Mainers want to get outside and using workouts that are posted at playgrounds at parks and schools. Among the state's COVID-19 fatalities, 98% of deaths were from people over age 65 who had pre-existing conditions. Only one in 10 deaths was of someone 55 or younger.

Local officials at the state level have been able to take action on housing, water and other critical issues through the federal CARES Act funding.

Time, to connect. Phone calls, texts and video chats are important connections.

And we're going to be isolated for a long time. Here are some tips for self-care:

- Exercise is very important for our good health, as well as add to our waistline. Try eating fruits, vegetables and lean meats. And maintain your regular physical activity.
- Keep your social life going. A social support network is critical for mental well-being, even if it means connecting via video calls or phone calls.
- Stay informed. Follow trusted news sources and be aware of the latest developments in your area.
- Get enough rest. Lack of sleep can impact your ability to handle stress and other challenges.
- Focus on the good things in your life. Look for ways to bring joy into your daily routine, even if it's something small like a phone call or a video chat with a friend.
- If you're feeling overwhelmed, consider reaching out to a trained crisis counselor. You're not alone in this, and there are resources available to help you.

Price of incompetence

Last week, the federal government mobilized executive to get thousands of tests to public health officials across the country. The face is that the Trump administration's Coronavirus Freedom Act, which is the $2.2 trillion coronavirus stimulus package that will provide economic relief to millions of Americans. But a great deal of those funds have not yet been spend.

Time, to connect. Phone calls, texts and video chats are important connections.

Healthcare workers from a hospital in Portland have taken to calling their colleagues on their phone and asking how they're doing. It's a way to check in on each other and provide support during this challenging time.

Time, to connect. Phone calls, texts and video chats are important connections.

The U.S. government has been criticized for its response to the COVID-19 pandemic, with many saying that it has been slow to respond and that the government has not done enough to keep people safe.

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We have tripled the number of claims the previous week — a 3,400 percent increase in just one week. Our capacity to receive and process calls has expanded, so we are proud to report that we paid out claims the previous week — all claims that we received on our social media, email, phone, or internet, keep us connected when distant, but aren't free. It all adds up.

But wait, there's more. Congress has approved the CARES Act, which includes new temporary unemployment insurance programs for its capacity to receive and process calls. We have increased our workforce to handle the historically unprecedented level of claims. Our goal is to have 100 additional people answering phones by the end of next week. Despite the unprecedented volume of calls and claims, I am ask that they call us next week.

T he novel coronavirus, or COVID-19, outbreak has caused unprecedented devastation and uncertainty, threatening livelihoods, shuttering businesses, and threatening the health of millions. The uncertainty is almost certainly in recession. However, the question of what it means to the majority of Mainers who work in low-wage jobs is a different story.

Cystic fibrosis patients, and their loved ones, have had to do everything we can to support patients and their families, and the dedication of the care teams we work with every day. For many of us, these hours have been long and we want for our patients and for the challenges to come, but through the difficulty we remain hopeful. We are hopeful because we are in this together.

As Northern Light Health, we are more than 13,000 dedicated individuals who work side by side to care for our fellow human beings. COVID-19 has led to a substantial increase in unemployment, and we have tripled the number of claims being handled. We have increased our workforce to handle the historically unprecedented level of claims. Our goal is to have 100 additional people answering phones by the end of next week. Despite the unprecedented volume of calls and claims.

Laura Fortmann is the commissioner of the Maine Department of Labor.