

December 22, 2021



*Empowering  
Independence*

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



*Deaf and Hard of Hearing Independent Living Services*



**WISHING YOU HAPPY AND SAFE HOLIDAYS!**



*Joan Ellen Denise Kim  
Catherine Rosemary*

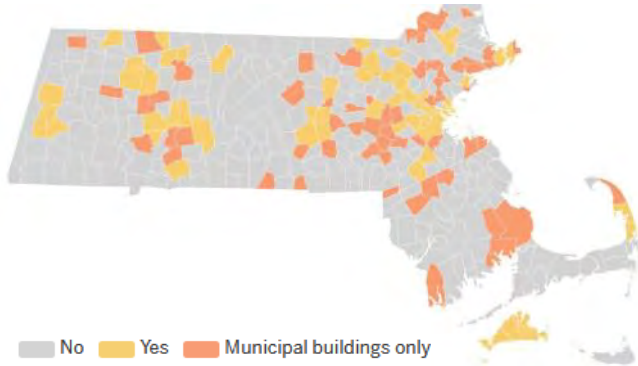
# COVID-19 Updates

## NEW MASK MANDATE/RULES

Delta and Omicron variants are spreading fast! The Department of Public Health suggests **ALL RESIDENTS (vaccinated OR not)** wear a mask **inside**, **except** in **your own home**.



WATCH the **Governor's Press Conference** here: <https://youtu.be/4WkufQt7FZU>



Source: Metropolitan Area Planning Council (MAPC) • As of Dec. 14, 2021.  
This map is based on data collected by MAPC and municipal websites.

To see the map bigger, click [here](#).

## Mass Towns with Indoor Mask Mandates

Some cities and towns have rules that people must wear masks indoors. Rules change — check your town's information often. **Most city/town websites have the latest COVID-19 information and restrictions/rules.**

EX: Worcester's website is [www.worcesterma.gov/coronavirus](http://www.worcesterma.gov/coronavirus)



See the latest Massachusetts info (mandates, vaccines, # of cases, etc.) at:  
[www.mass.gov/covid-19-updates-and-information](http://www.mass.gov/covid-19-updates-and-information)



Choosing a Mask: Dos and Don'ts — click [here](#).



**Check your State/County — COVID-19 Transmission Levels and Mask Rules:**  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

**WORCESTER COUNTY example:**

### COVID-19 County Check

Find community transmission levels and masking guidance by county.

- Select State and County
- Click on Go

Select a Location

[< Start Over](#) • [Start a new search](#)

**● High Transmission**

In **Worcester County, Massachusetts**, community transmission is **High Transmission**.

Everyone should wear a mask in public indoor settings.

Mask requirements might vary from place to place. Make sure you follow local laws, rules, regulations or guidance.

December 17, 2021

## COVID-19 Updates (continued)

### COVID-19 Interactive Data Dashboard

Confirmed cases, testing and hospitalizations.

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



### Dr. IV Mirus on the Omicron Variant (12/01/2021)



Note: This interview happened *BEFORE* the 1st U.S. Omicron case was found in California.

Video: <https://www.facebook.com/watch/?v=6805425419475539&ref=sharing>

Transcript: [www.dailymoth.com/blog/dr-iv-mirus-on-the-omicron-variant](http://www.dailymoth.com/blog/dr-iv-mirus-on-the-omicron-variant)

## Free Rapid COVID Tests

Cities/towns in Central Mass that will get free rapid COVID-19 tests from the state:

- Athol
- Fitchburg
- Leominster
- Milford
- Orange
- Oxford
- Southbridge
- Uxbridge
- Ware
- Webster
- W. Boylston
- Winchendon
- Worcester



Click [here](#) to read the full article.

- COVID-19 Self-Test Kit: How/When to Test and more info. *To download click [here](#).*
- How to use the *iHealth* COVID-19 self-test. *To download, click [here](#).*

