



Special Edition - *What's Up Newsletter*

DON'T BE AFRAID TO GO TO THE ER IF:



Shortness of
Breath or Difficulty
breathing



Chest/upper
abdominal pain



Dizziness



Face Drooping



Continuous
vomiting or
diarrhea



Uncontrolled
bleeding

This is only a partial list! Call **9-1-1** if you think it's an emergency!

UPDATES

From Governor Baker

- Schools (public and private) will be closed for the rest of this school year. Remote learning will continue.
- The Stay-at-Home advisory and mandatory closure of nonessential businesses continues through May 4.

From CLW

- Staff will continue to work from home through the end of May.

COMPLETE THE 2020 CENSUS!



The 2020 Census is happening now! Reply online, by phone or via mail. Click [here](#) to go to the Census website or contact your Skills Trainer with questions.

Watch an ASL video (with ASL voice-over/captions) [here](#).



TLC is proud to participate in the 2020 Census as a *Complete Count Committee* to support and make sure the Deaf community is counted! Funding for roads, schools and health services, etc. depends on your Census reply. Click [here](#) to watch a video.

Any questions, please email us at census@tlcdeaf.org

WHEN WILL I GET MY CORONAVIRUS STIMULUS CHECK?

With the new IRS tool you can:

- See when your payment will be made to your account
- Add deposit/account information



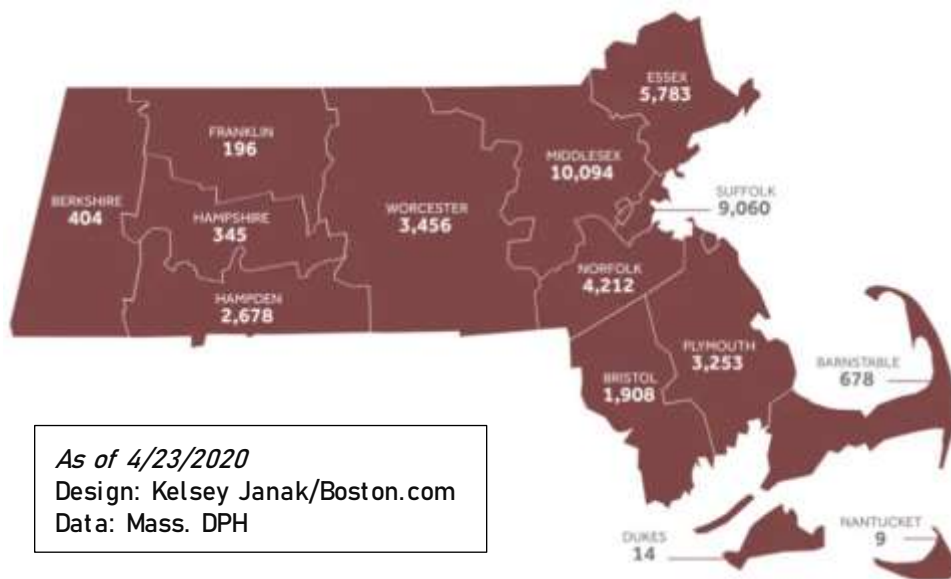
NOTES

- Some people are not eligible for the stimulus payments.
- For those that are eligible, check amounts will be between:
 - \$1,200/per individual-\$2,400/per married couple filing jointly.
- Parents can get an additional \$500 per child under age 17.

CLICK [HERE](#) TO GO TO THE IRS TOOL.

View the full article [here](#).

WHERE ARE CORONAVIRUS CASES IN MASS?



As of 4/23/2020
Design: Kelsey Janak/Boston.com
Data: Mass. DPH

46,023 confirmed cases

2,360 related deaths

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

Note: locations of 737 cases are currently *unknown*.

For more information see: www.boston.com/tag/coronavirus

SURVEY ABOUT CORONAVIRUS IMPACT



American Association on Health and Disability (AAHD) wants to know how COVID-19 has impacted the healthcare and healthcare access of our consumers (including D/deaf, hard of hearing, late-deafened, etc.).

Click [here](#) to fill out their COVID-19 & Disability Survey:

Survey open: April 17th, 2020 - May 1st, 2020.

MENTAL HEALTH DURING COVID-19

Keeping mentally healthy is important now more than ever. Click [here](#) for ODSC's list of resources including therapists for Deaf/Hard of Hearing.

NOTE: when looking at the list, see the yellow "During COVID-19" column for the most updated information (not all therapists responded).



