



Special Edition - *What's Up Newsletter*

www.CenterLW.org

COVID-19 UPDATES

RE-OPENING MASSACHUSETTS

WE ARE IN **PHASE THREE**.

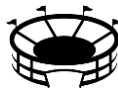
Phase One: *Start* ✓

Phase Two: *Cautious* ✓

Phase Three: *Vigilant*

See all information on Phase Three, Step 1 at: www.mass.gov/reopening

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.



Step 1:

- Movie theaters and outdoor show settings
- Museums, cultural/historical sites ✓
- Gyms/Fitness centers
- Indoor fun activities (low contact)
- Professional sports (no fans)

Step 2: *TBD*

REMEMBER: staying at home is safest!

STAY SAFER-AT-HOME

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.

THERE ARE STILL STRICT RULES TO FOLLOW. PAY ATTENTION AND OBEY SIGNS OR STAFF ANYWHERE YOU VISIT.

THINKING ABOUT TRAVELING THIS SUMMER?



Questions to ask yourself:

- **Before** you go
- What to watch for **if you travel**.

What are the risks? Is COVID-19 spreading where you're going? How will you get there - airplane, bus, or car? How can you protect yourself while traveling?

IF YOU ARE SICK DON'T TRAVEL!

If you travel out of state and return to Massachusetts you must quarantine (stay home) for 14 days

Read the full article [here](#).

INTERESTED IN MORE COVID-19 RESOURCES?

COVID-19 cases/deaths in other states:

- *Center for Disease Control (CDC)* - click [here](#).
- *Johns Hopkins* - click [here](#).
- *World Health Organization (WHO)* - click [here](#).

Learn about the *1918 Flu Pandemic* - click [here](#).



SUBSTANCE AND ADDICTION INTERVENTION SERVICES FOR THE DEAF (SAISD)



"Drop-in" time via Zoom!

TUESDAYS FROM 6 PM TO 8 PM

Check in with staff or share concerns relating to alcohol, drugs and other addiction issues while dealing with the COVID-19 situation.

CLICK [HERE](#) TO WATCH A VLOG.

Questions? Want to register?

Email *Earl Allen* at emasai@rit.edu.

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)



RENTAL AND MORTGAGE ASSISTANCE

Problems paying your rent or mortgage because of COVID-19?

Massachusetts has a new program to help low-income households.

To apply - contact an agency near you:

- Central Mass Housing Alliance - click [here](#).
- Housing Consumer Education Centers (HCEC) - click [here](#).
- Lynn Housing Authority & Neighborhood Development - click [here](#).



NEW SYMPTOMS OF COVID-19

CDC has added 3 new coronavirus symptoms to list.

- View the full article [here](#).
- View the CDC's website [here](#).

This site also has a "Self-Checker" - a guide to help you make decisions and get appropriate medical care.



NEW SYMPTOMS	OLD SYMPTOMS
<ul style="list-style-type: none"> • Congestion / runny nose • Nausea • Diarrhea 	<ul style="list-style-type: none"> • Headache • Dry cough • Shortness of breath • Sore throat • Muscle/body aches • New loss of taste or smell

FACTS ABOUT COVID-19

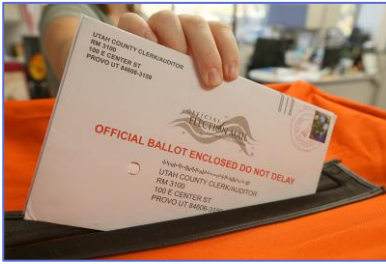
Confused about all the different information out there about COVID-19? Dr. Rotoli is here to tell you what's not true!



Click [here](#) for a full list of videos.

OTHER NEWS

FALL 2020 ELECTIONS - VOTING OPTIONS



See the full article [here](#).

Registered Massachusetts voters can now vote by mail after a new law was passed. *2020 Vote by Mail* applications will be mailed to them.

NOTE: you can pick the elections in which you want to vote by mail.

Not registered to vote? Moved? New name? Change your political party? Check your registration status?

Make changes using the *Online Voter Registration* system [here](#).

I WANT TO:

Vote by Mail	Vote In-Person
<ul style="list-style-type: none"> Fill out <i>2020 Vote by Mail</i> application. Drop-off/mail/fax/email application to your local election office. When your ballot arrives - VOTE! Return ballot before due dates: <ul style="list-style-type: none"> August 26 for State Primary October 28 for State Election 	<ul style="list-style-type: none"> Early Voting: <ul style="list-style-type: none"> State Primary - August 22-28. State Election - October 17-30. Vote at any <i>early voting</i> location in the city/town where you are registered to vote. Election Day: go to your voting location.

CONTACT YOUR SKILLS TRAINER WITH QUESTIONS!

UPCOMING EVENTS

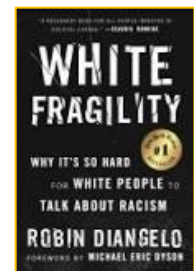
MSAD VIRTUAL BOOK DISCUSSION - "WHITE FRAGILITY"

SUNDAY, JULY 12, 2020 10:00 AM - 11:00 AM

Written by a White woman who saw how White people reacted to diversity training and the concepts of racism. *Discussion will be about Chapter 1.*

Want to read the book? Find it at the library, book store, online or a friend.

Click [here](#) to join Zoom Meeting. Meeting ID: 458 765 5196



AMERICANS WITH DISABILITIES ACT VIRTUAL CELEBRATION



Americans with Disabilities Act

WEDNESDAY, JULY 22, 2020 1:00 PM - 2:30 PM

Virtual celebration/rally celebrating the 30th anniversary of the ADA.

