



## Special Edition - *What's Up Newsletter*

[www.CenterLW.org](http://www.CenterLW.org)

### COVID-19 UPDATES

#### SAFER-AT-HOME ADVISORY



Stay at least 6 feet apart.



Wear a mask or face covering



Wash hands often.



Clean surfaces touched a lot.



Stay home if you feel sick.

#### 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

##### EVERYONE SHOULD STAY HOME! *Except for:*

\* Medical care \* Permitted work \* Essential shopping \* Outdoor activities

##### 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



### 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.

Watch a new video, "*Ask, Listen, Encourage, and Check-in*", by clicking [here](#).

## BUSINESSES REOPENING

## May 18th

- Essential Businesses
- Construction
- Manufacturing
- Places of worship



## May 25th

- Office spaces (NOT Boston)
- Lab spaces
- Personal Services
  - Hair salons
  - Barbershops
  - Pet Grooming
  - Car washes
- Retail
  - Remote ordering
  - Curbside pick up



## June 1st

- Boston offices



## RECREATION &amp; OUTDOORS

## May 25th

- Beaches
- Parks
- Drive-in theaters
- Some athletic fields
- Most fishing, hunting & boating
- Outdoor gardens & zoos



## RECREATION &amp; OUTDOORS

## May 18th

- Hospitals & Community Health:
  - High Risk Patients & Conditions
  - Urgent preventative care & treatment



## May 25th

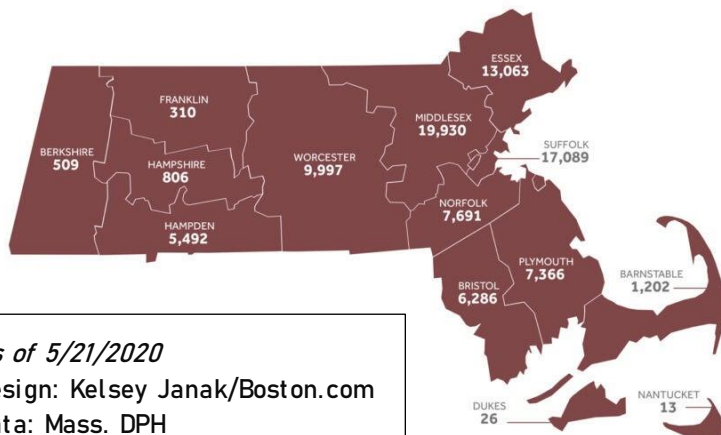
- Other Healthcare providers:
  - High Risk Patients & Conditions
  - Urgent preventative care & treatment



## WHERE ARE CORONAVIRUS CASES IN MASS?

90,084 confirmed cases

6,148 related deaths



As of 5/21/2020  
 Design: Kelsey Janak/Boston.com  
 Data: Mass. DPH

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](http://www.boston.com/tag/coronavirus)

## HEALTH &amp; 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.



 **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



**Not enough food/money to buy food?**  
Type in your zip code [here](#) for a list of food banks/pantries near you.



**Elder Services of Merrimack Valley**  
*Food Resource Directory during COVID-19.*  
Click [here](#) to go to the site.



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



COVID-19 Public [Resources](#)

### Healthcare



Toll-free: 855-781-9898  
VP: 339-224-6831  
Email: [info@myombudsman.org](mailto: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](mailto: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](mailto:mailto:Shannon.silvestri@mass.gov)

### Mental Health & Crisis Services

**CRISIS TEXT LINE |**

[crisistextline.org](https://crisistextline.org)



[kivacenters.org](https://kivacenters.org)



[save.org](https://save.org)



1-800-273-TALK (8255)

### 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](mailto:scott.lesaffre@mass.gov)

Here are some area websites:

- AA Boston: [aaboston.org](https://aaboston.org)
- AA Western MA: [westernmassaa.org](https://westernmassaa.org)
- Massachusetts Al-Anon: [ma-al-anon-alateen.org](https://ma-al-anon-alateen.org)
- New England Region of NA: [nerna.org](https://nerna.org)



### Victims Services



**Deaf Domestic Violence Victims**  
**ASL Hotline**  
1-855-812-1001 (Available 24/7)  
[thehotline.org](https://thehotline.org)



**Our Deaf Survivors Center, Inc.**  
VP: 978-451-7225  
Text: 978-473-2678  
Email: [CBodsc414@gmail.com](mailto:CBodsc414@gmail.com)



**Pathways for Change**  
**Deaf Survivors Program**  
VP: 508-502-7681  
Text: 774-279-2011  
Email: [sglover@pathwaysforchange.help](mailto:sglover@pathwaysforchange.help)

### Other



**TO APPLY for the 1st time:**

- Email: [LIHEAP@wcac.net](mailto: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.

**INFORMACIÓN SOBRE CORONAVIRUS PARA LAS PERSONAS SORDAS Y CON DIFICULTADES AUDITIVAS**




► Estado de Massachusetts  
<https://mass.gov/covid19>



► Oficina Ejecutiva de Salud y Servicios Humanos de Massachusetts  
<https://mass.gov/eohhs>  
 call: Dial 211

► Comisión para Personas Sordas y con Dificultades Auditivas de Massachusetts  
<https://mass.gov/mcdhh>  
 email: MCDsafety@mass.gov










**MÉTODO DE COMUNICACIÓN PREFERIDO**

 INTERPRETE
  TEXTO/ SUBTÍTULOS
  NOTAS ESCRITAS

 LECTURA DE LABIOS
  GESTOS
  DISPOSITIVOS DE ASISTENCIA AUDITIVA

**COMUNICACIÓN RÁPIDA**

 SI
  NO
  NO SE

 IR
  ESPERAR
  PARAR

**SITUACIÓN, HISTORIAL & SÍNTOMAS**

 FIEBRE
  TOS
  DIFICULTAD PARA RESPIRAR
  DOLOR DE GARGANTA

 DOLOR DE CABEZA
  UTILIZAR MASCARILLA
  VÓMITOS
  DIARREA

 PRESIÓN ARTERIAL
  ENFERMEDADES CARDIACAS
  HISTORIAL DE VIAJE
  FAMILIAR ENFERMO

Algunos elementos de este gráfico fueron utilizados con el permiso de Wisconsin Council on Physical Disabilities.

## ANY QUESTIONS ABOUT THIS NEWSLETTER?

Please contact your Skills Trainer!

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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)

