COVID-19
UPDATES & INFORMATION
6/10/20

Updates, Information & Resources

Centers for Medicare & Medicaid Services (CMS) Recommendations Re-opening Facilities to Provide Non-emergent Non-COVID-19 Healthcare
Click here to read more

Click here to read more

MaineHealth: Safe Appointments
While our services may look different, MaineHealth remains committed to providing safe, exceptional care - close to home. Protecting patients and care team members is our top priority as we resume time-sensitive care across the MaineHealth system.
Click here to read more

Maine Calling: Why COVID-19 Is Disproportionately Affecting Black Mainers, And How DHHS Is Trying To Help
Click here to read the article

NPR: WHO Creates 'Confusion' About Asymptomatic Spread. Here's What We Know
Click here to read the article

During this pandemic, reach out for help when needed
Click here to read the article
BDN Events Online: Pivoting During a Pandemic
June 11th at 5:00pm
How have Maine nonprofits been dealing with the coronavirus pandemic? Learn from two of Maine’s largest nonprofits on how they pivoted almost overnight to adapt to COVID-19. Join in as we welcome guests from Good Shepherd Food Bank and United Way of Eastern Maine. They’ll talk about how they are navigating responses to coronavirus for the betterment of our communities.
Click here to register

Upcoming Learning Opportunities

Tri-State Learning Collaborative on Aging "Resiliency & Recovery Conversation" Series
(Today) June 10th 2:00- 3:00 pm: Aging In Place Initiatives
June 17th 3:00 - 4:00 pm: Volunteer Transportation Check In Call
June 18th 1:00 - 2:00 pm: Keeping Faith During Covid-19
June 24th 2:00 - 3:00 pm: Senior Center Check In Call
Click here to learn more & register

Save the Date for the Special Committee on Aging Presentation
Betsy Sawyer Manter, CEO and President of SeniorsPlus, will be presenting on preventing social isolation during Covid to the Special Committee on Aging. The Committee meets on Thursday, June 11 at 9:30 am.
Listen in here on 6/11 at 9:30am: www.aging.senate.gov

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

Maine DHHS OADS: Appendix K OADS/OMS Video Conference "Office Hours"
- Families Caring for Members and Options to Request Payment Through Providers and Shared Living Services Updates – Friday, June 12th at 2:00pm
- Emergency Person-Centered Planning Requirements – Tuesday, June 16th at 4:00pm
- Telehealth Guidance – Friday, June 19th at 2:00pm
- Alternate Settings and Emergency Quarantine Service – Tuesday, June 23rd at 4:00pm
Please use the following link for all of the above listed meetings:
Join Zoom Meeting: https://us02web.zoom.us/j/2204655478
Meeting ID: 220 465 5478
One tap mobile
+19292056099,,2204655478# US (New York)
+13017158592,,2204655478# US (Germantown)
Dial by your location
+1 929 205 6099 US (New York)

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

Safe Return to Business - What a Business Needs to Safely Open
A Zoom Conference Series Presented by Northern Light Health
Starting Thursday, June 11 at 11:00
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

Virtual Wellness
Register for the webinar on Thursday, June 18 at 2:00 - 3:00 PM ET.
Feeling restless staying at home? Want to learn about how you can participate in Virtual Wellness? The Human Development Institute at the University of Kentucky is hosting a second webinar: "Wellness Edge--Staying Apart Together, Volume 2." This is an opportunity to learn about and try out inclusive wellness practices virtually together! Wellness Edge is part of the PRC State Pilot program that aims to increase the quality of engagement for individuals with paralysis and their support networks in recreational settings, and thereby improve health outcomes and enhance the capacity of communities to have inclusive recreational spaces for all individuals.
The webinar will include crossfit, social distancing in parks, health check-in activity, and much more. This event is free and open to everyone.
Register for the webinar.

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
- Bobbie Rood, LICSW, Vermont
- Renee Pepin, Ph.D., Research Scientist, Community and Family Medicine, Dartmouth Centers for Health and Aging

[Click here to register](#)

---

**Local Community Volunteer Efforts**

**Check out this initiative!**

**Age Friendly Portland**
We have organized a volunteer grocery shopping program for Portland residents over age 65. We have recruited and done background checks on 65 community volunteers, 55 of whom have now been matched with an older Portland resident who needs help getting food. They can shop and/or pick up food from local food pantries. The outpouring of support and so many people wanting to help has been amazing. This will continue as long as it is still unsafe for these older folks to go to the grocery store on their own. If any other age friendly communities would like information on how this program has been structured (volunteer application, rules for safe no-contact deliveries, payment options, etc.) we would be happy to share.

[Click here to find Age Friendly Portland on Facebook](#)
[Click here to find Age Friendly Portland online](#)

---

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**

Businesses are reopening. If you're older or sick, what happens to your
COVID-19 Updates: MaineCare’s COVID-19 webpage has new and updated guidance for MaineCare providers. 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