



Special Edition - *What's Up Newsletter*

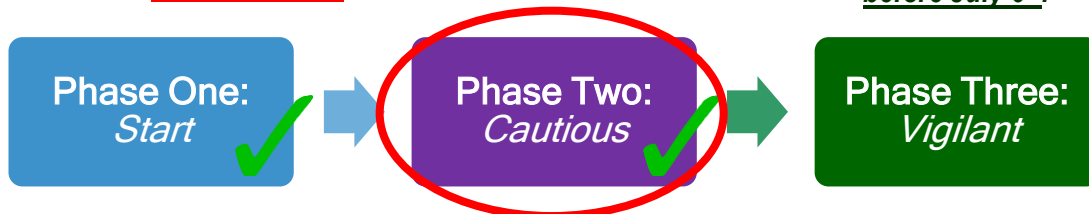
www.CenterLW.org

COVID-19 UPDATES

RE-OPENING MASSACHUSETTS

WE ARE STILL IN PHASE TWO.

NOTE: Phase Three "Vigilant" (Keep Watching) – cannot start before July 6th.



COVID-19 cases continue to go down! The Governor and his team are still watching the numbers and will announce when we are ready to take the next step.

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.



**NO NEWSLETTER
NEXT WEEK
JULY 3rd, 2020**



Learn more about
COVID-19 testing:

mass.gov/gettested

Click [here](https://mass.gov/gettested) for more information.

LOWELL GENERAL HOSPITAL (LGH): ASL WELCOME VIDEO



LGH created an *Introduction to our ASL Interpreter Services at Lowell General Hospital* video. It explains ASL interpreter services and how to make a request.

Click [here](#) to watch the video.

SORENSEN GROUP CALL IMPROVEMENTS

Group Call now allows up to 10 people!

Interested in learning all the tips for *Group Call*?

Sign up to receive a free, personalized consultation [here](#).



ANONYMOUS TIP LINE - FIREWORKS

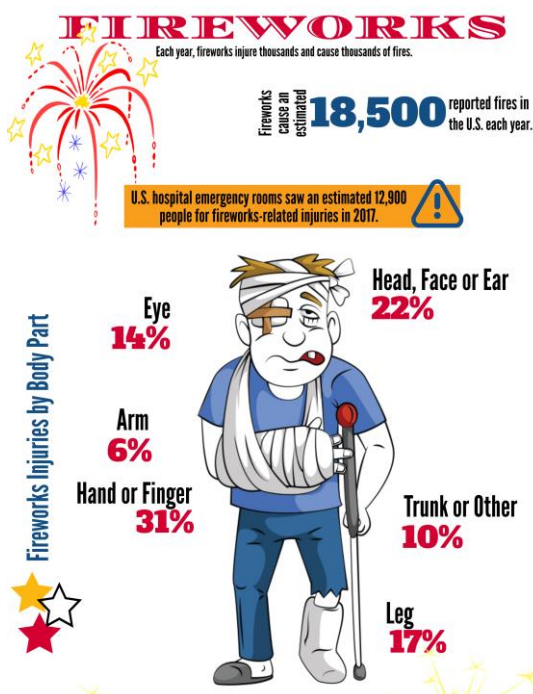


Fireworks are **ILLEGAL** in Massachusetts. Do not use fireworks.

Worcester has an anonymous tip line. Want to report a person for using fireworks *without* sharing your name?

Call 508-799-1003 or Text 274637

LEAVE FIREWORKS TO THE PROFESSIONALS.



MOSQUITOES & TICKS ARE OUT!

Mosquitos:

- Have 6 legs.
- Spread *Eastern Equine Encephalitis* (EEE) and other diseases.
- Breed in still water.
- Females feed on the blood of mammals and humans (*males prefer flower nectar*).
- Are most active dusk to dawn.

Ticks:



- Are arachnids - related to spiders.
- Feed off the blood of living things.
- Don't fly or jump. They crawl up low brush or grass and wait for something to walk by.
- Transmit *Lyme* and other diseases.
- Can feed on you for 2-3 days.

FIGHT THE BITE



Mosquitos can spread disease, like EEE and West Nile Virus. Infections happen even when mosquito bite numbers are low. Keep you and your loved ones healthy and safe from mosquito bites with these actions.



