Messages from MCOA

As a reminder...

The standing weekly MCOA Member & Partner call held on Tuesday mornings will now be held every other week instead of every week.
We will not be meeting tomorrow, Tuesday, June 2nd.
The next call Member & Partner Call will be held on Tuesday, June 9th.

Maine Medical Center, the Maine Council on Aging, and LeadingAge Maine & New Hampshire present:

“Where Policy Meets Practice: Preventing the Spread of COVID-19 in Affordable Senior Housing Communities”

- Friday, June 5th, 10:15-11:15am EST
- Curated Conversation and Live Q&A with preventative medicine experts, housing policy analysts, and housing/services providers
- Panelists include: Nicoleta Toma, MD and Katherine Nenninger, MD - MMC Preventive Medicine Fellows; Juliana Bilowich, Director of Housing Operations and Policy for LeadingAge; and Jess Maurer, Executive Director of MCOA

Join us for a 30-minute curated conversation on how property staff can reduce the spread of COVID-19 in HUD-assisted and other senior housing communities. Bring live questions, or send advance questions to jmaurer@mainecouncilonaging.org or lhenderson@leadinagemenh.org.
Conversation to be followed by updates on HUD guidance and local resources for affordable housing managers and Resident Service Coordinators navigating the pandemic.

Pre-registration is not required.
*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#

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**Updates, Information & Resources**

**Governor Mills Issues Executive Order Allowing for Easing of Restrictions As Restarting Maine Plan Progresses**
*Click here to read the bulletin*

**Updates from Maine DHHS OADS:**
- *Long-Term Care and Assisted Housing Facilities: Emergency Crisis Staffing Guidance (PDF)* 05/29/2020
- *Long-Term Care and Assisted Housing Facilities: Personal Protective Equipment (PDF)* 05/29/2020
- *Congregate and Assisted Living/Residential Care Service Providers: 2019 Novel Coronavirus (COVID-19) Guidance (PDF)* 05/29/2020

**Frequently Asked Questions by Guardians About the COVID-19 Pandemic**
FAQs about guardianship issues during COVID-19 from the National Guardianship Association, in conjunction with the ABA Commission on Law and Aging and the National Center for State Courts.
*Click here to read more*

**GOA: SCIENCE & TECH SPOTLIGHT: COVID-19 VACCINE DEVELOPMENT**
*Click here to read more*

**Coronavirus (COVID-19) Virtual Information Sessions**
Every Tuesday | 10:00 am - 11:00 am
*Click here to read more*

**U-ExCEL Workout of the Week #11**
Attached you will find U-ExCEL Workout of the Week #11! The second attachment is a Spell It Out Workout that goes along with Day 5 under “Ways to Mix up your Weekly Routine,” and is a mix of all three classes.

*Workout of the Week #11*
*Spell It Out Workout*
*Strength and Balance, Circuit, Fusion*
*Sit & Fit*
Upcoming Learning Opportunities

UMaine Health Connection Chats
Click here to learn more about past chats & find out about upcoming chats

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

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

(NEW) GIA Webinar: Seeing Older Adults as Assets with Intergenerational Programs
While there has been much discussion around older adults in need during the Covid-19 pandemic, many older adults are also actively volunteering and giving back to their communities. Join Grantmakers In Aging and The Eisner Foundation for a special discussion of the full spectrum of the 65+ experience during this crisis, and how organizations are putting the skills and talents of older adults to work.
Panelists: Trent Stamp, CEO, The Eisner Foundation
Joel Arquillos, Executive Director of 826LA
Nahtahna Cabanes, VP of Strategic Partnerships and Director of RSVP at L.A. Works
Moderated by John Feather, CEO, Grantmakers In Aging
Click here to register
Why COVID-19 Preys on Older Adults: What the Science Says (and Doesn’t Say)

Tuesday, June 9, 2020, 2-3:00pm EDT

Older people are most prone to hospitalization, disability, and death following infection with the novel coronavirus. Among those infected, people 80 and older die at 184 times the rate of someone in their 20s.

This webinar, the first in the series “Aging and COVID-19: What Does Science Actually Tell Us?” presented by the American Federation for Aging Research (AFAR) and GIA, will untangle the science from the pseudo-science and explain the hallmarks of the aging process and age-related diseases, how aging affects immune health, and how the biology of aging helps explain why some of us are particularly vulnerable to the worst of COVID-19.

Panelists: Steven N. Austad, PhD, Distinguished Professor of Biology at University of Alabama-Birmingham and AFAR Senior Scientific Director; and George Kuchel, MD, Travelers Chair in Geriatrics and Gerontology, UCONN Center on Aging.

Moderated by John Feather, PhD, CEO of Grantmakers In Aging.

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

Engaging with Reframing & Promoting Health

Tue, Jun 16, 2020 12:00 PM - 1:00 PM EDT

On Tuesday, June 16th from 12:00 to 1:00, the focus of the Idea and Experience Exchange: Wisdom Inquiry series will be promoting health and engaging with reframing aging in your community. This is a followup conversation from our General Interest Webinar, Ageism is Bad for Your Health. Join us to learn more about changing the narrative on aging within your own community.

Host:
Mary Lou Ciolfi, Acting Administrator, HillHouse Assisted Living, Aging Services Consultant, Adjunct Faculty, University of New England

Click here to register

Finding Balance During Covid-19

Tue, Jun 23, 2020 12:00 PM - 1:30 PM EDT

COVID-19 has taken a toll on our collective emotional well-being. On Tuesday, June 23, from 12:00 to 1:30, we will hear from people across our region who can help us understand how we can help our employees, volunteers, people we serve, and ourselves find balance in the face of the grief, stress, uncertainty, and anxiety brought on by the events of COVID-19. During this webinar we will hear how we can remain resilient throughout this disaster and connect to supports that can help. Join us to hear ways folks in our region are addressing this emotionally challenging time in their communities and helpful ideas to navigate this time as a provider, caregiver or volunteer.

Presenters:
- Susan Wehry, MD, Chief of Geriatrics, PI/Director, AgingME: Geriatrics Workforce Enhancement Program (GWEP), Department of Primary Care, University of New England College of Osteopathic Medicine
Local Community Volunteer Efforts

Check out this initiative!

Georgetown, Maine
While we are continuing with some of our regular projects, like the Age-Friendly Nature Trail, Transportation support, the Propane and Heating Oil Purchasing Group, and Home Numbering, almost all our focus is on (1) food support for Georgetown residents and (2) information sharing about the pandemic. 

Click here to find them online
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.

In Case You Missed It

Maine Bureau of Motor Vehicles to reopen by appointment
Click here to read more

What’s the Evidence for Wearing Masks?
Click here to read more

Funding Opportunities and PPE Resources are cataloged on our COVID-19 Resources for Providers Page, click the link below to visit the page.

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