COVID-19
UPDATES & INFORMATION
7/2/20

A Message from MCOA

Happy Independence Day!

Please note the upcoming calls that we will be hosting next week. We hope to see you there!

**MCOA Partners, Members & Friends Check In Call**
**Tuesday, July 7th 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](https://zoom.us/j/974743577)
Meeting ID: 974 743 577
Password: 785205
Conference Call Line: 1-646-558-8656 passcode: 974743577#

**MCOA COVID-19 Housing Call w/LeadingAge & Maine Resident Service Coordinators Association**
**Friday, July 10th at 10:00am**
*Please note: The next Congregate Housing meeting will be on July 10th at 10:00 a.m. and every other week thereafter. Note the time change to accommodate a new standing call hosted by the state and new Zoom meeting info below.*
The **NEW** Zoom meeting information follows:
Join Zoom Meeting(video encouraged): [https://us02web.zoom.us/j/83870126648?pwd=WVhMWDRuYUIDL2MzQ2dhQ3VyQzcvQT09](https://us02web.zoom.us/j/83870126648?pwd=WVhMWDRuYUIDL2MzQ2dhQ3VyQzcvQT09)
Meeting ID: 838 7012 6648
Password: 226139
One tap mobile
+16465588656, 83870126648#,,,,0#,,226139# US
Updates, Information & Resources

With Improving Public Health Metrics, Mills Administration Exempts Connecticut, New York, and New Jersey From Quarantine & Testing Requirement
Click here to read the press release

Maine DHHS: COVID-19 Outbreak Rate Guidance for Congregate Care Facilities
Click here to read the bulletin

Maine Dept. of Labor Announces 13 Additional Weeks of Unemployment Benefits Available
Click here to read the press release

Maine DHHS/CDC: 2019 Coronavirus (COVID-19) Frequently Asked Questions*
*Information is current as of 7/1/2020 and is subject to change
Click here to read more

Maine CDC: Visitor & Customer Screening Poster
Click here to read more

CDC: Retirement Communities and Independent Living (updated 6/29/20)
Click here to read more

MCOA Voting Infographic: Did you know: We’re voting in July and November?
Click here to read more

Resources from The Gerontological Society of America:

- UNDERSTANDING AGEISM AND COVID-19 Infographic. Click here to read more

- AGING AND IMMUNITY: WHY OLDER ADULTS ARE HIGHLY SUSCEPTIBLE TO DISEASES LIKE COVID-19 Infographic. Click here to read more

- DISTANCING: PHYSICAL SEPARATION WITHOUT SOCIAL ISOLATION Infographic. Click here to read more

SMP Consumer Fraud Alert: COVID-19
Click here to read more
Keeping Family Together During COVID-19: A Checklist
Click here to read more

SeniorsPlus: COVID-19 Pandemic Community Impact
Click here to read more

Androscoggin Home Health + Hospice: Deciding to Go Out Infographic
Click here to read the post

'It helped my loneliness': Nursing home resident creates newsletter to stay connected during coronavirus pandemic
Click here to read the article

Funding Opportunities

CARES ACT FUNDS MINI-GRANTS AVAILABLE
Only SOME of the Area Agencies on Aging are offering mini-grants to local community partners. We apologize for the error and any confusion this may have caused. Contact your AAA directly for more information. We will also be sharing more information as we receive notice from the AAA’s.

Here are some links to available mini-grants:

Southern Maine Agency on Aging: York and Cumberland Counties
Click here for more information

SeniorsPlus: Androscoggin, Franklin, and Oxford Counties
Click here for more information and click here for the application

Grant Application: 2020 Census COVID Contingency Fund
COVID-19 has impacted Census Bureau operations, media coverage of the 2020 Census, and civil society’s efforts to get out the count.
The Census COVID Contingency Fund is supporting local get out the count (GOTC) efforts reaching the hardest to count populations (those with a response rate under the national average) by providing contingency funding and digital training. For this first round of funding we have ten $2500 grants available to eligible applicants.
Click here to read more and apply

