COVID-19
UPDATES & INFORMATION
5/26/20

Updates, Information & Resources

DHHA: COVID-19 GUIDANCE FOR RE-OPENING IN-PERSON COMMUNITY SUPPORT, WORK SUPPORT, AND CAREER PLANNING SERVICES
Click here to read the bulletin

DHHS: Guidance for Ordering Swabs and Viral Transport Media
Click here to read the bulletin

DHHS: Electronic Visit Verification (EVV) Training
Click here to read the bulletin

OADS RESIDENTIAL CARE, PNMI, AND ASSISTED HOUSING COVID 19 STAKEHOLDER CALL, FRIDAY MAY 29, 2020 AT 11 AM
Click here to read more

DHHS: IMPORTANT INFORMATION ABOUT COVID-19 TESTING CAPACITY AT THE STATE LAB
Click here to read the bulletin

Maine Fire Stations Providing N95 Fit Testing
Click here to read more
Framing COVID-19
Topic #11: Framing the post-pandemic economy
The pandemic has created an opening to change the public's perspective on what it means to have a good economy - and what role government must play in getting there. This means that the way we talk about the economy has never mattered more.

Click here to read more

CMS: COVID-19 Resources on Vulnerable Populations
Click here to read more

U-ExCEL Workout of the Week #10
The second attachment is a Countdown Workout that goes along with Day 3 under “Ways to Mix up of all three classes.
Click here for Workout Week 10
Click here for Countdown Workout Week 10

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

Let’s rethink views of older Americans
Click here to read the article

More patients have seen doctors virtually during the pandemic — and that might not change
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

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

Understanding Social Isolation Series Part 1: What it is, Why it Matters and How it’s Measured
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

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.

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.

Click here to register

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!
**Town of Hampden, Maine**

Hampden Public Safety is operating a phone line for citizens having difficulty accessing resources to assist with their basic needs. The phone line will be manned by Town of Hampden employee’s and will provide information on a variety of local services such as food cupboards, fuel assistance, emotional support and soup kitchens. We will also have information on the Town of Hampden General Assistance Program and be able to expedite emergency needs. Under certain circumstances, particularly with our vulnerable and homebound citizens, we will either make arrangements or deliver the needed items.

*Click here to visit the website*
*Click here to find them of 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
In Case You Missed It

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

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

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

Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Create a great offer by adding words like "free" "personalized" "complimentary" or "customized." A sense of urgency often helps readers take an action, so think about inserting phrases like "for a limited time only" or "only 7 remaining!"