While supplies last, get a t-shirt by clicking [here](#).

View Facebook event page [here](#)

CITY of BOSTON

CART and ASL interpreters will be available. Other requests?

Contact Jessica Doonan: 617-635-3682 or disability@boston.gov



ARTS, DISABILITY, AND COVID-19

FRIDAY, JULY 17, 2020 10:00 AM - 11:00 AM

This month celebrates the 30th anniversary of the *Americans with Disabilities Act (ADA)*.

How has the pandemic impacted the arts and disability communities?

Join Massachusetts artists with disabilities - Elbert "EJ" Joseph, Ellice Patterson, and Kerry Thompson as they share their thoughts and learn how the arts community is moving forward to make sure people with disabilities have access to the arts.

ASL interpreters and CART will be provided.

Registration required! Click [here](#).

Questions? Want to speak during this town hall? Email Kerry: kerry@silentrhythmsboston.org.



Hosted by [Silent Rhythms, Inc.](#)

Click [here](#) for Facebook page.

DHILS CONSUMER DEAF CHAT - JOIN US!

TUESDAY, JULY 14, 2020 1:00 PM - 2:00 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.

FACE MASKS AND HEARING LOSS: *PRACTICAL TIPS AND STRATEGIES*



**WEDNESDAY, JULY 29TH
10:00 AM TO 11:00 AM**

Communication is hard with a mask on and social distancing!

Join us for a webinar to learn some tips like:

- Demo: how to wear and take off masks comfortably with hearing aids or cochlear implants.
- Communication tips when wearing a mask.
- Easy/low cost apps and listening devices.

Speaker: Carolyn Ginsburg Stern

*Assistant Director of Outreach
and Strategic Initiatives*

ASL interpreters and CART will be provided.

Presented by:

[Center for Hearing and Communication](#) (CHC) - NYC



RSVP to Denise Paro at: dparo@centerlw.org or 508-556-1600 (VP)

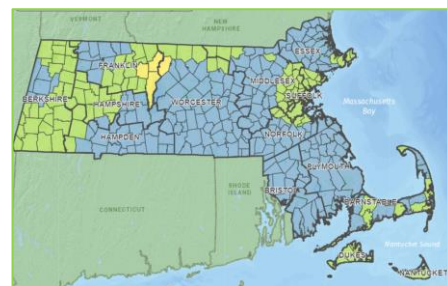


MAPS: EASTERN EQUINE ENCEPHALITIS (EEE) & WEST NILE VIRUS (WNV)

The 1st EEE positive mosquito sample was recently found. See a map with current risk levels for your town [here](#).

This will change throughout the summer!

Check back for updates.

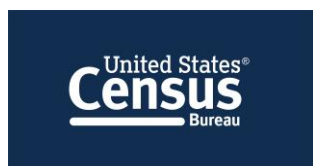


ATTENTION!

OUR NEWSLETTER WILL NOW BE EMAILED EVERY 2 WEEKS.

ATTENTION!

COMPLETE THE 2020 CENSUS!



The 2020 Census is happening now! Reply online, by phone or via mail. Click [here](#) to go to the Census website or contact your Skills Trainer with questions.

Watch an ASL video (with ASL voice-over/captions) [here](#).



TLC is proud to participate in the 2020 Census as a *Complete Count Committee* to support and make sure the Deaf community is counted! Funding for roads, schools and health services, etc. depends on your Census reply. Click [here](#) to watch a video.

Any questions, please email us at census@tlcdeaf.org

SUNSCREEN



- Use sunscreen with SPF 30 or higher that contains both UVA and UVB protection
- Reapply sunscreen every 2 hours and after sweating or swimming
- Use sunscreen before the expiration date or within 3 years of purchasing

SHADE



- Spend as much time in the shade as possible between 10 a.m. and 4 p.m.
- Wear protective clothing and sunscreen even in shady areas

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



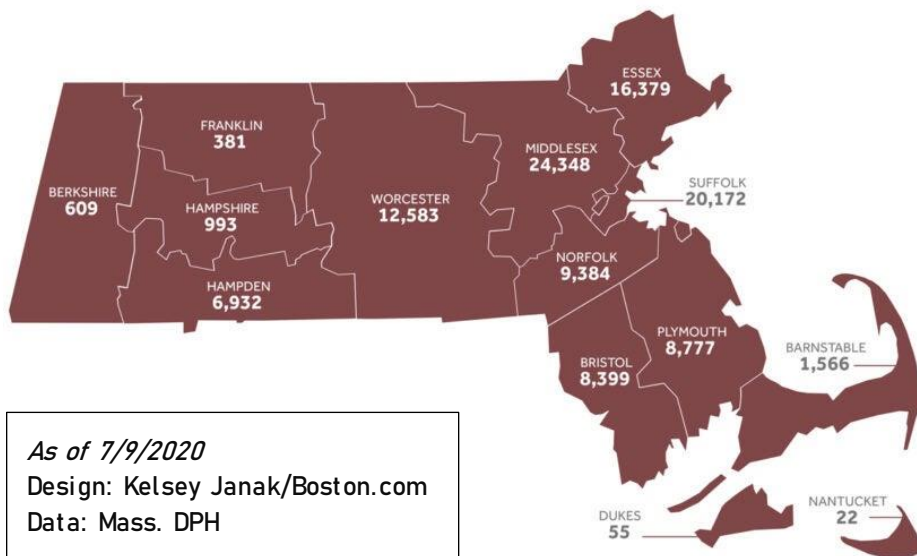
TO APPLY for the 1st time:

- 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?



110,897 confirmed and probable cases

8,268 related deaths

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

Note: locations of 297 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)

