article
Upcoming Learning Opportunities

Don't forget to register for the Tri-State Learning Collaborative on Aging "Resiliency & Recovery Conversation" Series
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

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

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
Click here for more information and to register

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

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
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.

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.

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 the 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.

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.

**Click here to register**

(NEW) **Webinar 5/28: Navigating Provider Transformation**
Webinar on Thursday, May 28 at 3:00 - 4:30 pm ET.
ACL and the Centers for Medicare and Medicaid Services (CMS) are hosting a monthly Webinar series to assist states and stakeholders in developing high quality programs to address social determinants of health (SDOH) and provider capacity building in home- and community-based services (HCBS). The series will focus on best practices in a number of key areas, including person-centered planning, guardianship reform, aligning HCBS policy with SDOH, housing, employment, community inclusion, transportation, and more.
This webinar will feature resources and projects on provider transformation from congregate settings into community integration. The U.S. Department of Labor (DOL) Office of Disability Employment Policy (ODEP) will start by discussing the National Expansion of Employment Opportunities Network (NEON) grant for competitive integrated employment. Attendees will hear from nonprofit organizations on operational implications of transitioning congregate day services and sheltered workshops to those that are truly person-centered and community-based.
There will be ample time for questions and discussion.

Register for the webinar.

**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.

Click here to register

**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.

Click here to register

**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
Local Community Volunteer Efforts

Check out this initiative!

Hospice Volunteers of Waldo County, Maine
City of Belfast has partnered with Ring of Caring to offer Friendly Calling Program, shopping, and medication pick up.
Click here 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

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

20 Degrees: An Event Decision-Making Tool to help you decide if you should host an event in 2020

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

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

CORONAVIRUS INFORMATION & RESOURCES

Maine Council on Aging | PO Box 988, Brunswick, ME 04011 | 207-592-9972