



Special Edition - *What's Up Newsletter*

www.CenterLW.org

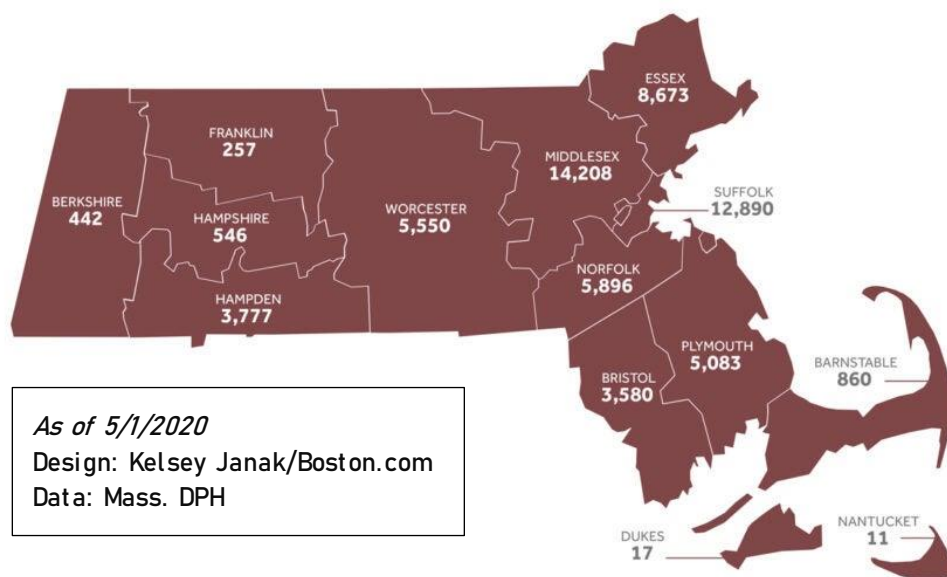
UPDATES

From Governor Baker

The *Stay At Home Advisory* continues until May 18th:

- No gatherings of 10 or more people.
- Non-essential businesses will stay closed.

WHERE ARE CORONAVIRUS CASES IN MASS?



62,205 *confirmed* cases

3,562 related deaths

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

Note: locations of 415 cases are currently *unknown*.

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

CLW NEW REFERRALS ACCEPTED

CLW's office may be closed but we're still here for you!

If you or someone you know wants/needs services, please contact Denise Paro at: dparo@centerlw.org or 508-556-1600 (VP)



LOST HOURS/JOB BECAUSE OF COVID-19?



If you lost your job or hours due to COVID-19 (business closed, hours cut, etc.) you may be eligible for **SNAP** Food Assistance.

You may qualify for **SNAP** if you:

- Live with your spouse or your children *under age 22*.
- Live with other people AND buy/prepare most of your food together.
- Are not a US Citizen - special rules may apply (contact DTA).
- have income below 200% of the Federal Poverty Level (FPL).



You can apply for SNAP at any time.

Due to COVID-19, you **CAN'T** apply in person at DTA.

To apply:

- **ONLINE**, go to: DTAConnect.com
- **BY MAIL**, print, download and fill out an application from: www.mass.gov/SNAP
 - Fax to: 617- 887-8765 *or*
 - Mail to: DTA Document Processing Center, PO Box 4406, Taunton, MA 02780
- **CALL**:
 - Project Bread's FoodSource Hotline at (800) 645-8333
 - Food Bank of Western MA at (413) 247-9738
 - Greater Boston Food Bank (617) 427-5200
 - Other MA SNAP partner listed [here](#). (*Note: not everyone is open so CALL FIRST.*)

Download the **DTA Connect** mobile app or set up an online account (DTAConnect.com) to:

- Check case status, view DTA notices, and upload documents.

The **DTA Assistance Line** (1-877-382-2363) is open BUT due to many people calling, you may need to call back or wait on hold for a long time.

Call from a landline or cellphone that has enough minutes.

CORONAVIRUS REPORTING

Click [here](#) to see the official MA website: how many cases, how many people tested, etc.

Find out information for your city or town on their website.

