



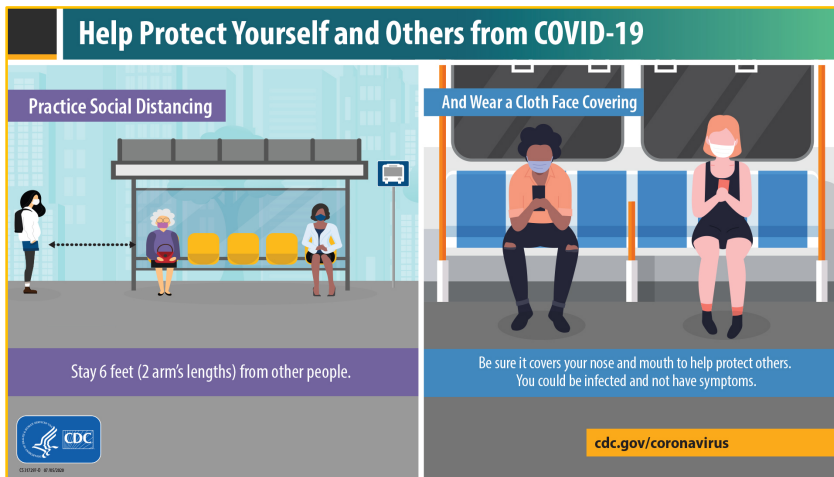
## Special Edition - *What's Up Newsletter*

[www.CenterLW.org](http://www.CenterLW.org)

### COVID-19 UPDATES

#### REOPENING MASSACHUSETTS

**WE ARE STILL IN *PHASE THREE: Step 1.***



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 12<sup>th</sup> - 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.

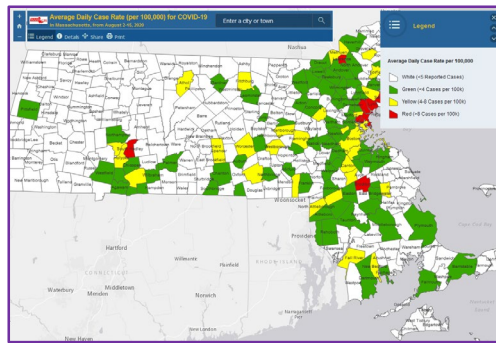
#### PARTNERS IN DEAF HEALTH VLOG - SELF CARE

**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](#).

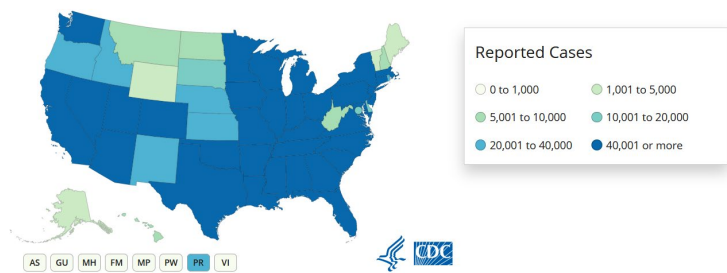


## COMMUNITY-LEVEL DATA



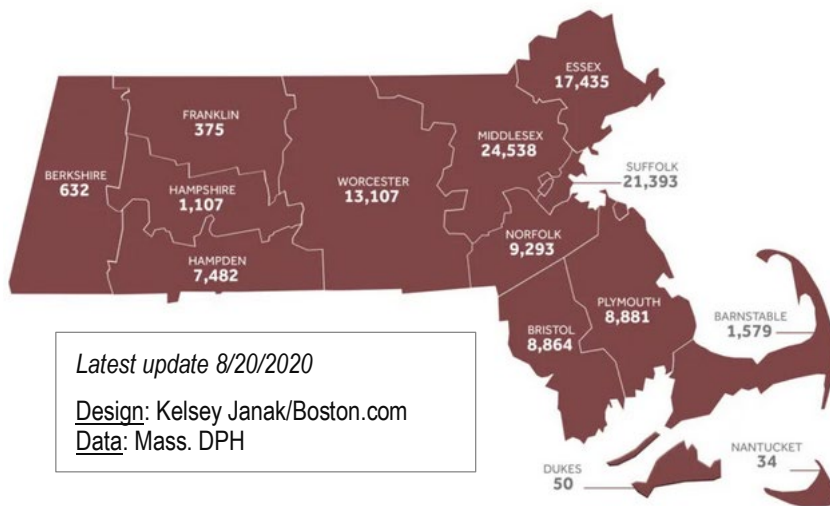
Click [here](#) to see this bigger.

## CASES IN US



Click [here](#) to see this bigger.

## 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](http://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](#).