DHHS/ACL: Mobilizing and Empowering the Nation and Technology to Address Loneliness & social isolation (MENTAL) Health Innovation Challenge
Click here to read more

Upcoming Learning Opportunities
(NEW) University of New England Center for Excellence in Collaborative Education presents: Engaging Older Adults During a Pandemic: Creative Approaches to Online Wellness
Monday, July 6, 12-1pm
An interprofessional panel led by Tom Meuser from the Center for Excellence in Aging and Health, UNE alumnas Carly Woolard MSW ’20, and older adult community partners from the Legacy Scholars program will explore challenges for older adults during COVID-19, including coping with isolation, staying mentally and physically healthy, and overcoming technical challenges during quarantine.
Watch on facebook.com/UNECollaborative or at: stream.une.edu/events
Click here for more info

(NEW) University of Maine Center on Aging Health Connection Chat
Being Mindful While Navigating the Pandemic
Wednesday, July 8, 11am-noon
Emily A.P. Haigh, PhD
Associate Professor and Director of Clinical Training, Department of Psychology, University of Maine
For call-in information or Zoom connection link, please contact Kelley Morris at kelley.morris@maine.edu or 207.262.7925
Those joining by phone can send in questions to our speakers ahead of time by contacting Len Kaye at len.kaye@maine.edu or 207.262.7922
Click here to visit the Health Connection Chat website for more information or for videos of past offerings

LeadingAge Learning Hub QuickCasts:
(NEW) Advance Care Planning Conversations During Times of Crisis
In this 17-minute QuickCast, Judy Peres discusses the importance of honest conversations about preferences for care and what matters most to residents and family members—and how to manage grief and personal stress for frontline workers.
Click here to read more

(NEW) Creating Calm: Simple Activities for Stressful Times
In this 12-minute QuickCast, Kristine Theurer outlines several calming exercises staff can use to help reduce worry and anxiety among older adults and themselves.
Click here to read more

(NEW) Reopening Considerations for Life Plan Communities
In this 17-minute QuickCast, Dee Pekruhn outlines ideas and solutions for life plan communities to consider as they move forward with "reopening."
Click here to read more

July 7: Home and Community-based Care
July 14: Ageing in the Time of Coronavirus
July 21: Impact on Older Adults in LMICs
July 28: Loneliness and Isolation
Click here for more information and to register

Successfully Engaging Older Adults and Adults with Disabilities via Technology
Webinar on Thursday, July 9 at 1:00 - 2:00 pm ET.
Across the country, community-based organizations are responding to the needs of older adults and adults with disabilities by expanding options for virtual programming and service
delivery. Virtual offerings can promote service continuity in lieu of in-person interactions, as well as foster social connectedness. Join ACL and other national stakeholders for a webinar highlighting programs, best practices, and tips for creating communities of learning and engagement via technology. Presenters will address marketing/outreach, barriers to virtual participation, strategies for holding interactive and inclusive conversations, and more. This webinar will be recorded and posted on ACL’s COVID-19 webpage. Presenters: Ryan Elza, AARP Foundation; Stephen Ewell, Consumer Technology Association (CTA) Foundation; Thomas Kamber, Older Adults Technology Services (OATS); Susan Stiles, National Council on Aging

Register for the webinar.

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

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

Local Community Volunteer Efforts

Check out this initiative!

These horses bring smiles to Aroostook County nursing home residents
HOULTON, Maine — In an effort to bring a little comfort to nursing home residents during the COVID-19 pandemic, a group of young equestrians and their horses have been making semi-regular visits to local nursing homes.
Click here to read the article

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
Meals on Wheels Need You!
We heard this morning on our member and partner call that so many of the new volunteers who stepped up during over the last few months to deliver meals have gone back to work. So, all of Maine’s area agencies on aging need your help! **Please get the word out that we need volunteers to deliver meals to older people who cannot prepare meals for themselves.** We can connect you with your local agency if you’re not sure who to call. Thank you!

Looking for more resources and information?
Click the button below to access more information and resources from MCOA and past daily email updates.