



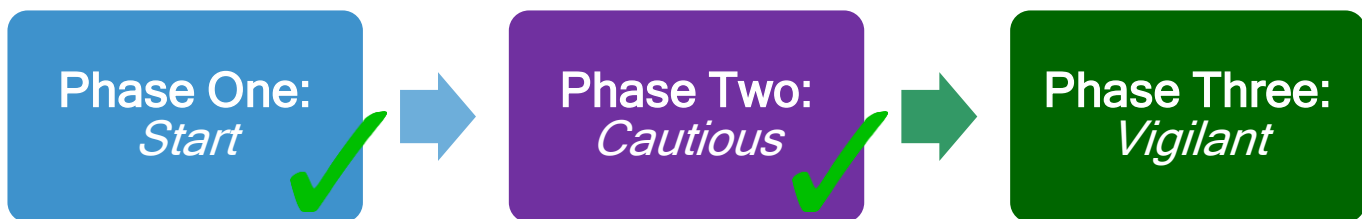
Special Edition - *What's Up Newsletter*

www.CenterLW.org

COVID-19 UPDATES

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.

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)



WEBINARS AND ZOOM LEARNING

MENTAL HEALTH AND THE DEAF COMMUNITY

THURSDAY, JUNE 18TH, 2020 at 12 PM

Virtual panel discussion on accessing mental health services for the Deaf community.

(NOTE: this was pre-recorded.)



Watch on [Facebook](#) or [YouTube](#).

JUNE 18TH LIVESTREAM: 5 BLACK MINNESOTANS

Free panel discussion about George Floyd's death and the racism they have endured in Minneapolis. **Register** [here](#).

JUNE 18TH FROM 7 - 9 PM EASTERN TIME

JUNETEENTH - A VIRTUAL CELEBRATION

FRIDAY, JUNE 19, 2020 9 - 11 PM EASTERN TIME

Join *Bay Area Deaf Black Advocates* to celebrate Juneteenth.

“Juneteenth” is a combination of two words: June and nineteenth.

It celebrates and honors the end of slavery.

To see it on *Facebook Live* - click [here](#) or visit www.babda.org.



ZOOM RULES/TIPS



Click [here](#) for a video in ASL.

ABILITIES VIRTUAL EXPERIENCE

Available 24/7 starting **June 19th at 8 AM** (ends June 21st):

- Latest tech products
- Virtual workshops
- Adaptive online activities



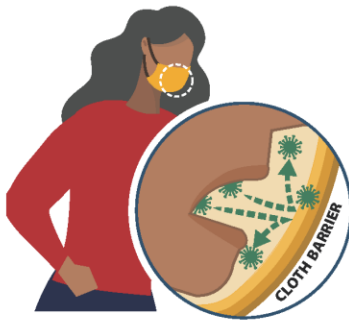
Register for **FREE** [here](#).

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 05/27/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

FUN THINGS TO DO

SIGHTSEEING AROUND THE WORLD

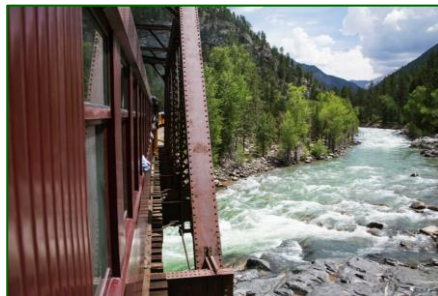
DID YOU EVER WONDER?

- What does *Easter Island* look like?
- What would it be like to ride a dog sled in Alaska or see the Northern Lights?

Click [here](#) for virtual tours that let you do that *and more!*



Northern Lights in Alaska



13 VIRTUAL TRAIN RIDES

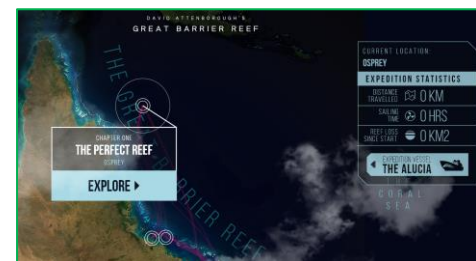
Take a ride through Norway, Japan, Switzerland *and more!*

Click [here](#) to climb aboard.

EXPLORE THE GREAT BARRIER REEF

See 1,500 species of fish and hundreds of species of coral from the comfort of your (dry) couch!

Click [here](#).



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



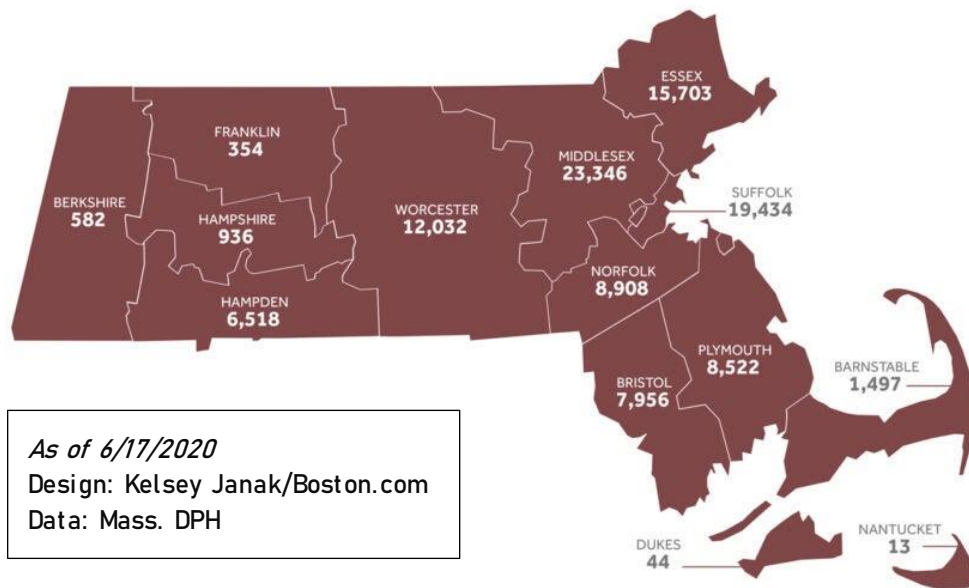
TO APPLY for the 1st time:

- Email: LIHEAP@wcac.net
- Text: HEAT (English) to 80123
- Text: CALOR (Spanish) to 80123



COVID-19 Resources in ASL
[Convo Relay](#)

WHERE ARE CORONAVIRUS CASES IN MASS?



106,151 confirmed and probable cases

7,734 related deaths

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

Note: locations of 306 cases are currently *unknown*.

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

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:



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)

