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

Click here 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.

SORENSON 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**

Mosquitoes 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*

**3 Tips to Prevent Tick Bites**
1. Wear light-colored clothes to help spot ticks easier
2. Wear long-sleeve shirts
3. Use EPA-approved repellent

**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

Sources:
- Department of Public Health (DPH)
- U.S. Environmental Protection Agency (EPA)
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/911

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.

WHERE:
Houses with little to no AC
Construction workers
Cars

WHO:
Children
More likely that children are affected

Outside workers
People with disabilities

Older adults

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 °F

Time Elapsed:

Inside

Heat Watch

Major

HEAT ALERTS: Know the difference.

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 websites:

www.ripecurrents.noaa.gov
www.uscg.org
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

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worcester County Food Bank</td>
<td>Not enough food/money to buy food? Type in your zip code here for a list of food banks/pantries near you.</td>
<td>Online: DTAConect.com <a href="http://www.mass.gov/SNAP">www.mass.gov/SNAP</a></td>
</tr>
<tr>
<td>Elder Services of Merrimack Valley</td>
<td>Food Resource Directory during COVID-19. Click here to go to the site.</td>
<td>COVID-19 Public Resources</td>
</tr>
</tbody>
</table>

### Healthcare

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>MassHealth PCA Help Hotline</td>
<td>MassHealth PCA Help Hotline</td>
<td>Voice: 1-844-422-6277</td>
</tr>
</tbody>
</table>

### MCDHH Services

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

### Mental Health & Crisis Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Text Line</td>
<td>Crisis Text Line</td>
<td>crisistextline.org</td>
</tr>
<tr>
<td>IVANKIVA</td>
<td>IVA</td>
<td>kivacenters.org</td>
</tr>
<tr>
<td>SAVE</td>
<td>SAVE</td>
<td>save.org</td>
</tr>
<tr>
<td>National Suicide Prevention Hotline</td>
<td>National Suicide Prevention Hotline</td>
<td>24/7, confidential</td>
</tr>
<tr>
<td>ASL Users Dial 988!</td>
<td>National Suicide Prevention Hotline</td>
<td>(V) 800-273-TALK (8255)</td>
</tr>
</tbody>
</table>

### Substance Use Meetings

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>For NEW meetings or online recovery events, click here to make a request through MCDHH’s online system.</td>
<td>For NEW meetings or online recovery events, click here to make a request through MCDHH’s online system.</td>
<td></td>
</tr>
<tr>
<td>Want to be added to the email list?</td>
<td>Want to be added to the email list?</td>
<td>Contact Scott LaSaffre at: <a href="mailto:scott.lesaffre@mass.gov">scott.lesaffre@mass.gov</a></td>
</tr>
</tbody>
</table>

### Victims Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaf Domestic Violence Victims ASL Hotline</td>
<td>Deaf Domestic Violence Victims ASL Hotline</td>
<td>1-855-812-1001 (Available 24/7) thehotline.org</td>
</tr>
<tr>
<td>Our Deaf Survivors Center, Inc.</td>
<td>Our Deaf Survivors Center, Inc.</td>
<td>VP: 978-451-7225 Text: 978-473-2678 Email: <a href="mailto:CBodsc414@gmail.com">CBodsc414@gmail.com</a></td>
</tr>
<tr>
<td>Pathways for Change Deaf Survivors Program</td>
<td>Pathways for Change</td>
<td>VP: 508-502-7681 Text: 774-279-2011 Email: <a href="mailto:sglover@pathwaysforchange.help">sglover@pathwaysforchange.help</a></td>
</tr>
</tbody>
</table>

### Other

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>TO APPLY for the 1st time:</td>
<td>TO APPLY for the 1st time:</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:LIHEAP@wcac.net">LIHEAP@wcac.net</a></td>
<td>Email: <a href="mailto:LIHEAP@wcac.net">LIHEAP@wcac.net</a></td>
<td></td>
</tr>
<tr>
<td>Text: HEAT (English) to 80123</td>
<td>Text: HEAT (English) to 80123</td>
<td></td>
</tr>
<tr>
<td>Text: CALOR (Spanish) to 80123</td>
<td>Text: CALOR (Spanish) to 80123</td>
<td></td>
</tr>
<tr>
<td>COVID-19 Resources in ASL</td>
<td>COVID-19 Resources in ASL</td>
<td>Convo Relay</td>
</tr>
<tr>
<td>Other</td>
<td>Other</td>
<td></td>
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</tbody>
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Center for Living & Working, Inc. | June 26, 2020
CLW DHILS - Special Edition (Volume 14)
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!

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone (Voice)</th>
<th>Phone (VP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joan Philip</td>
<td>DHILS Director</td>
<td>508-762-1165 (VP)</td>
<td></td>
</tr>
<tr>
<td>Ashley Landis</td>
<td>Deaf Skills Trainer</td>
<td>508-762-1350 (VP)</td>
<td></td>
</tr>
<tr>
<td>Denise Paro</td>
<td>Administrative Assistant</td>
<td>508-556-1600 (VP)</td>
<td></td>
</tr>
<tr>
<td>Ellen Perkins</td>
<td>Hard of Hearing Skills Trainer</td>
<td>508-502-7576 (Voice); 508-762-1354 (VP)</td>
<td></td>
</tr>
<tr>
<td>Joy Spurlin</td>
<td>Assistant Manager/Skills Trainer</td>
<td>508-762-1166 (VP)</td>
<td></td>
</tr>
<tr>
<td>Justina Bailey</td>
<td>Deaf Skills Trainer</td>
<td>508-762-1021 (VP)</td>
<td></td>
</tr>
<tr>
<td>Kim White</td>
<td>Staff Interpreter</td>
<td>508-755-1042 x5042; 508-283-1036 (VP)</td>
<td></td>
</tr>
</tbody>
</table>