A Reminder from MCOA

MCOA Partners, Members & Friends Check In Call
Tomorrow, Tuesday, June 9th at 8:00am

Standing MCOA Member & Partner Call
These calls have moved to Bi-Weekly Tuesday mornings at 8:00

Join Zoom Meeting (video encouraged): 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!

Updates, Information & Resources

Maine DHHS OADS: Appendix K OADS/OMS Video Conference "Office Hours"
- Provider Qualification and Training Exemptions and Billing Requirements – Tuesday, June 9th at 4:00pm
- 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](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)

**U-ExCEL Workout of the Week #12**
Click here for [U-ExCEL Workout of the Week #12](#)
Click here for [U-ExCEL Workout of the Week #12 Bootcamp Adventure](#)

Attached you will find U-ExCEL Workout of the Week #12. The second attachment is a Boot Camp Adventure workout that goes along with Day 5 under “Ways to Mix up Your Weekly Routine” and is a mix of all three classes. This week, all three classes use a long resistance band with most exercises. If you do not have a resistance band, or do not want to use one, you can use your weights or household items for each exercise.

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

**Be PREPARED: Take Control**
We are all in this together. You can do your part by making a plan. This plan can help you, your family, friends, and your medical providers.
[Click here to read more](#)

**COVID CONVERSATIONS | TOOLBOX From The Coalition for Compassionate Care of California**
[Click here to read more](#)

**Justice In Aging: COVID-19 Resources for Advocates Serving Older Adults**
[Click here to read more](#)

**Navigating Home Care During the Pandemic**
[Click here to read the article](#)

**UnitedHealthcare partners with SeniorsPlus to provide meals, pet food to Mainers in need**
[Click here to read the article](#)

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**Upcoming Learning Opportunities**

**Connecting with other COVID Community Task Force**
Maine Public Health Association (MPHA) is organizing a virtual forum for volunteers organizing community coronavirus task forces to connect with each other - to share resources/materials, ask questions, offer best practices. If you would like to participate in these forums please click the link below to contact MPHA Executive Director, Becca Boulos. In addition, if you have any resources or best practices you would like to share; or, if you have questions for the group please click the link below. Information will be collated and shared at the first meeting. Tentatively, the first meeting is planned for either Tuesday, June 9th or Wednesday, June 10th during the evening.
[Click here to email Becca Boulos, Executive Director of MPHA](#)
Tri-State Learning Collaborative on Aging "Resiliency & Recovery Conversation" Series
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

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

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
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!
The music doesn’t stop in a pandemic
Professional accordion player Gary Sredzienski has long been playing shows at nursing homes in southern Maine. Since the virus outbreak, he’s continued the gigs remotely for free. Click here to read more
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**

**Maine DHHS OADS:** [COVID-19 Guidance for Re-Opening In-Person Community Support, Adult Day Health, Work and Career Services](#)  
06/03/2020

A List Of Live Virtual Concerts To Watch During The Coronavirus Shutdown  
[Click here to read the article](#)

**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](#)