



# Special Edition

## *What's Up* Newsletter



### THE SURGE

**THE NUMBER OF COVID-19 CASES WILL INCREASE A LOT BETWEEN NOW AND THE END OF APRIL.**

**STAY HOME! GO OUT ONLY FOR EXERCISE, FOOD, AND IMPORTANT ITEMS.**



### FACE MASKS AND SLOWING THE SPREAD OF COVID-19

Please wear a mask when you are in a place where you may be near people (ex: grocery store, pharmacy, doctor's office, etc.).

*Help slow the spread of the virus.*

Remember: stay at least 6 feet away from other people!



### CDC COVID-19 ASL SERIES

The CDC (Center for Disease Control) has a group of videos in ASL about different topics related to COVID-19.

Please watch them all at [this link](#) on YouTube.



## SUICIDE PREVENTION RESOURCES

Call Suicide Prevention Lifeline # at 1-800-273-TALK (8255).

If you are Deaf or Hard of Hearing:

- Online Chat - Click the Chat on the website (suicidepreventionlifeline.org)
- Video Relay Service - Dial 800-273-8255
- TTY - Dial 800-799-4889
- Voice/Caption Phone - Dial 800-273-8255

Text from anywhere in the USA to text with a trained Crisis Counselor:

- [www.crisistextline.org](http://www.crisistextline.org)

To read and learn more about suicide go to:

- [www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm](http://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm)
- [save.org](http://save.org)



## MY OMBUDSMAN SERVICES

The team helps all MassHealth plan members with questions or concerns about:

- Benefits, Services, Member Rights

Phone:

Helpline is available Monday - Friday from 9am - 4pm

Toll-free: 855-781-9898

Videophone (VP): 339-224-6831

Email: [info@myombudsman.org](mailto:info@myombudsman.org)

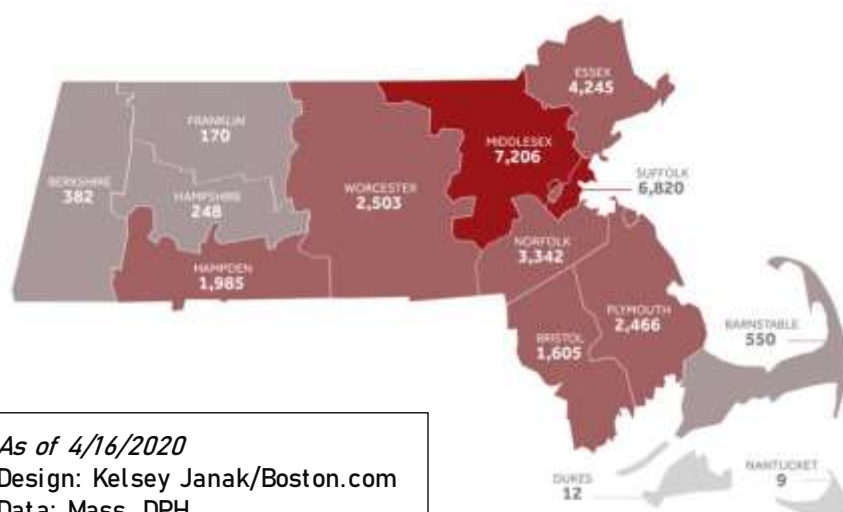
Can't call M-F, 9am - 4pm?

*Leave a message on our secure voicemail system any time!*



[Website](#)

## WHERE ARE CORONAVIRUS CASES IN MASS?



As of 4/16/2020

Design: Kelsey Janak/Boston.com

Data: Mass. DPH

**32,181 CONFIRMED CASES**

**1,245 RELATED DEATHS**

Map to the left shows where each of the cases are, *by county*.

Note: locations of 638 cases are currently *unknown*.

For more information see: [www.boston.com/tag/coronavirus](http://www.boston.com/tag/coronavirus)

## REMEMBER *SOCIAL DISTANCING*



**Stay about 6 feet, about two arm lengths, away from other people.**

- » Avoid hugging and handshakes during this time.

**Avoid big crowds when you can.**

- » Sometimes this won't be possible.
- » If you need to be in a line or a group of people, try to keep about 6 feet of distance from them.



## WHAT DOES “6 FEET” LOOK LIKE?

Social distancing says we must stand 6 feet apart - but what does that look like? Here are some examples:

Two Golden Retrievers standing nose to tail



The length of a mattress



To read the full article click [here](#).

## CARES COVID-19 *FEDERAL STIMULUS PACKAGE*

- Click [here](#) for an article about the *Federal Stimulus Package*
- Click [here](#) to watch a VLOG



### WHAT DO I NEED TO DO?

If you filed 2018 or 2019 taxes

- Do **NOTHING** - the IRS will use that information to get you the payment.

