

October 28, 2021



Empowering  
Independence

CENTER FOR LIVING & WORKING, INC.  
**WHAT'S UP?**



Deaf and Hard of Hearing Independent Living Services

## COVID-19 Updates



### 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
- Headache
- Chills
- Fatigue
- Muscle pain



### 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/conditions-treatments/info-2021/covid-booster-shot-guide.html>



### Governor Baker's Updates

Watch past press briefings [here](#).

Press Office: <https://www.mass.gov/orgs/governors-press-office>



## NEW 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/1nEMtWMALIHlp2ZeNLLN7QIH2LycyKvYEZdG76WnKzDo/edit?usp=sharing>



## Worcester WRTA Zero Fare Coalition

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

Follow on Facebook: <https://www.facebook.com/ZerofareWRTA/>

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: <https://forms.gle/LSyozEVQUPniWzUb9>



## 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 [Travel](#) 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:** <https://fb.watch/8N8QGWw1Nq/>

**TRANSCRIPT:** [https://docs.google.com/document/d/11wxSNwTljXBjZUjb4-Bkq79wtmn-vY7z7hCHARI\\_V4/edit?usp=sharing](https://docs.google.com/document/d/11wxSNwTljXBjZUjb4-Bkq79wtmn-vY7z7hCHARI_V4/edit?usp=sharing)

### Why We Celebrate Recovery Month:

**VLOG:** Click [here](#).

**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 [here](#).**



**Want to be added to the email list?**  
Contact **Scott LaSaffre:** [scott.lesaffre@mass.gov](mailto: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](mailto:meetingskype@hotmail.com)

Here are some area websites:

AA Boston: [aaboston.org](http://aaboston.org)

AA Western MA: [westernmassaa.org](http://westernmassaa.org)

Massachusetts Al-Anon: [ma-al-anon-alateen.org](http://ma-al-anon-alateen.org)

New England Region of NA: [nera.org](http://nera.org)

Al-Anon meetings: [DeafRecoveryAZ@gmail.com](mailto:DeafRecoveryAZ@gmail.com)

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!



CENTER FOR LIVING & WORKING, INC.  
"EMPOWERING INDEPENDENCE"



## 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



**MISSSED A *WHAT'S UP* NEWSLETTER?**

***Past issues of newsletters are on our website!***

**VISIT: [HTTPS://WWW.CENTERLW.ORG/SERVICES/DEAF-HARD-OF-HEARING/](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
  - 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**

**Apply  
Now**

### INTERESTED OR HAVE QUESTIONS?

Email Deb Olson at: [dolson@centerlw.org](mailto: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](http://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	<a href="https://www.mass.gov/covid-19-vaccine">https://www.mass.gov/covid-19-vaccine</a>
Vaccine Appointments	<a href="https://vaxfinder.mass.gov/">https://vaxfinder.mass.gov/</a>
COVID-19 Testing	<a href="http://www.mass.gov/covid-19-testing">www.mass.gov/covid-19-testing</a>
US COVID-19 Cases and Deaths <i>by State</i>	<a href="https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days">https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days</a>
MA Travel Order	<a href="https://www.mass.gov/info-details/covid-19-travel-order">https://www.mass.gov/info-details/covid-19-travel-order</a>
MA Response Reporting	<a href="https://www.mass.gov/info-details/covid-19-response-reporting">https://www.mass.gov/info-details/covid-19-response-reporting</a>

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



Deaf and Hard of Hearing Independent Living Services



CLW: <https://www.facebook.com/CenterForLivingAndWorking>

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