October 28, 2021



**Empowering** *Independence* 

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Deaf and Hard of Hearing Independent Living Services

# **COVID-19 Updates**

# CDC

#### COVID-19 Booster Shots

Federal health officials okayed **ALL Booster shots**:

• Pfizer, Moderna AND J &J.

#### You CAN get a booster shot IF you are:

- 65 years and older
- Age 18+ and live in long-term care settings
- Age 18+ and have underlying health conditions
- Age 18+ and work or live in high-risk settings

#### WHEN can you get it?

- 6 months (or more) after your 2nd Pfizer or Moderna shot; **OR**
- 2 months (or more) after your 1st J&J shot.

#### Can I get a different booster shot than my 1st/2nd shots?

• Yes — the FDA and CDC say you can.

Ex. Got J & J before? Now you can get Pfizer or Moderna.

#### **Possible Side Affects:**

Injection site pain

Fatigue

- Headache
- Muscle pain

#### • Chills



Johnson Johnson

#### Can I get a flu vaccine at the same time as a booster shot?

**Yes**. You can get a COVID-19 vaccine and other vaccines (flu, shingles, etc.) at the same time or soon after.

Read more here: https://www.aarp.org/health/conditionstreatments/info-2021/covid-booster-shot-auide.html



#### **Governor Baker's Updates**

Watch past press briefings here.

Press Office: <a href="https://www.mass.gov/orgs/">https://www.mass.gov/orgs/</a>

governors-press-office



#### IEW MCDHH VLOGS

#### **National Disability Employment Awareness Month**

Please join MCDHH in celebrating National Disability Employment Awareness Month – see vlog and transcript below!

VLOG: https://fb.watch/8KVJqlnTAf/

**TRANSCRIPT**: https://docs.google.com/document/

d/1nEMtWMALIHlp2ZeNLLN7QlH2LycyKvYEZdG76WnKzDo/edit?usp=sharing



#### Worcester WRTA Zero Fare Coalition

WRTA Busses ARE FREE until 12/31/21!!

Follow on Facebook: <a href="https://www.facebook.com/ZerofareWRTA/">https://www.facebook.com/ZerofareWRTA/</a>

Help advocate to keep busses free into 2022!!

Are you a rider and have a story about how this has impacted you? Do you live in a town around Worcester and want to talk with your town representative on the WRTA Board?



Share your story!

Please Fill Out This Form: <u>https://forms.gle/LSyozEVQUPniWzUb9</u>



## Sorenson Fall 2021 Event

Introducing **frame.x**, Sorenson's new Fall Event series. What is a frame? What influence can they have? Watch the online event videos and learn how frames can have an influence on your life. Starts October 28, 2021! Check back for new videos! Watch videos: here.

# **Holiday Celebrations**

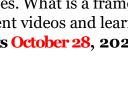
Enjoy the holidays **and** protect your health. **Get vaccinated** — to lower COVID-19 risk and keep your family and friends safe.

#### Safer holiday tips:

- Always wear a mask inside in public if: you are not fully vaccinated, have a weak immune system, OR if you are in a city/town with high COVID-19 transmission.
- **Avoid crowded spaces** (make sure there is good airflow).
- **Sick or have symptoms?** DON'T host or go to gatherings.



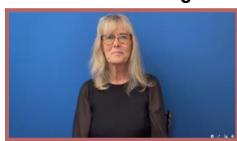
- Don't travel until fully vaccinated.
- Visit CDC's <u>Travel</u> page for information about what's best for you and your family.
- Have COVID-19 symptoms or had close contact with someone who has COVID-19? Get tested!





# MCDHH RECOVERY/SUD VLOGS

#### National Youth Drug and Alcohol Prevention Month



Please see the vlog from Karran Larson, *Coordinator of Statewide Substance Abuse and Recovery*.

VLOG: <a href="https://fb.watch/8N8QGWw1Ng/">https://fb.watch/8N8QGWw1Ng/</a>

**TRANSCRIPT**: <a href="https://docs.google.com/document/">https://docs.google.com/document/</a>

d/11wxSNwTljXBljZUjb4-Bkq79wtmn-vY7z7hCHArI V4/edit?

usp=sharing

## Why We Celebrate Recovery Month:

**VLOG**: Click <u>here</u>.

TRANSCRIPT: Click here.



# Clarification on the Roles of Recovery Coach, Counselor and Sponsor:

**VLOG**: Click here.

TRANSCRIPT: Click here.



#### What is an Overdose:

VLOG: Click here.

TRANSCRIPT: Click here.



#### What are 12 Step Programs:

**VLOG**: Click here.

TRANSCRIPT: Click here.



## **Substance Use Meetings**



NEW meetings/online recovery events, make a request through MCDHH's online system <a href="here">here</a>.



Want to be added to the email list?
Contact Scott LaSaffre: scott.lesaffre@mass.gov

SARDI Program: Click here.



Want to lead a Deaf AA/NA meeting? Need help joining a 12 step AA or NA meeting?

