RE-OPENING MASSACHUSETTS

WE ARE NOW IN **PHASE TWO**.

The Governor and his team are still watching the number of COVID-19 cases. They will announce when Massachusetts is ready to take the next step. **COVID-19 cases need to continue to go down.**

**NOTE:** Phase 3 “Vigilant” (Keep Watching) – cannot start before June 29th.

**REMEMBER:** more 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?

104,667 confirmed and probable cases

7,492 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

NEW SCAM - UNEMPLOYMENT INSURANCE

Criminals are taking advantage of COVID-19 making fake unemployment insurance claims using stolen information. If you file for unemployment, be aware they may ask you for more information to be sure you are you.

Think a false claim was filed in your name? Report it to Department of Unemployment Assistance (DUA):

- Fraud Contact Form - click here
- Call DUA customer service - 877-626-6800

WEBINARS AND ZOOM LEARNING

EEOC WEBINAR - THE ADA DURING COVID-19

Wednesday, June 17, 1PM - 2PM

Join NVRC and representatives from EEOC as they talk about the ADA, what it covers, and how it still applies during stay at home orders and working from home. REGISTER HERE.

There are several saved Webinars available:

- Navigating The Latest Technology Options Available To Hearing Aid Users
- Mental Health Toolbox for Surviving Isolation
- Technology and APPS: Web-based and Mobile
  (Presentations in ASL with voice interpreting and captioning.)
2020 ATLANTIC HURRICANE SEASON BEGINS

Hurricane season has already started and runs through November 30, 2020. Most hurricanes in Massachusetts come in August and September but it’s never too early to prepare!

Stay Informed

Receive warnings, emergency alerts and information from public officials. Don’t rely on just one information source. Be safer by getting emergency alerts from: Emergency Alert System (EAS), Wireless Emergency Alerts (WEA), National Oceanic and Atmospheric Administration (NOAA), social media, local notification systems, etc.

Read about different kinds of alerts and how to sign up [here](#).

Hurricane Emergency Kit

- **Hurricane Watch**: Hurricane conditions are possible within the next 48 hours.
- **Tropical Storm Watch**: Tropical storm conditions are possible within the next 48 hours.

Hurricanes & Safety Tips: click [here](#).

Track hurricanes on NOAA: click [here](#).
BE SAFE WHILE HAVING FUN - FOLLOW THESE RULES!

Parks, beaches, and restaurants, etc. are opening but it’s important to stay safe. COVID-19 is still here!

Help prevent COVID-19 from spreading again.

- Follow rules/signs posted wherever you go
- Follow staff’s/workers’ instructions

AT THE BEACH!

- Stay 12 feet apart from other groups
- No beach balls - not allowed
- Not swimming? Wear a mask!
- Crowded beach? Go home and try another day.

DHILS CONSUMER DEAF CHAT - JOIN US!

Tuesday, July 14th 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.

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)

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**
Click [here](#) to go to the site.

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

<table>
<thead>
<tr>
<th>Deaf Recovery Coaches (M-F)</th>
<th>MCDHH Case Management (M-F)</th>
<th>Victim Services Program (M-F)</th>
</tr>
</thead>
</table>
| VP: 413-347-4094  
Text: 857488.5440  
Email: Karran.Larson@mass.gov | VP: 617-326-7546  
Voice: 617-740-1600 | Shannon Silvestri  
Voice/Text: 857-202-7164  
Email: mailto:Shannon.silvestri@mass.gov |

### Mental Health & Crisis Services

**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](http://aaboston.org)
- AA Western MA: [westernmassaa.org](http://www.westernmassaa.org)
- Massachusetts Al-Anon: [ma-al-anon-alateen.org](http://www.ma-al-anon-alateen.org)
- New England Region of NA: [nema.org](http://www.nema.org)

### Victims Services

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

BEST TUNA SALAD

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>Amount/Description</th>
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<tbody>
<tr>
<td>2 tbsp. mayonnaise</td>
<td>2 (6-oz.) cans tuna</td>
</tr>
<tr>
<td>2 tbsp. plain Greek yogurt</td>
<td>1/4 small red onion, finely chopped</td>
</tr>
<tr>
<td>Juice of 1/2 lemon</td>
<td>2 dill pickles, finely chopped</td>
</tr>
<tr>
<td></td>
<td>Dash hot sauce, optional</td>
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</tbody>
</table>

SERVINGS: 4

Prep Time: 10 mins

INSTRUCTIONS

1) In a large bowl, mix together mayonnaise, yogurt, lemon juice, and hot sauce (if using).
2) Drain tuna then add to mayonnaise mixture. Break up tuna with fork.
3) Add red onion and pickles and toss to combine.
4) Season with salt and pepper.
5) Serve on lettuce or bread as a sandwich.

Tuna is a simple, healthy meal! Eat it: between 2 pieces of bread, on crackers or lettuce, or out of the bowl.

Love tuna melts? Click here for a classic recipe!

Source: https://www.delish.com/cooking/recipe-ideas/a19637640/best-tuna-salad-recipe/

LOOKING FOR SOMETHING FUN TO DO?

10 ONLINE GAMES

Games aren’t just for kids! Play games to relax after a stressful day. Check out this list of online games: click here.

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>
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</tr>
<tr>
<td>Ashley Landis</td>
<td>Deaf Skills Trainer</td>
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<td>Denise Paro</td>
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<tr>
<td>Ellen Perkins</td>
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<tr>
<td>Justina Bailey</td>
<td>Deaf Skills Trainer</td>
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<tr>
<td>Kim White</td>
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<td>508-755-1042 x5042; 508-283-1036 (VP)</td>
</tr>
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