

July 13, 2023



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services



MCDHH Visits CLW



CLW DHILS was honored to host MCDHH Commissioner, Dr. Ope Sotonwa and Executive Assistant, Heather Daley on July 11th. After a tour of CLW's new office space, we chatted with them, exchanged resources/program information and discussed future collaborative opportunities. It



was a wonderful visit! We appreciate them taking time out of their busy schedules to meet with us and look forward to continuing to work together.

Resources & Community Classes



https://www.sevenhills.org/whats-happening/calendar

https://www.mywpl.org/?q=classes-events



https://ywcacm.org/events/

10 Outdoor Day Trips in Central MA



1. Wachusett Mountain, Princeton

Address: 345 Mountain Road. Grab a map at the visitor center and hike to the summit or explore the base of the mountain. See some recommended hikes [here](#).

2. Rail Trail, Berlin

3 miles of flat terrain in Berlin. Great for: walking, riding bikes, jogging, running, and horseback riding. More information [here](#).



3. Hopkinton State Park, Hopkinton



Address: 164 Cedar St. Great for families: hiking, fishing, picnics, swimming, boating, and more! **NOTE:** there is a parking fee for MA residents. More information [here](#).

4. Broad Meadow Brook Conservation Center & Wildlife Sanctuary, Worcester

Address: 414 Massasoit Road. This has a sensory trail (ropes, Braille, and tactile formats), Nature Play area (design your own gnome home!), and a variety of creatures to see. More information [here](#).



5. Bancroft Tower, Worcester

It looks like a castle and is located in *Salisbury Park* in Worcester. Pack a lunch and have your children dress in their finest royal attire while you enjoy a picnic lunch. More information [here](#).

6. Tully Lake, Royalston

Tully Lake is a 1,300-acre reservoir with many family activities like: biking, hiking, boating, camping, fishing, and more. While you're there check out *Doane's Falls* — a beautiful waterfall with a 1/2 mile trail that brings you from the top of the falls to the bottom. More information [here](#).



7. Purgatory Chasm, Sutton

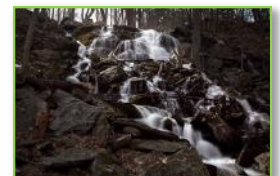
Explore this natural landmark and 2 miles of hiking trails. Be sure to follow the **safety guidelines** — slippery conditions can be dangerous. More information [here](#).

8. Wachusett Reservoir, Clinton

A fun place to go exploring. The dam has stairs leading down to the basin where you can check out the dam wall that was built to hold water for over 3 million people in MA! More information [here](#).

9. The Cascades Trail System, Worcester

This 1.4-mile loop offers beautiful nature scenes with a cascading waterfall nestled in the woods of Worcester. In addition to the main trail, you can explore over 120 acres of woods right in the heart of Central MA. More information [here](#).



10. Moore State Park, Paxton

Moore State Park is 400 acres with: canoeing, kayaking, hiking, bike trails, picnic areas, and more. See many beautiful flowers and natural landscapes for some amazing photo opportunities. More information [here](#).

Sun Protection

Dr. IV Mirus: Protecting Your Skin: UV Rays and Skin Cancer

Watch video here: <https://www.dailymoth.com/blog/uds25dksh3ok8n5dpb6zcoyzzwlq153>



Sun protection

Slip	Slop	Slap	Seek	Slide
on protective clothing	on SPF30+ or higher sunscreen	on a hat	shade	on sunglasses

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>



American Red Cross

Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a buddy.



If you go boating, wear a life jacket!



Install and use barriers around your home pool or hot tub.



Actively supervise children whenever around the water.



Always stay within arm's reach of young children and avoid distractions.



Reach or throw aid to distressed swimmers – don't go!



Keep toys not in use away from the pool and out of sight.



Be water safe this summer. redcross.org/watersafetytips

How to Handle Stress



Deaf Counseling Center

Watch video here: <https://fb.watch/lld6EOIJEX/>

MIND



Accept that you cannot control everything.

Put your stress in perspective: Is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



Worcester Parent Guide to Community Resources

[CLICK HERE FOR ENGLISH GUIDE](#)



Updated Therapists for the Deaf and Hard of Hearing Directory

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



MISSED A *WHAT'S UP* NEWSLETTER?

Past issues of newsletters are on our website!

VISIT: [HTTPS://WWW.CENTERLW.ORG/2022/07/WHATS-UP-NEWSLETTER/](https://www.CenterLW.org/2022/07/whats-up-newsletter/)

Questions? 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)
Deanna Emberley-Handricken	Deaf Skills Trainer (Part-time)	508-762-1021 (VP)
Rosemary Moreira	Deaf Skills Trainer (Full-time)	508-762-1166 (VP)
Jonathan Vanderschrick	Deaf Skills Trainer (Full-time)	508-762-1350 (VP)
Kim White	Staff Interpreter	508-755-1042 (Voice); 508-283-1036 (VP)

Contact Us!



Deaf and Hard of Hearing Independent Living Services

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www.CenterLW.org



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

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