COVID-19 UPDATES

REOPENING MASSACHUSETTS

WE ARE STILL IN PHASE THREE: Step 1.

Help Protect Yourself and Others from COVID-19

Practice Social Distancing
And Wear a Cloth Face Covering

Stay 6 feet (2 arm’s lengths) from other people.
Be sure it covers your nose and mouth to help protect others.
You could be infected and not have symptoms.
cdc.gov/coronavirus

Safer at Home
mass.gov/saferathome

Click here to watch the Press Conference.

Click here for more information about Reopening Massachusetts.

STOP THE SPREAD COVID-19 TESTING - MORE TOWNS

Live in: Agawam, Brockton, Chelsea, Everett, Fall River, Framingham, Holyoke, Lawrence, Lowell, Lynn, Marlborough, Methuen, New Bedford, Randolph, Revere, Salem, Saugus, Springfield, Taunton, Winthrop, or Worcester?

Now through September 12th - FREE COVID-19 testing.

Sick or not sick - everyone is encouraged to get tested.

Click here for where to go for testing and more information.

PARTNERS IN DEAF HEALTH VLOG - SELF CARE

Self-care during the coronavirus pandemic? It IS possible. Dorothy, a certified yoga instructor, is here to share some tips with you!

See this and previous VLOGS here.
WHERE ARE CORONAVIRUS CASES IN MASS?

115,048 confirmed and probable cases

8,645 related deaths

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

Note: locations of 278 cases are currently unknown.

For more information see: www.boston.com/tag/coronavirus
See what's happening in other states - here.

WARNING ABOUT FAKE FACE MASK EXEMPTION CARDS

U.S. Department of Justice (DOJ) warns about fake “face mask exemption cards” that say the cardholder doesn’t need to wear a face covering - this is not true.

The card has the DOJ logo and talks about the Americans with Disabilities Act. These cards are NOT REAL.

Read the full article here.
COMPLETE THE 2020 CENSUS!

Fill out your 2020 Census today!

Contact your Skills Trainer with questions.

Watch a video (with ASL and captions) here.

TLC wants to 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? Email: census@tlcdeaf.org

Fill out your Census:

- Online: [2020census.gov](http://2020census.gov)
- Call: 844-330-2020
- Mail back the form

Door to Door visits have STARTED! Census workers may come to your door.

How do I know it’s not a scam?

- Census workers will have a Census ID with:
  - The person’s picture
  - U.S. Department of Commerce watermark
  - Expiration date

- Still not sure? Call 1-800-991-2520 (New York Regional Center - for New England) and confirm their identity
- DON'T give out your social security, credit card, or bank account numbers

They may also carry Census Bureau bags/other equipment with the logo on it.

Census workers may also leave a census in a bag on your door like this:
OTHER NEWS

IMPORTANT REASONS TO GET A FLU SHOT!

The Center for Disease Control (CDC) recommends everyone 6 months and older get a flu shot (vaccine). Why is it so important this year?

- COVID-19 and the flu have similar symptoms
- Flu vaccines are available, but not yet for COVID-19
- Doctors/hospitals are already busy with COVID-19 patients - getting a flu shot will hopefully keep you out of the hospital/doctor's office

Click here for more information on the flu.

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COLD VS. FLU VS. CORONAVIRUS

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
<th>CORONAVIRUS**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>High (100-102°F)</td>
<td>Common</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Can last 3-4 days</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Intense</td>
<td>Can be present</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual, often severe</td>
<td>Can be present</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Mild</td>
<td>Intense, Can last up to 2-3 weeks</td>
<td>Can be present</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual (starts early)</td>
<td>Can be present</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Common</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Cough</td>
<td>Mild to moderate</td>
<td>Common, Can become severe</td>
<td>Common</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Rare</td>
<td>Rare</td>
<td>In more serious infections</td>
</tr>
</tbody>
</table>

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO.

**Information is still evolving.
EXPANDED DEAF SERVICES AT MY OMBUDSMAN

Lori Siedman was promoted to the newly created role of Director of Deaf Services at My Ombudsman. Lori will still work as Deaf and Hard of Hearing Ombudsman with added responsibilities. She will continue to help MassHealth plan members.

