



Special Edition

What's Up Newsletter








***STAY-AT-HOME and SOCIAL DISTANCING ORDER
CHANGED TO MAY 4, 2020***

PRESS CONFERENCES & NEWS COVERAGE FEEDBACK

If you are watching a Press Conference, Emergency broadcast or other local news and:

- Interpreter is not visible; or
- Captioning is not displayed during emergency or other broadcasts

Please let the TV station know by using these links:

	WBZ Channel 4 boston.cbslocal.com/station/wbz-tv
	WCVB Channel 5 Phone: (877) 871-0165; or Email: cvbcaptioning@hearst.com or newsroom@wcvb.com
	NECN New England Cable News www.necn.com/send-feedback
	WHDH Channel 7 Email: webfeedback@whdh.com
	City of Worcester Press Briefings [Facebook, This Week in Worcester , Channel 192 on your Spectrum/Charter cable box] Email: turchekj@worcesterma.gov

MA COVID-19 UNEMPLOYMENT INFORMATION

If you have lost your job because of COVID-19 you can apply for *Unemployment Insurance (UI)*. Centers are not open to walk-ins.
Apply online at: www.mass.gov/how-to/apply-for-unemployment-benefits



PARTNERS HEALTHCARE LINE ABOUT COVID-19



If you need to understand more about COVID-19:
Call through VRS at 617-724-7000 from 8 AM to 8 PM, Sunday to Saturday.

DOMESTIC VIOLENCE VICTIMS RESOURCES

National Deaf Hotline



Deaf Domestic Violence Victims ASL Hotline

1-855-812-1001 (available 24/7)

www.youtube.com/watch?v=5eANSqaCOJM&feature=youtu.be

Our Deaf Survivors Center



Please check out our Facebook and website at odscunity.com for more information about ODSC.

ODSC wants you to know that all services for Domestic Violence are still available through the Cultural Broker (CB). All support from the CB and other agencies are being done remotely (from home) so everyone stays safe and healthy. We all care about supporting victims and survivors of domestic violence.

Need support? Contact:

Samantha Kistner, *Cultural Broker*

Our Deaf Survivors Center Inc.

VP: 978-451-7225 Text: 978-473-2678 CBodsc414@gmail.com

Available M, W, F 10:00 AM-2:00PM

RESOURCES



www.convorelay.com/covid19-resources

CONVO



Wavello is a new feature created that lets hearing family/friends and Sorenson interpreters *ALL* see each other on the call!

www.sorenson.com/wavello/

How to Access Food Assistance During the COVID-19 Outbreak

If you have lost income during this COVID-19 crisis, you may be eligible for a program called SNAP to help you get food. This is true even if you are still working. If you are already receiving SNAP, make sure to report drops in household income, as your benefits may increase. Contact the Department of Transitional Assistance (DTA) to apply or to let them know that your income has changed.

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that provides you with resources to buy food if you are struggling financially.

In Massachusetts, SNAP is run by the Department of Transitional Assistance (DTA). To buy food with your SNAP benefit, you use an Electronic Benefits Transfer (EBT) card, which works like a debit card.

What are my rights?

If you are denied SNAP or disagree with a decision DTA has made:

- If your case is denied, call the DTA Assistance Line or your case manager to ask why you were not approved.
- If you cannot reach a case manager, call the DTA Ombudsman's office and ask them to review your case. The number is: 617-348-5354
- If you do not agree with the DTA's decision, you can request a hearing. There is an appeal form on the back of the DTA notice. Fill this out and fax or mail it back to DTA. During COVID-19 hearings are held by phone.
- For free legal assistance, contact (855.252.5342) or apply online at www.communitylegal.org.

Who qualifies for SNAP?

SNAP eligibility is based on many things such as income, expenses, age, student status, and immigration status. To qualify for SNAP, your household's gross monthly income generally cannot be more than 200% of the federal poverty level (\$2,127 for one person - \$4,367 for four people). You may be eligible for SNAP even if your income is above this limit or if a senior or person with disabilities is in your household.

How do I apply?

Because of COVID-19, you cannot apply in person at DTA. Instead, you can:

- Apply online: DTAConnect.com
- Apply over the phone by calling Project Bread's FoodSource Hotline at (800)645-8333.
- Download the SNAP application at Mass.gov/SNAP. Then fax the paper application to DTA's fax line: 617-887-8765 or mail it to: DTA Document Processing Center PO Box 4406 Taunton, MA 02780

SOCIAL SECURITY SCAMS



www.youtube.com/watch?v=6JWJd38nW_0&feature=youtu.be

Scammers may try to steal your money and personal information by sending fake phone calls, emails, and texts.

1. Ignore them - do not respond at all.
2. Do not open anything from a sender you don't know.
3. Report scammers to the Attorney General's Office.

[mass.gov/how-to/file-a-consumer-complaint](https://www.mass.gov/how-to/file-a-consumer-complaint)

EXTRA HELP FROM WIRELESS COMPANIES

Some companies are adding free services or additional data to your cell phone during the COVID-19 crisis. Check out these two sites for more information:



corporate.comcast.com/covid-19



www.verizonwireless.com/featured/covid-19-waived-fees-and-charges

CAPTIONCALL - NEW IPHONE APP

During the COVID-19 outbreak, hard of hearing individuals can **self-certify** to receive a CaptionCall phone. This means they do not need a doctor to sign the *Professional Certification* form.

