



Special Edition - *What's Up Newsletter*

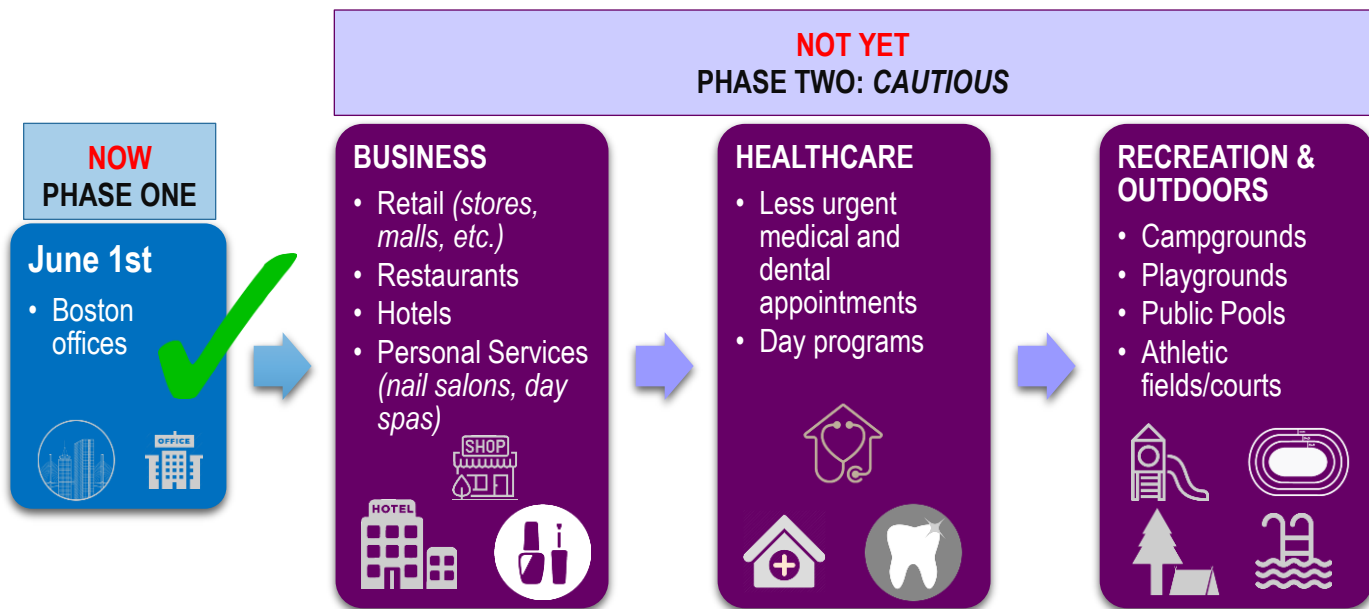
www.CenterLW.org

COVID-19 UPDATES & RESOURCES

RE-OPENING MASSACHUSETTS

WE ARE STILL IN PHASE ONE.

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. **Watch for more updates on Saturday, June 6th.**



REMEMBER: places are opening, but we still need to “Stay Safer-At-Home”!

SAFER-AT-HOME ADVISORY

If you MUST go out:



Stay at least 6 feet apart.



Wear a mask or face covering



Wash hands often.

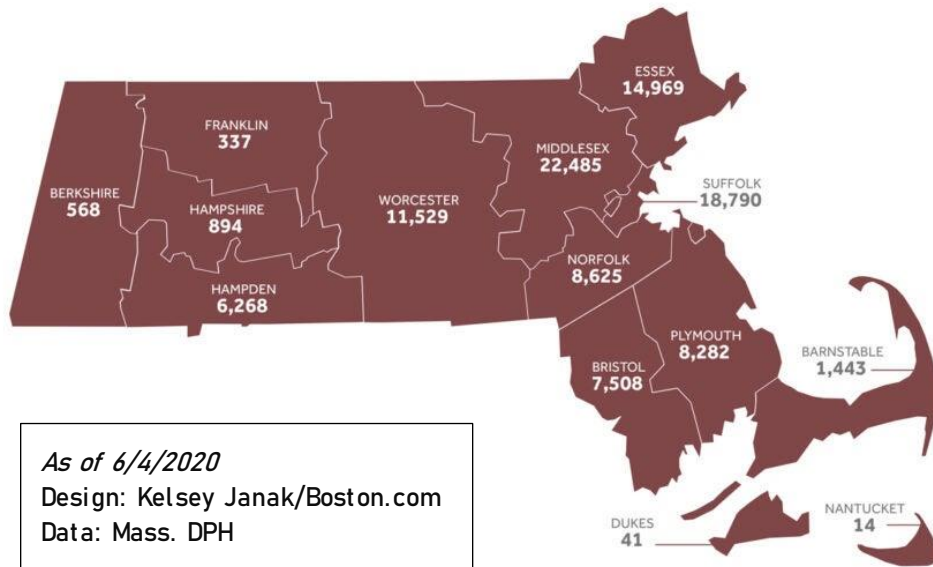


Clean surfaces touched a lot.



Stay home if you feel sick.

WHERE ARE CORONAVIRUS CASES IN MASS?



102,063 confirmed and probable cases

7,201 related deaths

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

Note: locations of 310 cases are currently *unknown*.

