

August 3, 2023



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

MCDHH

June was **Disability Pride Month!** Watch the video to see MCDHH Commissioner Sotonwa's message about why we continue to celebrate and uplift persons with disabilities.

From the 33rd anniversary of the *Americans with Disabilities Act* to Governor

Healey's recent establishment of the Digital Accessibility and Equity Governance Board with Executive Order 614, we are grateful for and proud of the progress our community continues to make.

Watch video: <https://fb.watch/m3PFkqNsoG/>

Click [here](#) for **Transcript**.



SAC Recruitment

Massachusetts State Association of the Deaf (MSAD) encourages and welcome you to become a part of the **Statewide Advisory Council (SAC)** of the **Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)**.

What do SAC members do?:

- Share Concerns and Feedback
- Advise MCDHH Commissioner

Watch video for more information:

<https://youtu.be/pRkoL4wkMDg>

If you are passionate about serving on the SAC and making a difference in our community, we encourage you to take the first step. Please reach out to Commissioner Ope's Executive Assistant, Heather Daley, at heather.I.daley@mass.gov, or directly contact Commissioner Ope at opeoluwa.sotonwa@state.ma.us.



Beat the Heat!


Some people (children and elderly) are more easily affected by heat. People can be *more high risk* for heat-related illness due to: obesity, dehydration, alcohol and prescription drug use, heart disease, mental illness, poor circulation, having a fever or a sunburn and being in a very humid area.

Your body normally cools itself down by sweating, but this may not be enough during extreme heat. Here are some tips to **Stay Cool!**


- Wear **lightweight, light-colored** and **loose-fitting** clothing.
- Stay in an **air conditioned (AC)** place.
- Going outside? **Rest in the shade** often.
- **Wear sunscreen!** Sun burns stop your body from cooling down.
- Always **check your car backseat** for kids or pets *before* leaving your car.
- **Drink water**—even if you're *not thirsty!*

BEAT THE HEAT!

Enjoy the sunny days while staying safe and protected!




Dress Light




Wear, *light, loose-fitting* clothing.

Stay Cool




Stay in *air-conditioning*.

Eat Light




Avoid *hot foods & heavy meals*.

Use Sunscreen




SPF 15+ sunscreen when outside.

Stay Hydrated



Avoid alcohol & drinks with a lot of sugar.

Stay Safe



Never leave *pets or children* in the car.

Resources:

https://www.cdc.gov/disasters/extremeheat/heat_guide.html

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

ASL: Get an Identity Protection PIN

The IP PIN is a 6-digit number assigned to eligible taxpayers to help prevent the misuse of their Social Security number (SSN) on fraudulent federal income tax returns.

Learn more: <https://www.irs.gov/IPPIN>. #irs

Video (CC & Audio): <https://youtu.be/ZaRpkpi7jMk>



2024 Greater Worcester Community Health Assessment (CHA) Survey

A CHA is done every 3 years to help understand important issues that affect the community's health. *The last CHA survey was done in 2021 during COVID-19.*

Your feedback is important! If you live or work in the city of Worcester or Grafton, Shrewsbury or West Boylston, please complete this short survey. **It is voluntary and anonymous.** We hope a lot of people, that represent the diversity of our community respond. *Results of this survey will be documented in the 2024 CHA that will be publicly available in Fall 2023.*

More information: <https://www.worcesterma.gov/building-a-healthy-community/cha>

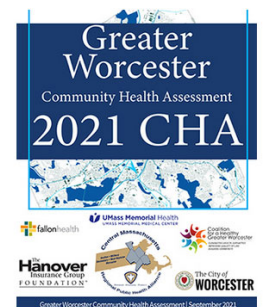
English Survey link - <https://www.research.net/r/2024CHA>

Spanish Survey Link - <https://www.research.net/r/Spanish2024>

Vietnamese Survey Link - <https://www.research.net/r/Vietnamese2024>

Portuguese Survey Link - <https://www.research.net/r/Portuguese2024>

Swahili Survey Link - <https://www.research.net/r/Swahili2024>



Deaf Parent Survey

New research project for deaf parents with children (hearing or deaf, doesn't matter) who are **younger** than 18 years old. The study wants to collect information about **what clinicians tell deaf parents about child development** (e.g., 'don't sign, only speak'), and **how accessible child development information is in general for deaf parents.**

The project is online and can be done in American Sign Language, British Sign Language, or English.

Participants can fill in a 15-minute survey *and/or* sign up for a live discussion with ASL and BSL interpreters to take place later.

Click [here](#) to start!

See a captioned ASL video [here](#).

NOW RECRUITING DEAF PARENTS FOR ONLINE RESEARCH!

Goldsmiths
UNIVERSITY OF LONDON

???

We want to know about **your** experiences as a deaf parent.

Looking for:

- deaf parents
- with child(ren) who are under 18

To either: take a 15-minute, **online survey**, attend a **live discussion**, or both!

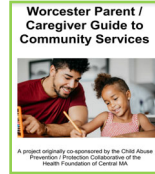
Scan the QR code to get started!

SCAN ME

Or email Dr Victoria Mousley: v.mousley@gold.ac.uk

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!

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>