**CENSUS ENDS  
 SEPTEMBER 30<sup>th</sup>!**



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](mailto:census@tlcdeaf.org)

### Fill out your Census:

- Online: [2020census.gov](https://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



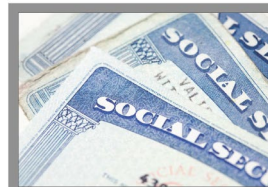
- *Still not sure?* Call 1-800-991-2520 (New York Regional Center - *for New England*) and confirm their identity
- **DON'T** give out your social security, credit card, or bank account numbers

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



## AVOID SCAMS

The U.S. Census will **NEVER** ask you for:



Your Social Security number.



Your bank account or credit card numbers.



Money or donations.



William Francis Galvin  
 Secretary of the Commonwealth  
 Massachusetts 2020 Census Liaison

For more information:  
[www.ma2020census.org](http://www.ma2020census.org)  
 1-833-MA1-2020 (1-833-621-2020)  
[ma2020census@sec.state.ma.us](mailto:ma2020census@sec.state.ma.us)

Scan to read more  
 on how census  
 affects your  
 community.



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.

 <h1>COLD VS. FLU VS. CORONAVIRUS</h1>			
SYMPTOMS	COLD	FLU	CORONAVIRUS** (can range from mild to serious)
 Fever	Rare	High (100-102 F) Can last 3-4 days	Common
 Headache	Rare	Intense	Can be present
 General Aches, Pains	Slight	Usual, often severe	Can be present
 Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
 Extreme Exhaustion	Never	Usual (starts early)	Can be present
 Stuffy Nose	Common	Sometimes	Has been reported
 Sneezing	Usual	Sometimes	Has been reported
 Sore Throat	Common	Common	Has been reported
 Cough	Mild to moderate	Common, Can become severe	Common
 Shortness of Breath	Rare	Rare	In more serious infections
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](mailto: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@bostoncil.org](mailto:jpodesva@bostoncil.org) or 978-893-8100

Sponsored by: *Boston Center For Independent Living, Greater Boston Legal Services, and Disability Law Center*

## WEBINARS &amp; UPCOMING EVENTS

DPC Virtual Annual Meeting (*Rescheduled*)**WEDNESDAY, SEPTEMBER 2<sup>ND</sup> 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](mailto: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](mailto: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**

ZOOM link – click [here](#).  
Meeting ID: 458 765 5196

- 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)

**NEW  
DATE!**

## 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](http://www.surveymonkey.com/r/CSCTheTempest)



Worcester Regional Transit Authority

## **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**



**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



Robert

**FOR MORE DETAILS - EMAIL**  
Robert Kwiatkowski: [fetarobert@gmail.com](mailto:fetarobert@gmail.com)  
Kenny Trychon: [bettaorange@charter.net](mailto:bettaorange@charter.net)



Kenny

## **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:



Want our newsletters emailed to you? Contact Kim White at: [kwhite@centerlw.org](mailto:kwhite@centerlw.org)

## **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)



## 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](https://DTAConnect.com)  
[www.mass.gov/SNAP](https://www.mass.gov/SNAP)



COVID-19 Public [Resources](#)

## Healthcare



Toll-free: 855-781-9898  
VP: 339-224-6831  
Email: [info@myombudsman.org](mailto: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](mailto: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](mailto:mailto:Shannon.silvestri@mass.gov)

## Mental Health &amp; Crisis Services

CRISIS TEXT LINE |

[crisistextline.org](https://crisistextline.org)



[kivacenters.org](https://kivacenters.org)



[save.org](https://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](mailto:scott.lesaffre@mass.gov)

Here are some area websites:

- AA Boston: [aaborstn.org](https://aaborstn.org)
- AA Western MA: [westernmassaa.org](https://westernmassaa.org)
- Massachusetts Al-Anon: [ma-al-anon-alateen.org](https://ma-al-anon-alateen.org)
- New England Region of NA: [nera.org](https://nera.org)



## Victims Services



**Deaf Domestic Violence Victims**  
**ASL Hotline**  
1-855-812-1001 (Available 24/7)  
[thehotline.org](https://thehotline.org)



**Our Deaf Survivors Center, Inc.**  
VP: 978-451-7225  
Text: 978-473-2678  
Email: [CBodsc414@gmail.com](mailto:CBodsc414@gmail.com)



**Pathways for Change**  
**Deaf Survivors Program**  
VP: 508-502-7681  
Text: 774-279-2011  
Email: [sglover@pathwaysforchange.help](mailto:sglover@pathwaysforchange.help)

## Other



TO APPLY for the 1st time:

- Email: [LIHEAP@wcac.net](mailto:LIHEAP@wcac.net)
- Text: HEAT (English) to 80123
- Text: CALOR (Spanish) to 80123



COVID-19 Resources in ASL  
[Convo Relay](#)