**[NOTE: other tests may have DIFFERENT instructions — read carefully!]**

### Self-Test at Home

How to use the iHealth COVID-19 self-test

- Step 1: Prepare Your Materials**  
Your test will come with:  
• A COVID-19 Test Card  
• A Tube filled with the testing liquid  
• A Swab
- Step 2: Collect Your Sample**  
Remove the Swab Results package. **DO NOT TOUCH THE TIP OF THE SWAB WITH YOUR FINGERS.** Keep the Swab package for later use.  
Gently insert the entire tip of the Swab (usually 1/2 to 3/4 of an inch) into your nostril.  
With children, the furthest you can insert the Swab into the nostril may be less than 1/2 of an inch, and you may need to have a second person to hold the child's head while swabbing.  
Brush the Swab against the inside of your nostril in a circle at least 5 times.  
Be firm and slow - take at least 15 seconds to collect the sample and be sure to collect any nasal drainage on the Swab.  
Using the SAME SWAB, repeat the process for the other nostril.
- Step 3: Process your sample**  
Tap the Tube vertically on a table and twist the large orange cap to open.  
Stir the Swab tip in the bottom of the Tube at least 15 times.  
Squeeze the sides of the Tube to get as much sample as possible out of the Swab. There may not be enough sample material to perform a test properly if you don't squeeze the Swab.  
Remove the Swab and screw the large orange cap back on to the Tube.  
Put the Swab back into the package to dispose of.
- Step 4: Add Sample**  
Your sample is now in the Tube.  
To test your sample, open the small white cap of the Tube by twisting it. Add 3 drops of sample to the Sample Port of the COVID-19 Test Card. Screw back the small white cap.  
Wait 15 minutes for your results to be ready.  
Start the timer immediately after adding your sample to the Sample Port. The result will be ready in 15 minutes, and will expire after 30 minutes. A false negative or false positive result may occur if the test result is read before 15 minutes or after 30 minutes.

#### Interpreting Results

**COVID-19 Test** 15 Min 3 drops

**Positive Results**  
A POSITIVE result will show BOTH a C line and a T line. A positive result means the individual is positive for COVID-19. Go to [mass.gov/COVID19selftest](https://mass.gov/COVID19selftest) for what to do. You should contact your healthcare provider about your positive result, especially if you have any health conditions that put you at risk for serious disease from COVID-19.  
Invalid result: If there is NO LINE, or if there is ONLY a T line, the test did not work correctly. You will need to retest with a new test kit. If your new result is also invalid, get tested at a testing location or contact your healthcare provider.  
Dispose of the test kit: After the test is completed, dispose of the kit components in the trash.

**Negative Results**  
A NEGATIVE result will show ONLY a C line. A negative result means the individual is presumed negative for COVID-19.  
A negative result does not completely rule out COVID-19. If you have symptoms of COVID-19, especially if you have lost your sense of taste or smell, get tested at a testing location or repeat the test after 5-7 days and consult your healthcare provider.

When you are ready to proceed with the test, open the COVID-19 Test Card foil pouch.  
You may get an incorrect test result if you don't collect enough sample with your Swab.

For more information, go to [mass.gov/COVID19selftest](https://mass.gov/COVID19selftest).

## ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES | COVID-19 |

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/this-holiday-season.pdf>

The best way to keep your family and friends safe is to get vaccinated.



Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.



Avoid crowded, poorly ventilated spaces.



Test to prevent spread to others.



Delay travel until you are fully vaccinated.



If you are sick or have symptoms, don't host or attend gatherings.



[www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# HOW TO PROTECT YOURSELF AND OTHERS | COVID-19 |

## Get a COVID-19 vaccine



- COVID-19 vaccines are effective at keeping you from getting COVID-19, especially severe illness and death.
- Vaccines are safe, effective, and free!

## Wear a mask



In indoor public places, people ages 2 and older should wear a mask if they are:

- Not fully vaccinated
- Fully vaccinated in an area with substantial or high transmission
- Fully vaccinated with weakened immune systems

In general, in outdoor settings, you do not need to wear a mask.

In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

## Stay 6 feet from others



Stay 6 feet apart from people who don't live in your household.

Remember that some people without symptoms may be able to spread the virus.

Keeping distance from others is especially important for people are at higher risk of getting very sick.

## Avoid crowds and poorly ventilated places



Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.

If indoors, bring in fresh air by opening windows and doors, if possible.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## How to Protect Yourself and Others (Continued)

### Test to prevent spread to others



- Over-the-counter self-tests can be used at home or anywhere, are easy to use, and produce rapid results.
- Consider using a self-test before joining indoor gatherings with others who are not in your household.

### Wash your hands often



Wash your hands often with soap and water, especially after you have been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth with unwashed hands.

### Cover coughs and sneezes



Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.

Throw used tissues in the trash.

Immediately wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol.

### Clean and disinfect



Clean high touch surfaces daily.

If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.

If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

### Monitor your health daily



Be alert for symptoms.

Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Take your temperature if symptoms develop.

If you have symptoms, especially if you've been around someone with COVID-19, get tested as soon as possible.