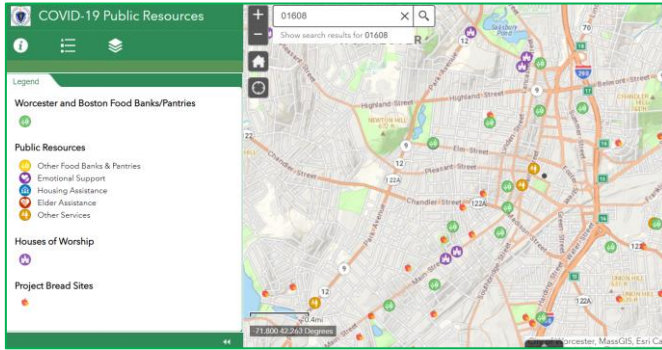
Here are the links for:

- Worcester, click [here](#).
- Lowell, click [here](#).



Live in a different town? Click [here](#) for a list of all MA city and town websites.

COVID-19 PUBLIC RESOURCES



Click [here](#) and enter your zip code to find:

- Food Banks
- Elderly Support
- Housing Assistance
- Emotional Support
- Houses of Worship

UPDATED ORDER FOR MA COURTS

All courts will continue to be closed to the general public through June 1, 2020 (maybe longer). **Exceptions:** **emergency situations** that can't be taken care of "virtually" (by telephone, videoconference, email, etc.) *or* through the electronic filing system.

- Jury trials (criminal and civil cases) are postponed to **July 1, 2020, or later.**
- All bench trials (criminal and civil cases) are postponed to **June 1, 2020 or later.**

Click [here](#) to read the entire order.



MCDHH IN THE NEWS

MCDHH made the news last week in two different articles!

Blue Cross Blue Shield - click [here](#) to read about the COVID-19 health care card created by MCDHH.

CNN - click [here](#) to read about Deaf Americans asking the White House to use an ASL interpreter during its press conferences.



VIABILITY VLOG SHOWS HOW TO USE ZOOM



VLOG is in ASL with closed captions.

COVID-19 has made it hard to connect and chat with friends.

Want to learn how to use Zoom to connect with people?

Click [here](#) to watch a VLOG that shows you how!

Special thanks to Viability for allowing us to share this VLOG with our consumers!

VIRTUAL TOURS AND LIVE WEBCAMS

Aquariums and zoos are closed for now but you can still visit!

- New England Aquarium - click [here](#).
- For a complete list of live-streaming sites - click [here](#).
 - San Diego Zoo (*ElephantCam shown to the right*), Monterey Bay Aquarium, South African wildlife reserve, Puppy Playroom, and more!



Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- When in public, wear a cloth face covering over your nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

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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

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 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: nera.org/nera-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	<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)



**MANY FAMILIES ARE STRUGGLING RIGHT NOW.
IF YOU'RE FEELING OVERWHELMED, IT'S OKAY TO ASK FOR HELP.**

We All Need Help Sometimes



Connect with your local
Family Resource Center:
www.frcma.org



FREE • CONFIDENTIAL
24/7 • MULTILINGUAL
WWW.MASS211.ORG

A program of your local United Way &
The Commonwealth of Massachusetts

IF THIS IS AN EMERGENCY, CALL **911**

YOU ARE NOT ALONE EVEN WHEN SOCIAL DISTANCING

www.mass.gov/lists/we-all-need-help-sometimes

The Importance of Self-Care:

WHY YOU SHOULD PAMPER YOURSELF

Benefits of relaxing:

- Reduce stress
- Promote the production of your body's "feel-good" hormones
- Improve cellular function

Low-Cost Self-Care Ideas:

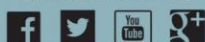


Self-care:
Allow yourself to do things that make you **feel great!**

	Search YouTube for a relaxing yoga or meditation routine.		Write a list of things that make you happy.
	Write down what's stressing you and, if you want, rip up the paper.		Find a relaxing hobby.
	Listen to relaxing music with your eyes closed.		Get a massage from a friend or partner.
	Go for a walk.		Make a homemade edible facemask.
	Play with a pet for 15 minutes.		Take a break, alone or with friends.
	Take a bubble bath.		Pick up or make your favorite treat and savor it.
	Spend some extra time getting ready in the morning.		Find free local events at places like museums, botanical gardens, and zoos.

Good self-care can prevent, delay, or reduce physical and mental health problems

Connect with us:



COLORADO PAIN
WE CHANGE LIVES HERE
a Pain Doctor Company

ColoradoPain.co