Infographic courtesy of
Allegan County Health Department

- Apply insect repellents that contain the active ingredient DEET, or other U.S. Environmental Protection Agency-registered product to exposed skin or clothing, and always follow the manufacturer's directions for use



- Wear long-sleeved shirts and long pants when outdoors. Apply insect repellent to clothing to help prevent bites



- Maintain window and door screening to help keep mosquitoes outside



- Empty water from mosquito breeding sites around the home where mosquitoes may lay eggs, such as
 - buckets
 - unused kiddie pools
 - old tires



- Use nets and/or fans over outdoor eating areas



3 Tips to Prevent Tick Bites

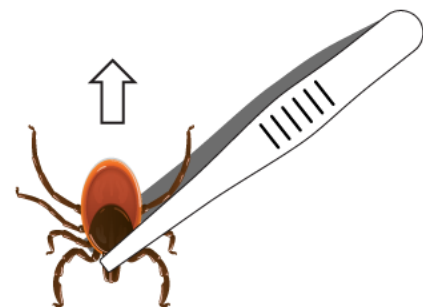


Sources:
Department of Public Health (DPH)
U.S. Environmental Protection Agency (EPA)

Preventing Tick Bites & Removing Ticks

3 Steps to Remove a Tick

- 1 Use a pair of fine-point tweezers
- 2 Grip the tick as close to the skin as possible
- 3 Pull straight out with steady pressure



Mass.gov

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

#1 If you need police



#2 If you need fire



#3 If you need an ambulance



If the 9-1-1 dispatcher asks questions, press

#4 For YES



#5 For NO



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction work sites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

During extreme heat the temperature in your car could be deadly!

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

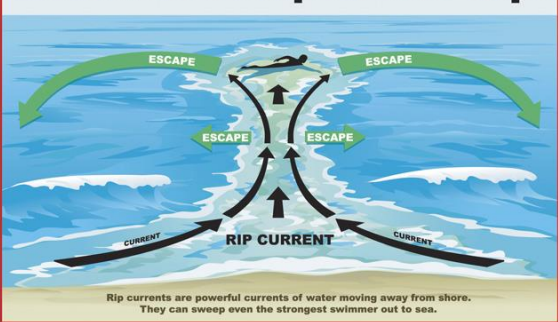
Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

RIP CURRENTS Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usia.org





The City of **WORCESTER**

VIRTUAL INDEPENDENCE DAY CELEBRATION

PERFORMANCES BY



SAM JAMES



CROCODILE RIVER MUSIC



WORCESTER YOUTH ORCHESTRA



WORCESTER REGIONAL
CHAMBER OF COMMERCE
RECRUIT | RETAIN | INCUBATE



fallonhealth

WEDNESDAY, JULY 1, 7 P.M.

- facebook.com/WorcesterMassachusettsOfficial
- worcesterma.gov/video-on-demand
- City Government Channel-Spectrum 192



HOSTED BY
SPECTRUM NEWS 1
KEVIN SHEA



TELEGRAM & GAZETTE
telegram.com



RE-AIRING ON SPECTRUM NEWS 1, SATURDAY, JULY 4 at 7 p.m.

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)



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: aaborston.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



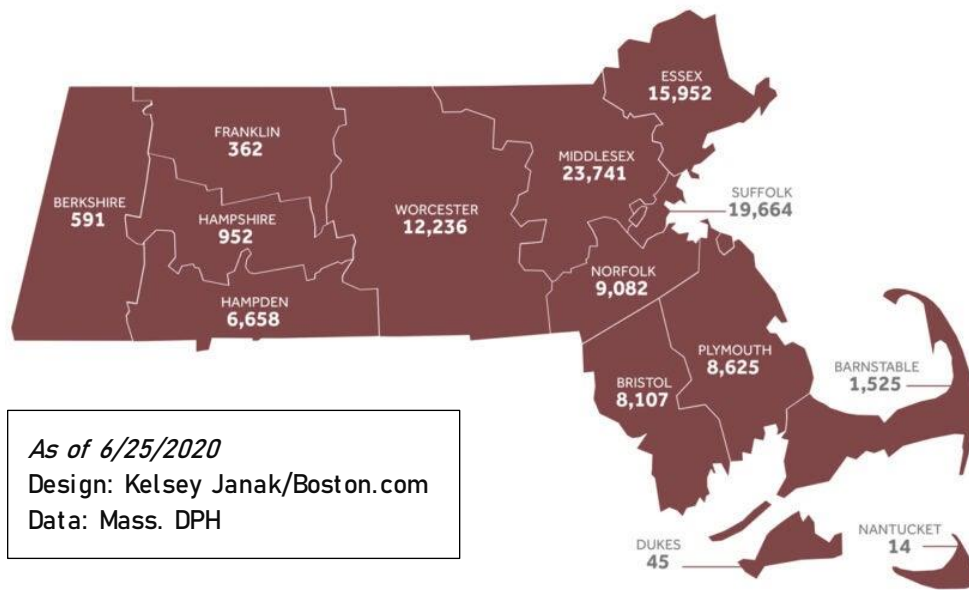
TO APPLY for the 1st time:

- 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?



107,837 confirmed and probable cases

7,963 related deaths

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

Note: locations of 283 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)