Email: meetingskype@hotmail.com

Here are some area websites:

AA Boston: <u>aaboston.org</u>



Massachusetts Al-Anon: ma-al-anon-alateen.org

New England Region of NA: nerna.org

Al-Anon meetings: <a href="mailto:DeafRecoveryAZ@gmail.com">DeafRecoveryAZ@gmail.com</a>

Other resources: click here.





# THANKSGIVING FOOD DRIVE

Share your Thanksgiving blessings with the Worcester County Food Bank

We will be accepting donations now through November 19th

Please call 508-755-1101 to arrange donation drop-offs!





#### **Requested Donations:**

-Gluten-Free Foods (non-perishable)
-Spices and Condiments
-Healthy Snacks
(nuts, granola bars, canned&dried fruits)
-Menstrual Care Products & Hygiene items
-Name Brand Cereals
-Rice, Pastas, and Canned Pasta Sauce
- Dry Beans (All Varieties)
-Low-Sodium Broths, Soups, Stews, Chili

-100% Fruit and Vegetable Juices

#### Things they cannot accept:

- Alcohol or mixers intended to be used with alcohol
  - OTC oral medications
  - Flammable products such as: lighters, matches, or charcoal
  - Products in glass containers
    - Perishable products
    - Opened products
    - Expired products



# MISSED A WHAT'S UP NEWSLETTER?

Past issues of newsletters are on our website!

VISIT: HTTPS://WWW.CENTERLW.ORG/SERVICES/DEAF-HARD-OF-HEARING/





Deaf and Hard of Hearing Independent Living Services

Hybrid: 1 - 2 days in office

## Join the CLW DHILS Team as a:

# DEAF SKILLS TRAINER

#### This job is great for you, if you love to:

- · Empower and work with consumers on personal goals
- Advocate for Deaf/Hard of Hearing individuals on local/state levels
- Provide:
  - 1:1 independent living skills training and peer support to consumers
  - o information & referral
  - guidance and leadership
- Problem solve
- Work independently and with the team
- · Work with individuals with diverse disabilities and cultures

#### Qualifications:

#### Education

 High School or equivalent (GED) required; Bachelor Degree in health/human services, preferred; years of relevant experience may be substituted for Bachelor Degree;

#### Experience

- ASL Fluent
- 2 years minimum of relevant experience working in Deaf/Hard of Hearing services OR involvement with the Deaf/Hard of Hearing community required;
- Microsoft Office and database management

## **GREAT BENEFITS**

- Medical
- Dental
- 403(b) Retirement

#### PAID:

- Life Insurance
- Short Term Disability (STD)
- Long Term Disability (LTD)
- Parking

- 13 Holidays
- Vacation
- Sick Time
- Mileage Reimbursement

\$17.35/hour 40 hours/week / Mon - Fri

#### INTERESTED OR HAVE QUESTIONS?

Email Deb Olson at: dolson@centerlw.org

APPLY and SEE MORE INFO HERE:

**Full-Time Deaf Skills Trainer Position** 

#### Center for Living & Working, Inc.

484 Main Street Suite 345 Worcester, MA 01608

Website: www.centerlw.org

https://www.facebook.com/CenterForLivingAndWorking

**Empowering** Independence Voice: (508) 798-0350 Toll Free: (800) 570-4020 TTY: (508) 755-1003

VP: (508) 762-1164 Fax: (508) 797-4015

# **COVID-19 Resources/Data**

We will add more sites as needed.

Vaccine Information	https://www.mass.gov/covid-19-vaccine
Vaccine Appointments	https://vaxfinder.mass.gov/
COVID-19 Testing	www.mass.gov/covid-19-testing
US COVID-19 Cases and Deaths by State	https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days
MA Travel Order	https://www.mass.gov/info-details/covid-19-travel-order
MA Response Reporting	https://www.mass.gov/info-details/covid-19-response-reporting

NOTE: Contact your Skills Trainer with questions. See SE Resources page for more information.

## **Questions about this Newsletter?**

Need a website address from your printed newsletter? Contact your Skills Trainer!

Joan Philip	DHILS Director	508-762-1165 (VP)
Denise Paro	Administrative Assistant	508-556-1600 (VP)
Ellen Perkins	DHILS Asst. Manager/Hard of Hearing Skills Trainer	508-502-7576 (Voice); 508-762-1354 (VP)
Catherine Brown	Deaf Skills Trainer (Part-time)	508-762-1021 (VP)
Kim White	Staff Interpreter	508-755-1042 (Voice); 508-283-1036 (VP)
VACANT	Deaf Skills Trainer (Full-time)	
VACANT	Deaf Skills Trainer (Full-time)	

# **Contact Us!**



Center fo

**DHILS** 

Center for Living & Working, Inc.

Deaf and Hard of Hearing Independent Living Services Department

Videophone: 508-762-1164 Voice/TTY: 508-755-1003

www.CenterLW.org



**CLW:** <a href="https://www.facebook.com/CenterForLivingAndWorking">https://www.facebook.com/CenterForLivingAndWorking</a>

DHILS Group: https://www.facebook.com/groups/469192334303776