



Special Edition - *What's Up Newsletter*

www.CenterLW.org

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.

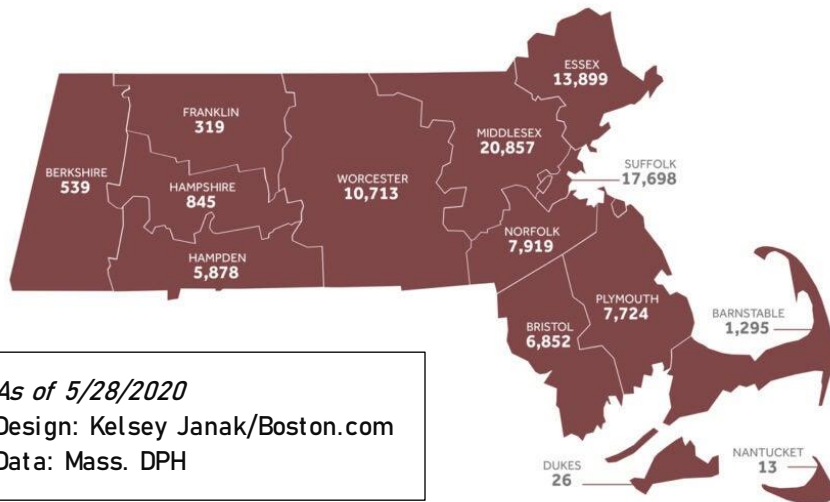


Clean surfaces touched a lot.



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.

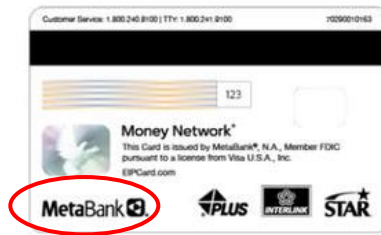
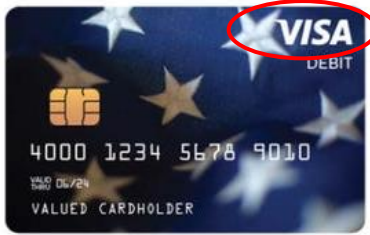
NEED SUPPORT OR SERVICES?

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)



DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

Missed a *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](#).



Museum of Natural History

Click [here](#).



Yellowstone National Park

Click [here](#).



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?



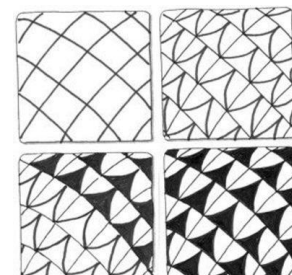
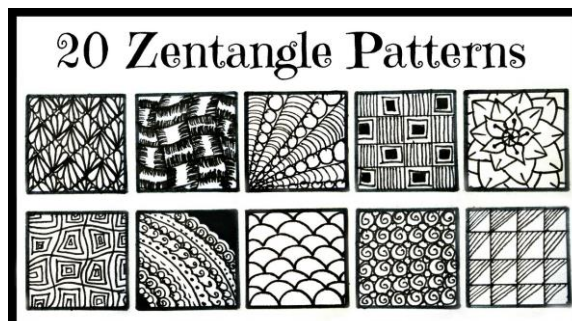
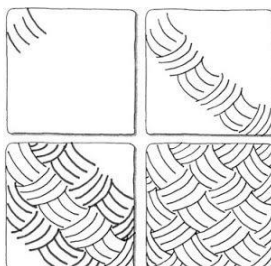
- Paper
- Pencil
- Sharpie marker - **thick** point
- Sharpie marker - **fine** point

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!



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
www.mass.gov/SNAP



COVID-19 Public [Resources](#)

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 |

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

Here are some area websites:

- AA Boston: aaboston.org
- AA Western MA: westernmassaa.org
- Massachusetts Al-Anon: ma-al-anon-alateen.org
- New England Region of NA: nerna.org



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

ADVOCACY

CONSUMER

ELLEN

JUSTINA

ASHLEY

DEAF

INDEPENDENCE

KIM

ASL

DENISE

JOAN

PEER

CLW

DHILS

JOY

RESOURCES

SUPPORT

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| R | D | T | G | R | U | Y | B | D | J | D | I |
| E | H | A | R | W | L | C | O | U | E | N | L |
| M | I | K | F | O | K | G | S | V | D | A | A |
| U | L | Y | G | I | P | T | W | E | B | S | F |
| S | S | O | M | F | I | P | P | T | L | L | G |
| N | H | J | A | N | P | E | U | R | E | E | P |
| O | H | U | A | U | N | U | N | S | E | S | X |
| C | Q | O | P | D | E | S | I | N | E | D | L |
| U | V | X | E | Y | C | A | C | O | V | D | A |
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| L | C | E | L | L | E | N | J | O | A | N | P |
| E | R | E | S | O | U | R | C | E | S | V | Q |

See next week's issue for the answer key!

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) |

