

March 3, 2022



Empowering
Independence

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



Deaf and Hard of Hearing Independent Living Services

Don't Forget (**Time Change**)



MCDHH Updates



Celebrating Black Deaf History Month

VLOG: <https://fb.watch/bugcR4Sx1n/>



Job Announcements:

VLOG Project Coordinator (#220000ZG)

VLOG production expert and resource for MCDHH and Executive Office of Health and Human Services (EOHHS) and all other Commonwealth agencies to ensure effective communication access through fully communication accessible VLOGS.

Learn more/apply [here](#).

Workforce Development Coordinator (#220000ZQ)

Collect, track, and analyze data, run reports, oversee, and monitor program spending to stay within budget, and make recommendations based on data analytics to the Director of CAS. Engage in outreach, education, and recruitment activities, and promote equity and inclusion in all aspects of the application of the WFD program.

Learn more/apply [here](#).

Free **PeaPod** grocery delivery

For CLW Consumers and Staff — Fill-out the delivery form at:

<https://www.centerlw.org/free-peapod-delivery/>

Peapod will contact you after to setup your account.



COVID-19 Updates

The CDC's new tool shows COVID-19 levels by county to help you decide how to prevent getting/spreading COVID-19 based on the most recent data. **Levels can be low, medium, or high.**

| LOW | MEDIUM | HIGH |
|---|--|---|
| <ul style="list-style-type: none"> Stay up to date with COVID-19 vaccines. Have symptoms? Get tested. | <ul style="list-style-type: none"> Are you high risk? Talk to your doctor about wearing a mask <i>and</i> take other precautions. Stay up to date with COVID-19 vaccines. Have symptoms? Get tested. | <ul style="list-style-type: none"> Wear a mask indoors in public. Stay up to date with COVID-19 vaccines. Have symptoms? Get tested. Are you high risk? Additional precautions may be needed. |

A county's level is low, medium or high based on:

- 1) Hospital beds being used
- 2) Hospital admissions
- 3) Total number of new COVID-19 cases



Doing **more than 1 thing** to prevent COVID-19 spread (EX: keeping your vaccines updated, getting tested, when inside making sure the room has good air circulation, and wearing a mask inside public places and when you're with other people **not** from your household, etc.) — can limit severe illness and reduce overloading hospitals (the healthcare system).

See more at:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

United States at a Glance



Updated Face Covering Advisory

Everyone should get vaccinated and get boosters. ***Vaccination is the best protection against serious illness, hospitalization, and death.***

Fully vaccinated with a weakened immune system or high risk (or live with someone who is high risk)?

- Wear a mask/face covering indoors (when *not* in your own home)

Not fully vaccinated?

- Wear a mask/face covering to help prevent you from spreading COVID-19 to other people

What is high risk? <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

EVERYONE in Massachusetts (*vaccinated or not*) **must** wear face coverings **in some settings:**

- public transportation, health care facilities, etc.)

See a full list of places requiring masks at: www.mass.gov/maskrules

COVID-19 Self-Testing Instructional Videos



COVID-19 self-tests give rapid (fast) results, and can be done anywhere, by anyone vaccinated or not, with or without symptoms. Results show in a few minutes. These are different than lab-based (PCR) tests, which can take days to return your result.

Self-tests can be ordered online at COVIDtests.gov — you only need your name and residential address. You can also add your email address to get updates on your order. **No ID, credit card, or health insurance information is required.**

Click [here](#) for videos with instructions for doing rapid COVID-19 tests.

EX: BD Veritor



BD Veritor

Manufactured by BD

[Steps for testing – BD Veritor At-Home COVID-19 Test](#)

Free COVID-19 Tests through Your Insurance

You can get up to 8 COVID home testing kits per month for free through your insurance!

Watch VLOG: <https://fb.watch/bvm99VVeZ9/>



| | | | |
|--|--|---|--|
| <p>Cloth Mask</p> <p>Cloth masks should have multiple layers of tightly woven fabric and a nose wire. They are appropriate for use by the general public.</p> | <p>Disposable Mask</p> <p>Look for disposable masks with a nose wire. They are appropriate for use by the general public.</p> | <p>Filtering Mask</p> <p>KN95 and N95 are filtration masks that are appropriate for use by the general public. Certain N95 masks are designed specifically for healthcare personnel in the healthcare setting and are not necessary outside of those settings.</p> | <p>Surgical N95 Filtering Mask</p> <p>Surgical N95 masks are designed specifically for healthcare personnel in the healthcare setting, and are not necessary outside of those settings.</p> |
|--|--|---|--|



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/)

Worcester Now | Next (*New Planning Process*)



Worcester has started a citywide planning process to engage community members and explore issues such as: housing, land use, environment, transportation, economic development, and more. ***Everyone is invited to join!***

Some of the events planned are:

- Surveys
- Focus group sessions
- Advisory committee meetings
- Interactive mapping activities
- Neighborhood meetings
- Planning board meetings
- Public workshops

Learn more here: <https://now-next.worcesterma.gov/>

Follow the City of Worcester's social media:

- **Twitter:** <https://twitter.com/TweetWorcester>
- **Facebook:** <https://www.facebook.com/WorcesterMassachusettsOfficial>
- **Instagram:** <https://www.instagram.com/cityofworcester/>

Spring Citywide Survey: March–May 2022 [Coming Soon!]

Please fill out the survey (when shared) to let the team understand what issues and opportunities are most important to community members.

Worcester Tercentennial

Save the Date!

