



Special Edition - *What's Up Newsletter*

www.CenterLW.org

UPDATES

FROM GOVERNOR BAKER

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



Click [here](#) to see a video about wearing face coverings/masks in public.

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 learn how to make masks.



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.

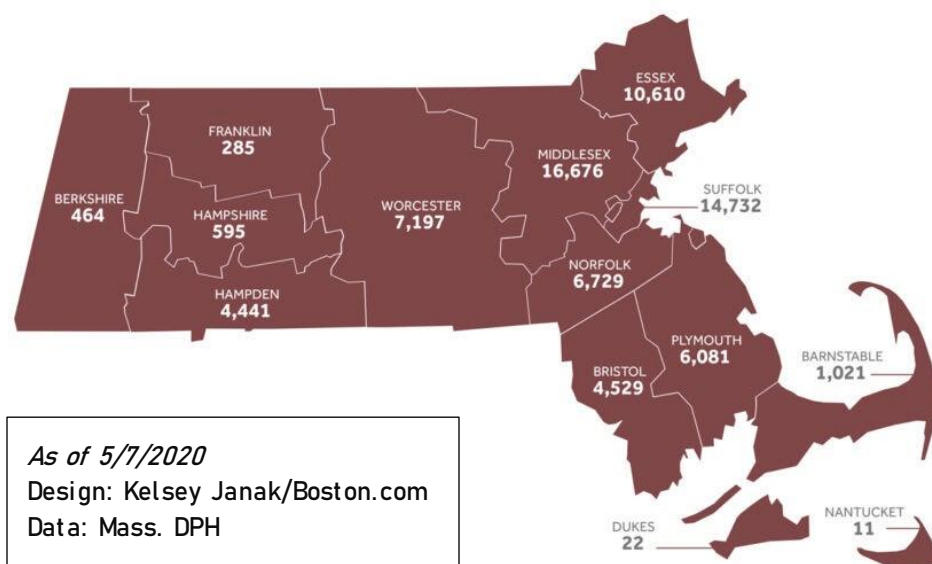
DEAF HOTLINE COVID-19 WEBSITE

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!*



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

DEAF AND HARD OF HEARING INDEPENDENT LIVING SERVICES IN MASSACHUSETTS

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.

Click [here](#) to see the VLOG and learn more!

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.

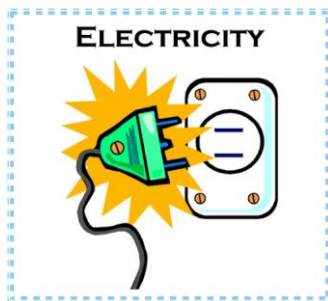
TO APPLY for the 1st time:

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

FY 20 LIHEAP Income Eligibility

Number of People in Household	FY 2020 Income Limits
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341
6	\$94,837














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.

12 Tips To Save Energy At Home 		
1  Turn off lights when leaving a room	2  Switch to energy efficient appliances	3  Use LED lights
4  Unplug devices when not in use	5  Keep thermostat at low temperature	6  Reduce water consumption
7  Use smart automated devices	8  Switch to double glazing	9  Cook with the lid on
10  Use a smart meter to track usage	11  Wash at a cold temperature	12  Use solar powered devices

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.

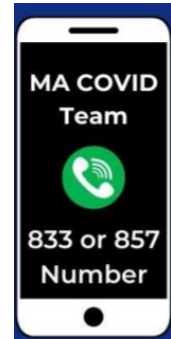
WHY IS IT IMPORTANT TO ANSWER THE CALL?

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.

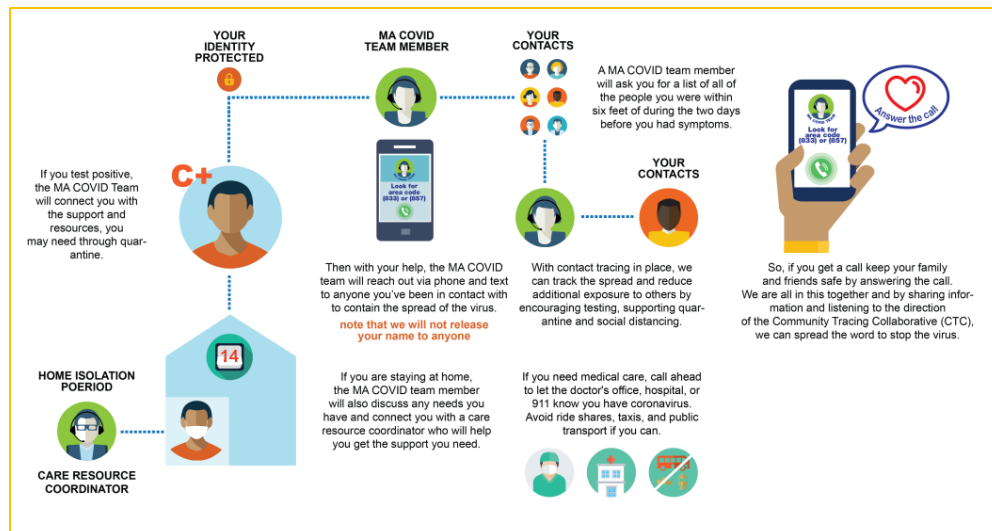
WHAT HAPPENS DURING THE CALL

MA COVID TEAM will ask you: Do You Have Symptoms?	
<p style="text-align: center;">YES?</p> <p><i>During the 2 DAYS BEFORE you had symptoms,</i> WHO were you close to (within 6 feet of)?</p> <ul style="list-style-type: none"> • Give a list of people you were close to 	<p style="text-align: center;">NO?</p> <p><i>During the 2 DAYS BEFORE you tested positive,</i> WHAT were you doing?</p> <ul style="list-style-type: none"> • Tell them where you were/what you were doing

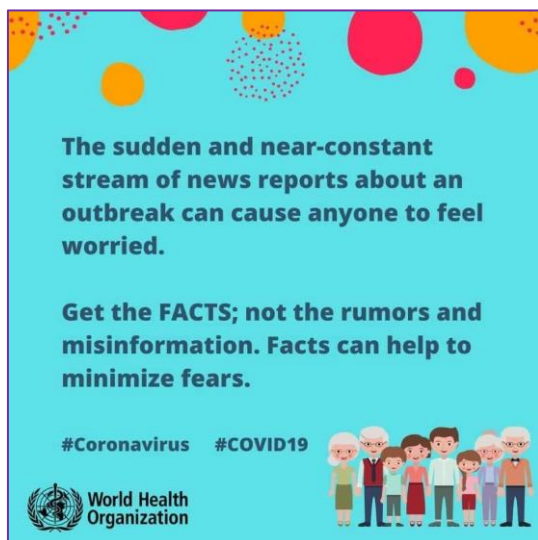
MA COVID Team will:

- 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



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: 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	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)

