



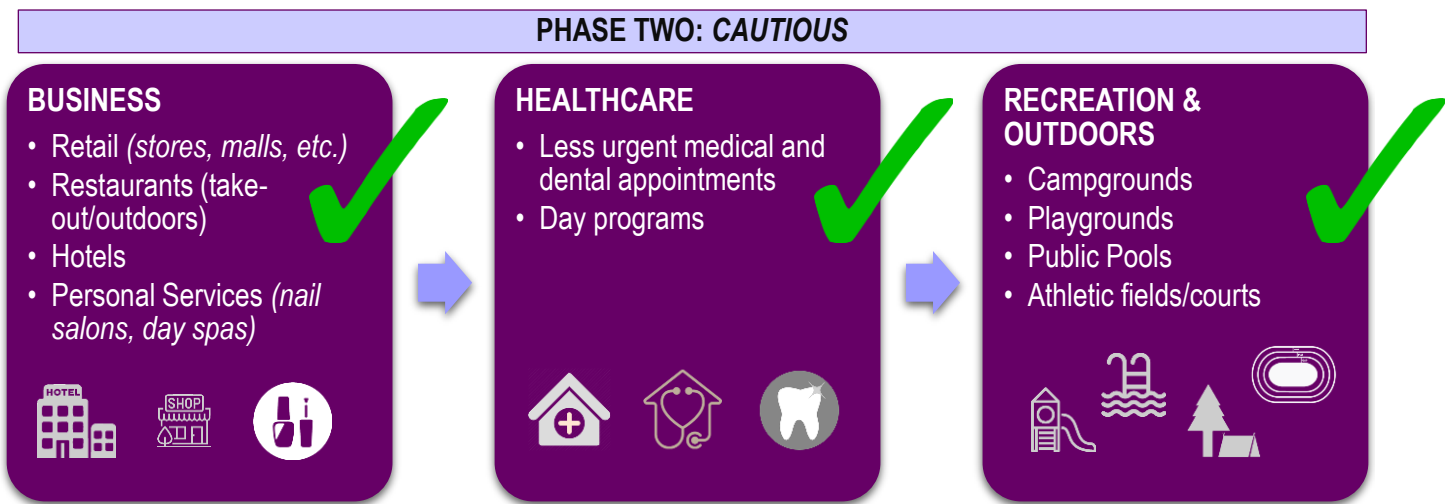
Special Edition - *What's Up Newsletter*

www.CenterLW.org

COVID-19 UPDATES & RESOURCES

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.

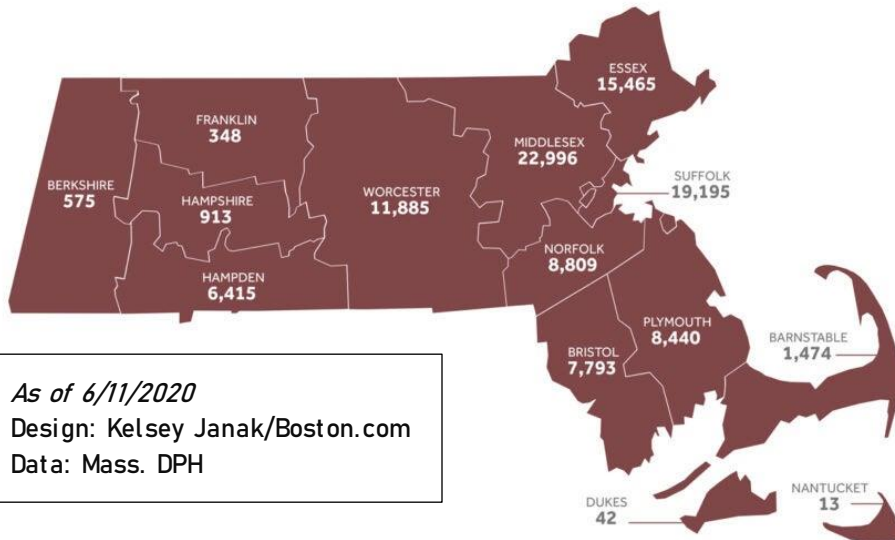


Clean surfaces touched a lot.



Stay home if you feel sick.

WHERE ARE CORONAVIRUS CASES IN MASS?



As of 6/11/2020
Design: Kelsey Janak/Boston.com
Data: Mass. DPH

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



Improving Communication, Changing Lives

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](#).

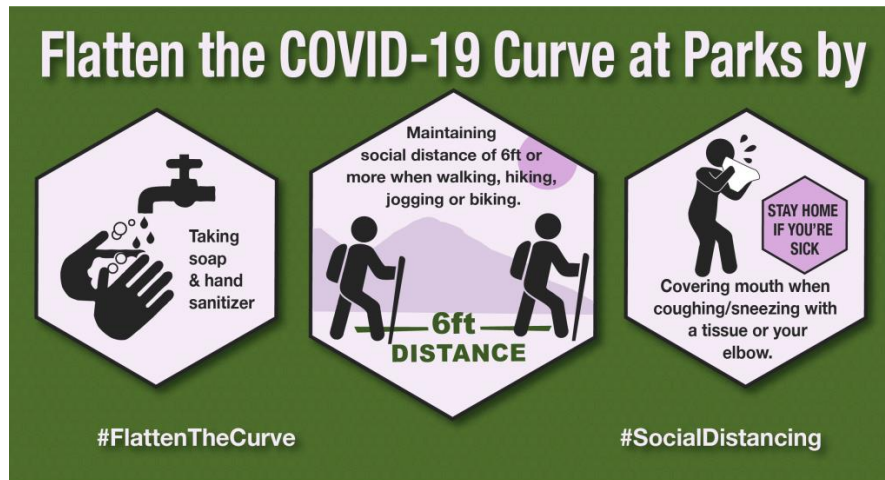
Track hurricanes on NOAA:
click [here](#).

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
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

BEST TUNA SALAD

Prep Time: 10 mins

Servings: 4

INGREDIENTS

2 (6-oz.) cans tuna	Kosher salt
2 tbsp. mayonnaise	Freshly ground black pepper
2 tbsp. plain Greek yogurt	Lettuce, for serving
Juice of 1/2 lemon	Bread, for serving
1/4 small red onion, finely chopped	
2 dill pickles, finely chopped	
Dash hot sauce, optional	

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!

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)

