COVID-19
UPDATES & INFORMATION
6/16/20

Updates, Information & Resources

Mills Administration Releases Guidance for Town Meetings and Elections
Click here to read the bulletin

Maine Municipal Association: State, MMA Provide Important Elections & Town Meeting Guidance
Click here to read more

U-ExCEL Workout of the Week #13
Below you will find U-ExCEL Workout of the Week #13. The second attachment is an All Day Mini-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 #13
All Day Mini-Workout Week #13

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

CDC Guidance: Deciding to Go Out
Click here to read more

NCOA Blog: Virtual Classes for Older Adults: Here to Stay
Click here to read the post
Upcoming Learning Opportunities

**(TODAY)** NADRC Webinar: Dementia Workforce Development-Two Models to Prepare for the Future
Tuesday, June 16, 2020 1:00-2:00 PM ET
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.
[Register here](#)

Maine DHHS OADS: Appendix K OADS/OMS Video Conference "Office Hours"
- **(Today)** 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](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)

**Tri-State Learning Collaborative on Aging "Resiliency & Recovery Conversation" Series**
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
July 22nd 2:00 - 3:00 pm: Adult Day Center Check In Call
[Click here to learn more & register](#)

**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

June 18, 10:00 AM (PDT)
John Feather, CEO of Grantmakers in Aging will discuss ways in which philanthropy is working to ensure that older people remain a focus during the COVID-19 pandemic. He will describe how COVID-19 has affected organizations seeking funding, and how his organization’s work has evolved since the advent of COVID-19. He will share what changes have been made and what is working.
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
- Bobbi Rood, LICSW, Vermont
- Renee Pepin, Ph.D., Research Scientist, Community and Family Medicine, Dartmouth Centers for Health and Aging

Click here to register

(NEW) [ASA: Future Proof] When America Catches a Cold, Black America Gets Pneumonia: NCBA Responds to COVID
June 25, 1:00 PM (PDT)
Karyne Jones, President and CEO of the National Caucus and Center on Black Aging will share how COVID-19 has impacted her organization, with a focus on affected African American elders and the services NCBA provides for them. She will address societal issues, including social determinants, chronic disease and access to healthcare, that continue to plague the African American community and how they are reflected in the imbalance in virus cases. She will describe the changes they had to make, including the way they communicate, and highlight lessons learned.

Click here to register

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**Local Community Volunteer Efforts**

**Check out this initiative!**

**People Plus: New "Friendly Phone Call" Program**

In our new program, People Plus staff and volunteers are calling local seniors on a regular basis to have a chat! Our office coordinator called over 400 people to check in on them and see if they would like a daily phone call. This list has gleaned about 60 participants and we could not be happier than pairing up our volunteers with people who are sitting at home alone and welcome nothing more than a friendly call. We are here to help you stay happy, healthy and home! Please call the Center at 729-0757 if you would like a regular phone call!

[Click here to read more about People Plus](#)

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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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**In Case You Missed It**

**Elder Abuse Essay Scholarship Announced**

MCEAP and GFWC Maine announced yesterday morning that Hali Goodwin from Lincoln County is the statewide winner of the elder abuse essay scholarship contest. To hear the announcement and listen to Hali read her essay please view the recorded video:

[Click here to watch the video](#)

**ASSISTED HOUSING FACILITIES COVID-19 RESIDENT HEALTHCARE GUIDANCE**

[Click here to read the bulletin](#)
After getting hit hard by COVID-19, Augusta nursing home celebrates being virus free

Click here to read the article

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

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