Go to: www.captioncall.com and click the ORDER PHONE button, fill out the form and Captioncall will call you within 2 days to set up a “tele-install” appointment.

Any questions?

Call Customer Service at 1-877-557-2227

Capptured more conversations.



Announcing the new CaptionCall Mobile app

CaptionCall Mobile for iPhone® displays easy-to-read captions of phone conversations for improved understanding, wherever you are. Plus, the service is available at no cost for current CaptionCall users or when you provide a professional certification of hearing loss.

Download today by searching for CaptionCall in the Apple App Store.

Learn more today at www.CaptionCall.com/captioncall-iphone



CaptionCall
Life is Calling

**LOW RISK
ISN'T
NO RISK**

World Health Organization
Western Pacific Region

Even if you are less than 60 years old and do not have an underlying health condition, you can still become sick with COVID-19.

-  Clean your hands often
-  Cough or sneeze in your bent elbow – not your hands!
-  Avoid touching your eyes, nose and mouth
-  Limit social gatherings and time spent in crowded places
-  Avoid close contact with someone who is sick
-  Clean and disinfect frequently touched objects and surfaces

VIRTUAL 12-STEP MEETINGS

As we continue through the fight against this virus in Massachusetts and stay at home is the norm, a lot of meeting are on hold or have moved in to on line/virtual meetings. If this has happened to any of the meetings you usually go to and you want to participate, please contact MCDHH.

For any new meetings or online recovery events you may like to attend, please use MCDHH's online system at: www.mcdhh.net/request/

1. Tell us the situation/meeting you want to join
2. Check that the request is for "Remote" services
3. Tell us how the meeting will take place (WebEx, Zoom, Microsoft team, etc.)

Once a request is in the system, MCDHH staff will contact the person who made the request with any other questions.

NOTE: the person who makes the request has to give all link/platform information to the Interpreter/CART.

HERE ARE SOME AREA WEBSITES:

- **AA Boston:** aaboston.org
- **AA Western MA:** westernmassaa.org/aa-meeting-schedules
- **Massachusetts AI-Anon:** ma-al-anon-alateen.org
- **New England Region of NA:** nera.org/nera-virtual-meetings

ANY QUESTIONS ABOUT THIS NEWSLETTER?

Please contact your Skills Trainer!

Deaf and Hard of Hearing Independent Living Services (DHILS) Staff:

Joan Philip	<i>DHILS Director</i>	508-762-1165 (VP)
Ashley Landis	<i>Deaf Skills Trainer</i>	508-762-1350 (VP)
Denise Paro	<i>Administrative Assistant</i>	508-556-1600 (VP)
Ellen Perkins	<i>Hard of Hearing Skills Trainer</i>	508-502-7576 (Voice); 508-762-1354 (VP)
Joy Spurlin	<i>Assistant Manager/Skills Trainer</i>	508-762-1166 (VP)
Justina Bailey	<i>Deaf Skills Trainer</i>	508-762-1021 (VP)
Kim White	<i>Staff Interpreter</i>	508-755-1042 x5042; 508-283-1036 (VP)

SHOW OFF YOUR ART SKILLS

The Getty Museum (in Los Angeles, CA) has asked people to copy/recreate a work of art with objects/people that are *already* in your home. You can look at the art at this link:

<https://www.getty.edu/art/collection/> (a painting, a sculpture/statue, etc.) then find three things in your house, and recreate the artwork with those items. The museum is posting pictures from the public on Twitter: <https://twitter.com/GettyMuseum>

Here is a link to see some examples: www.sadanduseless.com/recreated-art

You can also visit the *Museum of Fine Arts in Boston* online: mfa.org



FUN THINGS TO DO WHEN YOU'RE STUCK INSIDE

1. **Try a coloring app.** Adult coloring books are available in mobile app stores, so you don't have to go outside to a store.
TRY: *Colorfy* or *Happy Color*



2. **Try a new recipe.** Look online or through your cookbooks and make something new with the food you have in your kitchen.



3. **Play a board game.** Turn off the TV and try a board game.



4. **Put together a puzzle.** Keep busy by doing a puzzle. If you don't have any puzzles at home, download an app.
TRY: *Magic Jigsaw* or *JigZone*



5. **Try living room yoga.** It makes your body strong and helps calm your mind.
TRY: *5 Minute Yoga*



Source: www.goodhousekeeping.com/life/a26872864/what-to-do-when-bored

DEAFVERSE: MAKE CONNECTIONS AND LEARN FROM HOME



Deafverse is the *first-ever* American Sign Language (ASL) accessible online game for deaf teenagers and great for at-home learning.

www.nationaldeafcenter.org/deafverse

SHOULD YOU WEAR A MASK?



Dr. IV Mirus (CODA) explains the different kinds of masks and what they do:

www.facebook.com/watch/?v=931248810662719

(NOTE: this video is in American Sign Language - transcript is available under "Comments")

Check out these other sites for information on masks:

- health.usnews.com/conditions/articles/do-face-masks-work-types-and-effectiveness
- healthline.com/health/coronavirus-mask