If you received a SSA-1099 form for 2019

- Do **NOTHING** - the IRS will use that information to get you the payment.

If you receive:

- |  |          |  |          |   |
|--|----------|--|----------|---|
| <ul style="list-style-type: none"> <li>Social Security Retirement</li> <li>Social Security Survivors</li> <li>SSI</li> <li>SSDI</li> </ul> | <b>+</b> | <p style="color: red; text-align: center;"><i>AND YOU</i></p> <ul style="list-style-type: none"> <li><u>Did not</u> file 2018 or 2019 taxes</li> </ul> | <b>+</b> | <p style="color: red; text-align: center;"><i>AND YOU</i></p> <ul style="list-style-type: none"> <li>Have <i>qualified dependent</i> children under age 17</li> </ul> |
|--|----------|--|----------|---|

You may qualify for an extra \$500 (per child). Non-tax filers click [here](#) to enter information.

Click [here](#) for FREE Federal Tax filing information.

## COVID-19 WEBSITE FOR DEAF & HARD OF HEARING



Chad Ruffin, MD, an orally deaf otolaryngologist, has a webpage about COVID-19 for deaf and hard of hearing adults and children:

[www.chadruffinmd.com/covid19-dhh](http://www.chadruffinmd.com/covid19-dhh)

Click [here](#) to watch a recorded video about *Covid-19, Hearing Loss & Hospitalization* (ASL interpreter and captioning included).

## REAL-ID DEADLINE EXTENDED ONE YEAR



- The deadline to get a REAL-ID has changed to October 1, 2021.
- If your Driver's License, State ID or Learner's permit expires March 1 - April 30, 2020 you will have an automatic extension of 60 days.

## DOMESTIC VIOLENCE VICTIMS RESOURCES

Deaf Domestic Violence Victims ASL Hotline

1-855-812-1001 (*Available 24/7*)

Our Deaf Survivors Center, Inc.

VP: 978-451-7225 Text: 978-473-2678

[CBodsc414@gmail.com](mailto:CBodsc414@gmail.com)



## GROCERY DELIVERY & PICK-UP SERVICES

Delivery area is different for each store - put in your zip code to find out if delivery or pick-up is available.

	Big Y	<a href="#">Instacart</a>
	Market Basket	<a href="#">Instacart</a>
	Roche Bros.	<a href="http://shopping.rochebros.com/shop">shopping.rochebros.com/shop</a>
	Price Chopper (and Market 32)	<a href="#">Instacart</a>
	Shaw's	<a href="http://www.shaws.com/">www.shaws.com/</a>
	Stop & Shop	<a href="#">Peapod</a>
	Wal-Mart	<a href="http://grocery.walmart.com">grocery.walmart.com</a>
	Wegman's	<a href="http://wegmans.com/groceries-online">wegmans.com/groceries-online</a>
	Whole Foods	<a href="http://wholefoodsmarket.com/grocery-delivery-and-pickup">wholefoodsmarket.com/grocery-delivery-and-pickup</a>



**Don't have enough food or money to buy food?**

Type in your zip code [here](#) for a list of food banks/pantries near you.

## FOOD SERVICES FOR MERRIMACK VALLEY

Elder Services of Merrimack Valley has a Food Resource Directory available during COVID-19. Please click [here](#) to go to the site.



## NEW MASSHEALTH COVID-19 WEBSITE

New MassHealth website about COVID-19:

[www.mass.gov/info-details/masshealth-coronavirus-disease-2019-covid-19-applicants-and-members](http://www.mass.gov/info-details/masshealth-coronavirus-disease-2019-covid-19-applicants-and-members)



All *MassHealth Enrollment* sites will be closed for walk-in visitors until further notice. If you are a MassHealth member or applicant and need help or have questions, please contact the *Customer Service Center* at:

- (800) 841-2900 or TTY: (800) 497-4648
- Apply for benefits online at: [www.mahealthconnector.org](http://www.mahealthconnector.org)

## ANY QUESTIONS ABOUT THIS NEWSLETTER?

Please contact your Skills Trainer!

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

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



## THINGS TO DO WHEN YOU'RE STUCK AT HOME



These days' people are working from home or just hanging out: reading, creating art, watching TV, gaming or taking online classes to learn new skills.

[ALDA](#) created a list of different online resources that people with hearing loss can use to improve their communication skills or simply get to know the Deaf/Hard of Hearing community better.

Click [here](#) to see the list!



## VIRTUAL AA MEETINGS

Some meetings have been moved online. To be added to the email list please contact Scott LaSaffre at: [Scott.LeSaffre@state.ma.us](mailto:Scott.LeSaffre@state.ma.us)

