COVID-19 UPDATES & RESOURCES

RE-OPENING MASSACHUSETTS

WE ARE IN PHASE ONE.

When will Phase Two start? NOT YET!

The Governor and his team will announce when MA is ready to take the next step. COVID-19 cases need to continue to go down. REMEMBER: places are opening, but we still need to “Stay Safer-At-Home”!

May 18th
- Essential Businesses
- Construction
- Manufacturing
- Places of worship
- Hospitals & Community Health

May 25th
- Office spaces (NOT Boston)
- Lab spaces
- Other Healthcare providers
- Personal Services (salons, barbers, pet grooming, etc.)
- Retail (stores, restaurants, etc.)
- Recreation/Outdoors (beaches, parks, outdoor activities)

June 1st
- Boston offices

SAFER-AT-HOME ADVISORY

If you MUST go out:

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.
WHERE ARE CORONAVIRUS CASES IN MASS?

94,895 confirmed cases

6,640 related deaths

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

Note: locations of 318 cases are currently unknown.

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

CONVALESCENT PLASMA DONATION

Did you have COVID-19 AND are you completely recovered? You may be able to help patients with COVID-19 by donating your convalescent plasma!

Click here to watch a video about convalescent plasma and how it works. (ASL and captioned)

WRTA POLICIES: EXTENDED THROUGH JUNE 30TH

WRTA requires social distancing for rider and driver safety.

• All passengers MUST wear a facemask or cloth covering over their mouth and nose.
• Get on and off the bus through the rear door.
  ○ Front door boarding for customers with accessibility needs.
• Necessary travel only (food shopping, medical appointments, etc.).
• Stay 6 feet away from the bus driver and other passengers.

NEED SUPPORT OR SERVICES?
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)
FEDERAL STIMULUS DEBIT CARDS - NOT A SCAM

Looking for your Stimulus payment? If the IRS didn't have your direct deposit bank account information, you will get either a:

- Paper check
- Prepaid debit card

This debit card will be in a plain envelope from “Money Network Cardholder Services”. It will be a VISA debit with “MetaBank” on the back. See picture above.

Before you use it, you MUST:
1. Activate your card (via phone or online) AND
2. Create a PIN

To avoid fees:
- Make purchases where Visa is accepted (online or in stores)
- Use in-network ATMs (click here for a list)
- Transfer the money to your personal bank account
- Check your card balance: online, mobile app, phone

Click here for more information about the card.

SHARE YOUR ART, RECIPES & CRAFTS WITH US!

What have you been doing during COVID-19? Painting, sewing, photography, cooking?

If you want to share, contact Denise Paro at:

dparo@centerlw.org or 508-556-1600 (VP)

Lost your What's Up or Parents Special Edition Newsletter?
Find all issues here on CLW's website.

Like/Follow CLW on:
MUSEUMS AND VIRTUAL TOURS

Cincinnati Zoo
Every day at 3 pm on Facebook.
Click here.

Georgia Aquarium
Visit the Beluga Whales!
Click here.

Google Earth:
National Parks
Click here.

Different art exhibits.
Click here.

Smithsonian Museum of Natural History
Click here.

Yellowstone National Park
Click here.

Smithsonian National Zoo
Click here.

SOMETHING FUN TO DO

WHAT IS A ZENTANGLE?

It’s an easy-to-learn, relaxing, and fun way to make beautiful pictures! You draw patterns (tangles) on small pieces of paper (tiles).

What do I need to Zentangle?

- Paper
- Pencil
- Sharpie marker - thick point
- Sharpie marker - fine point

How do I learn to Zentangle?

Click here to watch a step-by-step video:
Learn more at Wikihow (click here).

Try drawing the Zentangles below!

20 Zentangle Patterns
RESOURCES

Food

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

| CRISIS TEXT LINE | KIVA | SAVE | SUICIDE PREVENTION LINE |
| crisistextline.org | kivacenters.org | 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

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 |
| Pathways for Change Deaf Survivors Program VP: 508-502-7681 Text: 774-279-2011 Email: sglover@pathwaysforchange.help |

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 |
### DHILS Word Search

<table>
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<tr>
<th>Advocacy</th>
<th>Consumer</th>
<th>Ellen</th>
<th>Justina</th>
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<td>Independence</td>
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<td>Joan</td>
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R E M U S N O C
D T G R U Y B D J D I
H A R W L C O U E N L
I K F O K G S V D A A
L Y G I P T W E B S F
S O M F I P P T L L G
H J A N P E U R E E P
H U A U N U N S E S X
Q O P D E S I N E D L
U V X E Y C A C O V D A
S U N A S H L E Y X S F
L C E L L E N J O A N P
E R E S O U R C E S V Q
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See next week’s issue for the answer key!

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### Any Questions about this Newsletter?

Please contact your Skills Trainer!

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone Numbers</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>
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