Contact Lori: lsiedman@myombudsman.org

UPCOMING ELECTION/VOTING DEADLINES AND VLOG

Massachusetts State Primary Election 2020: TUESDAY, SEPTEMBER 1ST
- 8/22: Deadline register to vote in the Primary
- 8/22-8/28: Early voting (by mail/in-person)
- 8/26: MA State Primary ballot request deadline
- 9/1: Return completed ballot deadline (by mail/in-person)

Massachusetts General (Federal) Election 2020: TUESDAY, NOVEMBER 3RD
- 10/17-10/30: Early voting (by mail/in-person)
- 10/24: Voter registration deadline
- 10/28: Absentee (mail-in) ballot request deadline
- 11/3: Return completed ballot deadline (by mail/in-person)

City of Worcester’s PSA for Deaf & Hard of Hearing Residents
Watch and share this VLOG about 2020 elections. https://youtu.be/owYCodyfBOo
Need more information? Click here.

MASSHEALTH’S PT-1 (TRANSPORTATION)

Do You Have Problems with MassHealth’s Non-Emergency Medical Transportation (PT-1)?
Give feedback/share your experiences using MassHealth’s PT-1 transportation services - especially if you used or tried to use PT-1 during the COVID-19 pandemic.

Contact Jessica Podesva: jpodesva@bostoncli.org or 978-893-8100

Sponsored by: Boston Center For Independent Living, Greater Boston Legal Services, and Disability Law Center
WEBINARS & UPCOMING EVENTS

DPC Virtual Annual Meeting (Rescheduled)

WEDNESDAY, SEPTEMBER 2ND  6:30 PM

Guest speaker: Dr. Angel Miles of Access Living (Chicago) will discuss the intersections of disability rights and racial justice advocacy. They'll also be presenting about DPC's accomplishments this past year, and re-electing board members.

ASL interpreters and CART provided. Need other accommodations? Email: bdenis@dpcma.org

Like and Share Event on Facebook

DHILS CONSUMER DEAF CHAT - JOIN US!

TUESDAY, SEPTEMBER 8, 2020  1:00 PM - 2:00 PM

Theme: Movies & Pets

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.

MSAD VIRTUAL ANNUAL GENERAL MEETING

SATURDAY, SEPTEMBER 26, 2020

• 8:45 am ZOOM will open
• 9:00 am Business Meeting (Reports and Bylaws)
• 12 noon Lunch on your own
• 1:00 pm Workshop (details coming soon)
• 2:30 pm Community Chat (2020-2021 plan)

FREE AND LOW COST INTERNET ACCESS

People with limited income may qualify for free or low cost internet. Go to the website and find your internet provider to apply.

http://bit.ly/LowInternetCost

FEEDBACK WANTED!

Did you watch THE TEMPEST using accessibility services? Please answer this survey and share your feedback!

The survey link is: www.surveymonkey.com/r/CSCTheTempest
**WRTA Service Bulletin**

**EFFECTIVE AUGUST 29, 2020 ALL ROUTES WILL RESUME THEIR FULL WEEKDAY, SATURDAY AND SUNDAY SCHEDULES, WITH THE EXCEPTION OF ELDER SHOPPER SERVICES WHICH WILL NOT BE OPERATING SERVICE AT THIS TIME.**

WRTA will continue to suspend collection of WRTA fares.

**FACE MASKS ARE REQUIRED FOR ENTRY**
**REMEMBER TO SOCIAL DISTANCE**

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**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:**

- [Facebook](#)
- [LinkedIn](#)
- [YouTube](#)

**Want our newsletters emailed to you?** Contact Kim White at: kwhite@centerlw.org

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**ANY QUESTIONS ABOUT THIS NEWSLETTER?**

Please contact your Skills Trainer!

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Contact Information</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>

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**Worcester Regional Transit Authority**

**Hangout**

*Hosted by Robert Kwiatkowski*

**WHEN:** Saturday, Sept 12th, 2020
**TIME:** 2:00 - 4:00 PM
**WHERE:** THE BOYNTON
117 Highland St
Worcester, MA 01609

Open to all deaf / hard of hearing, students and the deaf community as well ASL and deaf studies students

**RESTAURANT:** $$

New Policy: Attendees are expected to purchase food and/or beverage

deadline: September 9, 2020 contact either

FOR MORE DETAILS - EMAIL
Robert Kwiatkowski: fetarobert@gmail.com
Kenny Trychon: betaorange@charter.net

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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
Click here to go to the site.

Online: DTACConnect.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

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

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