# COVID-19 Vaccine Sites — Worcester

## BOOSTER OR 1ST COVID-19 VACCINES

Worcester Public Library

Walk-in



Wednesdays 11:00 AM - 7:00 PM and Saturdays 11:00 AM - 5:00 PM

- Wednesday, December 22
- Wednesday, December 29



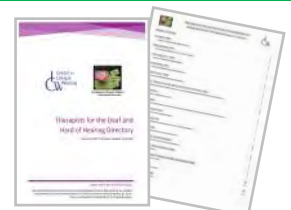
## Other walk up clinics

- **AIDS Project Worcester** 165 Southbridge Street  
Fridays 1:00 - 4:00 PM
- **Edward M. Kennedy Community Health Center** 19 Tacoma Street:  
Monday - Friday 8:00 AM - 1:00 PM
- **Family Health Center** 26 Queen Street  
Tuesday - Saturday at various times; call 508-860-7700 for more info.
- **UMMHC Mercantile Center** Front Street:  
Mondays 11:00 AM - 4:00 PM; Tuesdays 10:00 AM - 3:00 PM; Thursdays 10:00 AM - 3:00 PM



## Updated *Therapists for the Deaf and Hard of Hearing Directory*

Click here: <https://drive.google.com/file/d/1mRNQIKYYNjM4vYpRX7OECQkiW-PQlu62/view?usp=sharing>



## MCDHH Announcements



MCDHH would like to express our sincere appreciation to Chief of Police Kyle Heagney, Lieutenant Brian Kelley and all the dedicated officers of the Attleboro police department for inviting MCDHH to provide two trainings on "*Effective Communication with Deaf and Hard of Hearing Individuals*" to their entire team on Thursday, December 9th.

This training was presented by Jonathan O'Dell and Zoe RajBhandary of MCDHH's Communication Access, Training and Technology Services.

### Staffing Announcement

Karin Eddy, MCDHH HR Liaison, will be leaving MCDHH on January 14, 2022. She will be joining the Executive Office of Health and Human Services' (EOHHS) ***Diversity Equity and Inclusion*** team.

For the last two years, Karin has served MCDHH well during the most difficult period of the COVID-19 pandemic. MCDHH appreciates all of Karin's hard work and wish her the best as she embarks on an exciting new career with EOHHS.

## Feed a Neighbor

Help put food on the table of someone in need:

<https://feedaneighbor.org/>

### Holiday Meals 2021

To get a meal, fill out the form here:

<https://form.jotform.com/213183728276158>



## Survey to Help Identify Gaps in Services and Development for Young Children

To fill out the survey, click here: <https://www.surveymonkey.com/r/TYDRLP5>

This survey will identify:

- gaps in services and development for children
- the most helpful interventions for families with children
- what age range has the most gaps
- needed trainings in early childhood

### NEED MORE INFORMATION?

Contact: Michelle Horne at [hornem@worcestermma.gov](mailto:hornem@worcestermma.gov) or 774-366-6029



## MISSED 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/)

# Tips to “Unplug” Your Mind



## What is “mindful unplugging”?

Slow down, look inside yourself, and build your inner strength. How? Here are some tips!

- 1) **Clean up your email account:** Organize emails, reply if needed, and delete emails you don't need.



- 2) **Take a break from social media:** On Facebook, Twitter, Instagram, etc. — turn off your notifications or hide/delete your apps for a few days.

- 3) **Move your body:** Anything that works for you — take a walk, do yoga, dance around the house, or stretch if you've been sitting for a while.



Keeping active helps you relax and improves your health and mood.

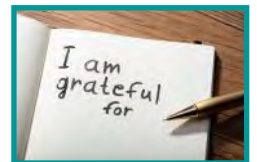
- 4) **Create what you love:** Do something you enjoy! Draw, paint, craft, write, cook, garden — anything to relax your mind.



- 5) **Do nothing for 2 minutes:** Turn off the TV, phone, and other distractions! Take 2 minutes to just stop. Let your mind wander!

- 6) **Set aside time for internal growth:** What are your strengths? What do you want to improve? Think about how your thinking affects others and the world around you.

- 7) **Give gratitude to others:** Show your appreciation to people you work with, your family and your community.



Read the full article here:

<https://www.nationaldeafcenter.org/news/mindful-unplugging>



## HLAA Communication Access in Health Care Program



### Share Your Telehealth Experiences!

The Association of American Medical Colleges (AAMC) wants your telehealth stories with

- communication accommodations OR
- barriers to communication access.

### The voices of people with hearing loss matter!

- To share your patient story, please email: [healthcareaccess@hearingloss.org](mailto:healthcareaccess@hearingloss.org).

## Worcester: City Wide Parking Improvements

### City of Worcester Parking Changes: Multi-Space Meters, Pay-By-Plate and Pay-By-Phone App



The City of  
**WORCESTER**

**By January 3, 2022:**

- **ALL** parking meters in Worcester will be multi-space meters with smart kiosks
- parking will cost **\$1.50 per hour** (up from \$1.00 per hour)
- **and** you can **pay-by-plate** OR **pay-by-phone**.

With the **Passport Parking App**, you will get notifications of time expiring, and can extend your parking time from your phone:

- Download the FREE *Passport Parking App* (App Store and Google Play)
- Or online: [passportparking.com](http://passportparking.com)



For the first 2 weeks, street ambassadors will help with the technology and hand out information.

