SAFER-AT-HOME ADVISORY

WHAT DOES SAFER-AT-HOME MEAN?

HIGH RISK?
- Age 65 or older?
- Medical issue(s)?
  - Diabetes
  - Breathing Issues
  - Other

STAY HOME!
Except for Essential:
- Medical care
- Shopping

DO:
- Get a 90 day supply of your medicine
- Phone/video chat with friends and family
- LIMIT child playdates

DON’T:
- Visit nursing homes or assisted living homes
- Play contact sports

EVERYONE SHOULD STAY HOME!
Except for:
- Medical care
- Permitted work
- Essential shopping
- Outdoor activities

COVID-19 UPDATES

ANXIETY AND STRESS FROM COVID-19

May is National Mental Health Awareness month!
Social distancing makes people feel isolated and alone. There are many ways to cope.
WHERE ARE CORONAVIRUS CASES IN MASS?

90,084 confirmed cases

6,148 related deaths

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

Note: locations of 304 cases are currently unknown.

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

20 minute Full Body Yoga Workout

Grab a yoga mat & get ready to get long and lean! This workout helps build muscle strength and increase flexibility. Our yoga routine will also help to reduce your stress levels.

Hold each move for 40 seconds & take a 20 second break in between. Switch sides if noted.
Tone your entire body by doing this at least 3 times per week.

1. Forward Bend
2. Chair Pose
3. Downward Facing Dog
4. Dolphin Pose
5. One Leg Downward Facing Dog (L)
6. One Leg Downward Facing Dog (R)
7. Camel Pose
8. Cobra Pose
9. Upward Facing Dog
10. Forearm Plank
11. Side Forearm Plank (L)
12. Side Forearm Plank (R)
13. Bridge Pose
14. Warrior I
15. Warrior II
16. Warrior III
17. Triangle Pose
18. Tabletop
19. Child’s Pose
20. Corpse Pose

bistroMD
www.bistroMD.com

Consult your physician before starting any diet or exercise program. Modify the exercises as needed to suit your individual level.
## RESOURCES

### Food

<table>
<thead>
<tr>
<th>Not enough food/money to buy food?</th>
<th>Elder Services of Merrimack Valley Food Resource Directory during COVID-19. Click <a href="#">here</a> to go to the site.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type in your zip code <a href="#">here</a> for a list of food banks/pantries near you.</td>
<td></td>
</tr>
</tbody>
</table>

**Online:** [DTAConnect.com](#)  
[www.mass.gov/SNAP](#)

### Healthcare

| **Toll-free:** 855-781-9898  
**VP:** 339-224-6831  
**Email:** info@myombudsman.org | **MassHealth PCA Help Hotline**  
**Voice:** 1-844-422-6277 |
|-----------------------------------|--------------------------------------------------------------------------------------------------|

### MCDHH Services

| **Deaf Recovery Coaches (M-F)**  
**VP:** 413-347-4094  
**Text:** 857488.5440  
**Email:** Karran.Larson@mass.gov | **MCDHH Case Management (M-F)**  
**VP:** 617-326-7546  
**Voice:** 617-740-1600 |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|

** Victim Services Program (M-F)**  
**Shannon Silvestri**  
**Voice/Text:** 857-202-7164  
**Email:** mailto:Shannon.silvestri@mass.gov

### Mental Health & Crisis Services

<table>
<thead>
<tr>
<th><a href="#">crisistextline.org</a></th>
<th><a href="#">kivacenter.org</a></th>
<th><a href="#">save.org</a></th>
<th><a href="#">1-800-273-TALK (8255)</a></th>
</tr>
</thead>
</table>

### Substance Use Meetings

| **For NEW meetings or online recovery events, click [here](#) to make a request through MCDHH’s online system.** | **Want to be added to the email list?**  
**Contact Scott LaSaffre at:** scott.LESaffre@mass.gov |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|

### Victims Services

| **Deaf Domestic Violence Victims**  
**ASL Hotline**  
1-855-812-1001 (Available 24/7)  
[thehotline.org](#) | **Our Deaf Survivors Center, Inc.**  
**VP:** 978-451-7225  
**Text:** 978-473-2678  
**Email:** CBodsc414@gmail.com |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|

### Other

**TO APPLY for the 1st time:**
- **Email:** LIHEAP@wcac.net  
- **Text:** HEAT (English) to 80123  
- **Text:** CALOR (Spanish) to 80123

**COVID-19 Resources in ASL**
- [Convo Relay](#)
NEW SPANISH COVID-19 CARD

MCDHH now has a Spanish version of the COVID-19 Visual Communication Tool. This can be used by medical staff and first responders. *English, large print and screen reader versions are also available.*

- Click [here](#) for Spanish.
- Click [here](#) for English.
- Click [here](#) for large print.
- Click [here](#) for screen reader.

**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>
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