What is a Tercentennial? The 300th anniversary of an important event. *This year is Worcester's 300th birthday!*



Worcester Tercentennial Weekend: June 10th - June 12th

- Canal District Stroll
- Polar Park Fireworks
- Road Race
- Parade & Celebration
- Tercentennial Festival
- Family Outing
- *And more!*

Discover all Worcester Tercentennial events at:

<https://www.discovercentralma.org/see-do/events/>

Sign up for the newsletter/monthly updates here:

<https://www.discovercentralma.org/worcester-tercentennial/>





Are you the **victim** of a crime?

THE DISABILITY LAW CENTER MIGHT BE ABLE TO **HELP!**

The Disability Law Center provides **FREE** civil legal assistance to Persons with Disabilities who are also victims of crime, even when the crime was not reported to the police. If you live in Massachusetts or the civil legal issue is in Massachusetts, give us a call to see if we can help!

CALL US TODAY AT 1-800-872-9992

WE MAY BE ABLE TO HELP YOU IF:

- **THE CRIME LEFT YOU DISABLED.**
For example: if an abuser's attack resulted in a traumatic brain injury or PTSD.
- **YOUR DISABILITY MADE YOU A TARGET OF CRIME.**
For example: if the person responsible for managing your money is misusing it for themselves.
- **YOUR DISABILITY MAKES IT DIFFICULT TO GET HELP.**
For example: if you would like to file a restraining order or you need to appear in court, but your disability makes it difficult for you to talk to court staff or to the judge.

Call us with legal questions about:

- Housing
- Employment
- Healthcare
- Disability rights
- Financial exploitation
- Education / higher education

For more information, email us at mail@dlc-ma.org.

ASL interpreters available.



**YOU MUST REGISTER FOR EACH
CHAT YOU WANT TO JOIN BEFORE
THE "RSVP BY" DATE SHOWN!**



2022 DHILS Consumer *ZOOM* Chats

1:00 - 2:00 PM

~~Tuesday, February 22~~
~~RSVP BY: February 18~~

Tuesday, March 22
RSVP BY: March 18

Tuesday, April 26
RSVP BY: April 22

Tuesday, May 24
RSVP BY: May 20

Tuesday, June 28
RSVP BY: June 24



ZOOM CHAT ASL VLOG:
<https://youtu.be/OBdXcnYlhBo>

**Want a *Zoom* Guide for a Computer/
Cell Phone/iPad?**

Learn how to:

- ◆ Download *Zoom*
- ◆ Join/Leave a meeting
- ◆ Gallery View vs. Speaker View
- ◆ Pin a screen



Contact Denise Paro
508-762-1164 (VP)

Email: dparo@centerlw.org

RSVP to get the Zoom link!
Zoom links emailed
Tuesday mornings.

RSVP HERE: <https://forms.gle/fm3J1gPihpzcZDK1A>



Questions? Contact Denise Paro
508-762-1164 (VP) Email: dparo@centerlw.org



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

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
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Scholarship Opportunity

Is your hard of hearing high school senior attending college in the fall?

- **Help America Hear** provides five \$2,000 scholarship awards *and* 2 hearing aids if selected.
- **Deadline:** May 1
- **Apply here:** <https://helpamericahear.org/scholarship/>



Disaster Distress Hotline



Deaf and Hard of Hearing ASL Callers: Connect directly to an agent in American Sign Language (click the "ASL Now" button at DisasterDistress.samhsa.gov or call/text from your videophone).

ASL Support is available 24/7.

ASL NOW

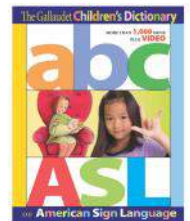
Call or Text: 1-800-985-5990

VLOG: <https://fb.watch/bvaAicL9HK/>



ASL Video Dictionary from Gallaudet

- More than 1,000 ASL sign drawings
- Signs paired with charming color illustrations
- How to sign ASL and fingerspell introduction
- Sample sentences
- *And more!*



Free at <https://gcdasl.com/>



WRTA Worcester Area Busses Are **FREE** Until 2023!

Thank you Worcester Zero-Fare Coalition for your outstanding advocacy efforts to extend FREE fares until 2023!

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

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



Healthy Relationship SUPPORT GROUP

FOR THE DEAF AND HARD OF HEARING COMMUNITY

**YWCA, CLW and ODSC
are here for you.**

Join us for discussion about:

- personal empowerment
- self-advocacy
- healthy relationships with others

ASL and Deaf interpreters will be provided. Please request CART 2 weeks in advance.

A collaboration with the Center for Living & Working, Inc. and Our Deaf Survivors Center, Inc.

***MUST RSVP** to get the Zoom links.



DATES & TOPICS

1:00 - 2:30 PM via Zoom

January 5, 2022

Healthy Relationships Kick-Off & Terminology by CLW

February 2, 2022

How to be an Ally by YWCA

March 2, 2022

Co-parenting/Parallel Parenting by ODSC

April 6, 2022

Respecting Boundaries by YWCA

NEXT!

May 4, 2022

Communication Abuse by CLW

June 1, 2022

A Survivor's Story by ODSC

TO RSVP and for more information, contact Denise Paro
at: dparo@centerlw.org or 508-556-1600.

YWCA IS ON A MISSION

YWCA Central Massachusetts | 1 Salem Square, Worcester, MA 01608 | 508-767-2505 | ywcacm.org



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 |
| Governor's Press Office | https://www.mass.gov/orgs/governors-press-office |

NOTE: Contact your Skills Trainer with questions.

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) |
| Rosemary Moreira | Deaf Skills Trainer (Full-time) | 508-762-1166 (VP) |
| Kim White | Staff Interpreter | 508-755-1042 (Voice); 508-283-1036 (VP) |
| 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



Deaf and Hard of Hearing Independent Living Services



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

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