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

SYMPTOM CHECKER - IS IT CORONAVIRUS?



Feeling sick but only mild symptoms? Stay home and self-isolate so you don't make others sick. Use *Buoy Health's* free online symptom checker to get "telemedicine" options.



Click here: buoy.com/mass (available in English and Spanish).

SCAM ALERTS - ASL VIDEOS

- CARES Act Scam Alert! IRS (3/31/2020): youtu.be/GqcUr89Rqvw
- Stimulus Package (3/31/2020): www.youtube.com/watch?v=VHqbxX_LjY
- COVID-19 in the US (3/30/2020): youtu.be/5LEggP_jlw8
- Social Security (4/1/2020): youtube.com/watch?v=6JWJd38nW_0&feature=youtu.be



VRI FOR COVID-19 TESTING

Hospitals and Medical Centers are responsible for communication access but they may be overwhelmed. **LinguaBee** is providing free VRI for COVID-19 testing at test sites. Click [here](#) for directions.

Contact the Care Team using Live Chat, email, text or call 855-585-5859.

NOTE: you will need to download the LinguaBee app.



FILE YOUR PERSONAL INCOME TAXES - DEADLINE: 7/15/2020

- Massachusetts list of FREE Services - click [here](#).
- IRS list of FREE Services - click [here](#).
- *DeafTax* (Paid Service) in ASL click [here](#).



SPEECH TO TEXT APPS

Name	OS	Cost	What is it?
Ava	iOS, Android	Occasional user (FREE) Premium (\$14.99/mo.) Pro/Campus/Event (starts \$99/mo.)	Live captioning with others who have the app. Website - click here .
Buzz Cards	iOS, Android	FREE	ASL “stickers” in your text messages. Website - click here .
Otter Voice Meeting Notes	iOS, Android	Basic (FREE) Premium (\$8.33/mo.) Teams (\$20/mo.)	Records and takes meeting notes in real-time. Website - click here .
Cardzilla	iOS, Android	FREE	Display your messages in large text. Website - click here .
Google Live Transcribe	Android	FREE	Captions in real-time. Website - click here .
Microsoft Translator	iOS, Android Windows	FREE	Translate and caption live conversations in 60 different languages. Website - click here .
Hearo - Live Captions	iOS	\$0.99	Live captioning of speech. Website - click here .
Big Note	iOS, Android	\$0.99 - \$1.99	Speech to text; large text. Website - click here .
Google Keep	iOS, Android, Chrome, Web	FREE	Note-taking service developed by Google. Website - click here .

COMMUNICATION WHILE STAYING AT HOME



Stay connected with today's technology like:

1. Videoconferencing platforms to see and hear people online.
2. Speech-to-text apps when lipreading is not possible or to simply better understand what is being said.

Click [here](#) to see a full list of different technologies you can use!

EVICTIIONS AND FORECLOSURES



On April 20, 2020 the state passed a law stopping **Evictions** or **home foreclosures** until the end of the COVID-19 state of emergency.

This means landlords can't:

- Evict tenants or ask them to leave
- Terminate/end apartment leases or home foreclosures

EXCEPTION: evictions due to criminal activity and Health & Safety lease violations.

Click [here](#) to read the full article.

VIRTUAL AA MEETINGS

Many meetings are on hold or are now online/virtual. If you want to join please contact MCDHH.

For **NEW** meetings or online recovery events, click [here](#) to make a request through MCDHH's online system. Must include:

1. The meeting/event you want to join
2. The request is for "Remote" services
3. 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 questions.

NOTE: the person who makes the request must 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 Al-Anon: ma-al-anon-alateen.org
- New England Region of NA: nerna.org/nerna-virtual-meetings



To be added to the email list, please contact Scott LaSaffre at: Scott.LeSaffre@state.ma.us

ANY QUESTIONS ABOUT THIS NEWSLETTER?

Please contact your Skills Trainer!

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)



MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



10
Minutes
of stretching is like walking
the length of a football field



2.5
Hours
of walking every week for a
year is like walking across
the state of Wyoming



30
Minutes
of singles tennis is
like walking a 5K



1
Hour
of dancing every week for
a year is like walking from
Chicago to Indianapolis



20
Minutes
of vacuuming is like
walking one mile



30
Minutes
of grocery shopping every other
week for a year is like walking a
marathon

Source: <http://www.purdue.edu/walktothemoon/activities.html>

EAT SMART ADD COLOR **MOVE MORE** BE WELL

For more ways to add activity to your life, visit
HEART.ORG/MOVEMORE