WORCESTER PUBLIC LIBRARY - CURBSIDE PICKUP

On Monday, June 8th “curbside pickup” starts at the *Worcester Public Library* (Main Library and Frances Perkins Branches).

Make your request: online, call or email. Then pick it up outside the library. **For more details click [here](#).**

You must have a library card.

Check with your local library for their services.



IDENTITY FRAUD? VICTIM SERVICE PROGRAM CAN HELP!



MCDHH'S **Victim Service Program (VSP)** can help Deaf and hard of hearing community members who are victims of fraud, including identity (ID) fraud.

VSP can help with:

- Reporting the crime to government, law enforcement, banking, and credit agencies.
- Resources and referrals.

VSP is FREE and confidential.

Contact **Shannon Silvestri** at:

Cell/text (preferred): 857-202-7164 OR Email: shannon.silvestri@mass.gov

Worried your identity was stolen? Click [here](#) to LEARN MORE about protecting yourself.

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)

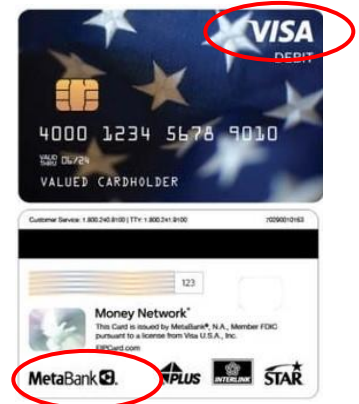


FEDERAL STIMULUS DEBIT CARDS - NOT A SCAM

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

- Paper check
- Visa Debit Card

DON'T THROW IT AWAY!



Did you throw it away accidentally?

CALL CUSTOMER SERVICE: 1-800-240-8100 (TTY: 1-800-241-9100)

They will deactivate the card to stop anyone from using it and send you a new card. Your first new card will be free. *After that you have to pay a \$7.50 fee for each additional card.*

For more information, click [here](#) for FAQ's.

HOME GROCERY DELIVERY FOR SNAP

You can now use SNAP benefits to buy groceries online via *Walmart* and *Amazon*! Hopefully more stores will join this program.

Click [here](#) for more information.



SURVEY ABOUT COVID-19



Doctors are researching how COVID-19 has affected members of the Deaf and hard of hearing community.

Click [here](#) to answer the survey questions.

DHILS CONSUMER DEAF CHAT - JOIN US!

Tuesday, June 9th at 1:00 pm

RSVP to Denise Paro at: dparo@centerlw.org or 508-556-1600 (VP)

Click [here](#) to watch a video about setting up and using Zoom.



ASSISTIVE TECHNOLOGY REUSE SURVEY

Do you use **Assistive Technology** (AT) or provide services to people who use AT? The **ReQuipment** program needs your feedback!

Please complete the *AT Reuse Survey for Individuals & Families*.

See their Facebook page at: <https://www.facebook.com/dmerequisite/>



Individuals/Family Members

(I use AT myself or my family member does)

Click [here](#).

Service Providers

(I work with people who use AT)

Click [here](#).

Mental Health and the Deaf Community
Virtual Panel Discussion
Session 1: Accessing Mental Health Services



Sarah Glenn-Smith
Chief Executive Officer
The Learning Center for the Deaf
Moderator



Brittney Granger
Clinical Director of Deaf Services
Advocates, Inc.
Panelist



Elisa Valles
Program Director
Walden Community Services
Panelist



Melissa Anderson
Director
DeafTEI Center for Deaf
Employment and Recovery
Panelist

#WeAreInThisTogether

 www.TLCDeaf.org



NOTE: this is a pre-recorded webinar.

Please check TLC's webpage for the link - coming soon!

www.tlcdeaf.org

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:



Want our newsletters emailed to you? Contact Kim White at: kwhite@centerlw.org

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

National Suicide Prevention Hotline

24/7, confidential
ASL Users Dial 988!
(V) 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: nera.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 RECIPE

CHEESY VEGETARIAN CHILI MAC

Prep Time: 10 mins

Cook Time: 25 mins

INGREDIENTS

- 1 Tbsp. olive oil
- 1 yellow onion - diced
- 2 cloves garlic - minced
- 2 Tbsp. flour
- 2 Tbsp. chili powder
- 1 15 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 1 15 oz. can kidney beans
- 1 15 oz. can black beans
- 1 15oz. can pinto beans
- 1 cup frozen corn kernels
- 2 cups vegetable broth
- 2 cups uncooked macaroni
- 1 cup shredded sharp cheddar

INSTRUCTIONS

1. Sauté onion and garlic in olive oil in large pot (5 qt) on medium heat for 2-3 minutes (until soft).
2. Add flour and chili powder. Stir and sauté for 2 minutes.
3. Drain and rinse: kidney beans, black beans, and pinto beans.
4. Add diced tomatoes, tomato sauce, all three beans, corn, and vegetable broth. Stir. Make sure flour and chili powder are not stuck to the pan bottom.
5. Add uncooked macaroni and stir.
6. Cover pot, turn heat to medium high, and let pot come up to a boil. Stir often to keep macaroni from sticking.
7. When pot reaches a boil, turn heat to low. Simmer for 12-15 minutes.
8. Add shredded cheddar and stir until melted.

Source: <https://www.budgetbytes.com/cheesy-vegetarian-chili-mac/>



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)

