FROM GOVERNOR BAKER

Starting Wednesday, 5/6/2020, YOU MUST wear a face mask or face covering out in public (inside and outside).

Who doesn't need a mask/face covering?
- Children under age 2
- People not able to wear one due to a medical or behavioral condition

NO MASK/FACE COVERING WHEN YOU'RE OUT?
FINE: $300

Click here to see a video about wearing face coverings/masks in public.

Click here to see MCDHH Commissioner Steven Florio’s VLOG about Governor Baker’s Executive Order on Face Coverings in Public Places.

Click here to watch a CDC video in ASL about face coverings.

DEAF HOTLINE COVID-19 WEBSITE

Click here for the Deaf Hotline’s COVID-19 page with resources and information in ASL:
- COVID-19 & Safety Planning
- COVID-19: Survivors with Children
- And more!

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- And more!
WHERE ARE CORONAVIRUS CASES IN MASS?

73,721 confirmed cases
4,552 related deaths

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

Note: locations of 328 cases are currently unknown.

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

MCDHH SUPPORT SERVICES

There are 3 Deaf and Hard of Hearing Independent Living Services (DHILS) agencies in MA:

- **DEAF, Inc.** - Eastern MA (North Shore, Northeast, Boston, South Shore, Cape Cod & the Islands).
- **Center for Living and Working, Inc. (CLW)** - Central MA.
- **Viability, Inc.** - Western MA.

KIVA CENTER SCHEDULES

KIVA’s meeting calendars will be posted to their new website at: kivacenters.org

Problems opening or using this website? Please click here to email Mike.

DON’T FORGET TO COMPLETE THE CENSUS! Click here to watch a video.
HOME HEATING ASSISTANCE

Need help paying your home oil/gas bills from November 1, 2019 - April 30, 2020?

Do I qualify? See Income Eligibility table.

Apply for LIHEAP (Fuel Assistance) - deadline extended until May 29th. If you qualify, get paid back for heating bills (from November 1, 2019 - April 30, 2020) you paid this winter.

WCAC's offices are still closed; so apply via email or phone.

TO APPLY for the 1st time:

- Email LIHEAP@wcac.net or
- Text HEAT (English) to 80123
- Text CALOR (Spanish) to 80123

ELECTRIC BILLS ARE GOING UP!

With COVID-19 most of us are home all day using more electricity!

Save electricity and money:

- Turn off lights, TV, etc. (when not using).
- Turn off the heat (if you don’t need it).
- Only run dishwasher when full AND turn off heated dry cycle.
- Use cold or warm water when washing clothes.
- Hang clothes to dry OR set dryer to low heat.
- Get outside! Don’t watch TV or play video games all day.

<table>
<thead>
<tr>
<th>Number of People in Household</th>
<th>FY 2020 Income Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$37,360</td>
</tr>
<tr>
<td>2</td>
<td>$48,855</td>
</tr>
<tr>
<td>3</td>
<td>$60,351</td>
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<tr>
<td>4</td>
<td>$71,846</td>
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<tr>
<td>5</td>
<td>$83,341</td>
</tr>
<tr>
<td>6</td>
<td>$94,837</td>
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</tbody>
</table>
**MA COVID TEAM CALLS: CONTACT TRACING**

**WHAT IS CONTACT TRACING?**

MA COVID Team calls people who **may have** been in contact with a person who tested positive for COVID-19.

**WHY IS IT IMPORTANT TO ANSWER THE CALL?**

To protect: people who exposed to COVID-19; their loved ones and the community. Get connected to medical support and resources.

**HOW DO I KNOW MA COVID TEAM IS CALLING?**

Calls will be from:

- “MA COVID Team” and
- Phone #s - (833) xxx-xxxx or (857) xxx-xxxx
- Sunday - Saturday, between 8 a.m. - 8 p.m.

**WILL THEY TELL EVERYONE MY NAME?**

NO. Your name will **NOT** be shared with anyone.

**WHAT HAPPENS DURING THE CALL**

MA COVID TEAM will ask you: **Do You Have Symptoms?**

<table>
<thead>
<tr>
<th>YES?</th>
<th>NO?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>During the 2 DAYS BEFORE</strong> you had symptoms, <strong>WHO</strong> were you close to (within 6 feet of)?</td>
<td><strong>During the 2 DAYS BEFORE</strong> you tested positive, <strong>WHAT</strong> were you doing?</td>
</tr>
<tr>
<td>• Give a list of people you were close to</td>
<td>• Tell them where you were/what you were doing</td>
</tr>
</tbody>
</table>

MA COVID Team will:

- Ask you to tell people you were close to know you have COVID-19.
- Call your contacts and tell them they have been exposed so they can get tested, **BUT** they will **NOT** share your name.

**WATCH** a video about Contact Tracing [here](#). **Click** [here](#) to learn even more.
TIPS TO HELP ANXIETY AND FEAR

The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.

Get the FACTS; not the rumors and misinformation. Facts can help to minimize fears.

#Coronavirus #COVID19

World Health Organization

Dr. Jaime Wilson (a deaf Neuropsychologist) has 6 tips for anxiety and fear.

Click here for more information.

CORONAVIRUS ANXIETY: WEBSITES WITH EXPERT TIPS AND RESOURCES

Click here.

Click here.

Click here.

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

The first Wednesday in May is National Sign Language Interpreter Appreciation Day. MCDHH wants to express appreciation and gratitude for the commitment of those involved in the interpreter profession.

We take this moment to recognize you as interpreters.

Click here to see the VLOG.
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!

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