In April 2021 in the Canal District, the Department of Public Works and Parks started a pay-by-plate and pay-by-phone parking system. Single-space parking meters were replaced with smart kiosks, so the City could better manage parking turnover and enforcement. Now this system will be city wide.

For more information, visit [www.parkworcester.com](http://www.parkworcester.com).

Video introduction is available at [youtu.be/diDUKENjcNY](https://youtu.be/diDUKENjcNY).



## Advocates Job Openings — Deaf Services Team!



Advocates believes the best way to serve Deaf people with disabilities is to honor the culture and values of the Deaf community. Their programs include Deaf residential services and Deaf Respite.

**Open positions in Westborough and Framingham.**

Click [here](#) to view all available positions.

Questions? Contact [JMcAnnally@Advocates.org](mailto:JMcAnnally@Advocates.org)

## New VLOGS



*The Gotham Awards 2021* Winning Speech **BEST SUPPORTING PERFORMANCE** - Troy Kotsur, CODA.

<https://bit.ly/3If1Bb>

Click to watch Rosa Lee talk about *positive affirmations*:

<https://bit.ly/3lpXnrV>

Caption: As the famous saying goes, "I think therefore I am." Our thoughts truly shape who we are. I invite you to join me in adding positive affirmative thoughts into our daily lives for the next 100 days. The more intentionally we reprogram our minds, the more transformative it gets.



### National Association of the Deaf

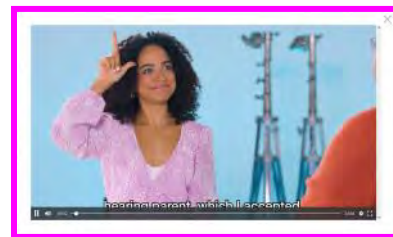
President Melissa Draganac-Hawk shares updates regarding the 5 current priorities.

<https://fb.watch/aohMt2tO9P/>

### Sorenson Frame

Lauren Ridloff – Own Your Narrative

<https://www.sorenson.com/events/fall2021/>



### ZVRS & Purple Collaborate with Meta (Facebook)

Through ZVRS and Purple, Meta's Portal smart video calling devices with connect callers and people who use ASL.

**VLOG:** <https://player.vimeo.com/video/655179145?h=a503b93b8d>

**Press Release:** <https://bit.ly/ZPMetaPR>

### Casting Deaf & Hard of Hearing ASL Fluent Signers

Ages 20's-30's, for narrator roles in videos for a national health organization.

- Send an email to: [CastingHealth@gmail.com](mailto:CastingHealth@gmail.com)
- Include your name and city/state of residence.

***No Professional Acting Experience Required***

Deadline Extended!  
January 3, 2022





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

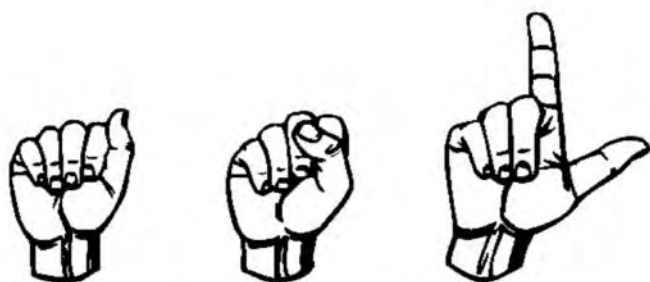
Website: [www.centerlw.org](http://www.centerlw.org)

<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



## **JOB OPENINGS:** **ASL INSTRUCTORS**

**SPRING 2022  
COMMUNITY EVENING CLASSES  
LEVELS 1 & 2  
IN-PERSON OR ONLINE VIA ZOOM**

**Apply  
Now!**

**Interested or have questions?**

Email your resume to Joan Philip at:

[jphilip@centerlw.org](mailto:jphilip@centerlw.org)



*Deaf and Hard of Hearing Independent Living Services*

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

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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 by State	<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>
Governor's Press Office	<a href="https://www.mass.gov/orgs/governors-press-office">https://www.mass.gov/orgs/governors-press-office</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	<i>DHILS Director</i>	508-762-1165 (VP)
Denise Paro	<i>Administrative Assistant</i>	508-556-1600 (VP)
Ellen Perkins	<i>DHILS Asst. Manager/Hard of Hearing Skills Trainer</i>	508-502-7576 (Voice); 508-762-1354 (VP)
Catherine Brown	<i>Deaf Skills Trainer (Part-time)</i>	508-762-1021 (VP)
Rosemary Moreira	<i>Deaf Skills Trainer (Full-time)</i>	508-762-1166 (VP)
Kim White	<i>Staff Interpreter</i>	508-755-1042 (Voice); 508-283-1036 (VP)
VACANT	<i>Deaf Skills Trainer (Full-time)</i>	

## 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)



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