COVID-19 UPDATES

RE-OPENING MASSACHUSETTS

WE ARE IN **PHASE THREE**.

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

**Phase One: Start**

**Phase Two: Cautious**

**Phase Three: Vigilant**

**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.

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

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:**

<table>
<thead>
<tr>
<th>Vote by Mail</th>
<th>Vote In-Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fill out 2020 Vote by Mail application.</td>
<td>• Early Voting:</td>
</tr>
<tr>
<td>• Drop-off/mail/fax/email application to your local election office.</td>
<td>o State Primary - August 22-28.</td>
</tr>
<tr>
<td>• When your ballot arrives - VOTE!</td>
<td>o State Election - October 17-30.</td>
</tr>
<tr>
<td>• Return ballot before due dates:</td>
<td>o Vote at any early voting location in the city/town where you are registered to vote.</td>
</tr>
<tr>
<td>o August 26 for State Primary</td>
<td>• Election Day: go to your voting location.</td>
</tr>
<tr>
<td>o October 28 for State Election</td>
<td></td>
</tr>
</tbody>
</table>

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

**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](#).

CART and ASL interpreters will be available. Other requests? Contact Jessica Doonan: 617-635-3682 or [disability@boston.gov](mailto:disability@boston.gov)

View Facebook event page [here](#)
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.

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.

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.

---

OUR NEWSLETTER WILL NOW BE EMAILED EVERY 2 WEEKS.

---

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: DTAC connect.com  
  www.mass.gov/SNAP |
| COVID-19 Public Resources |

### Health Care

| 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

| National Suicide Prevention Hotline  
  24/7, confidential  
  ASL Users Dial 988!  
  (V) 800-273-TALK (8255) |
| | crisis textline.org  
  kivacenters.org  
  save.org |

### 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 |

### 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: sglower@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.

As of 7/9/2020
Design: Kelsey Janak/Boston.com
Data: Mass. DPH

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!

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

CLW DHILS - Special Edition (Volume 15)