

December 7, 2023



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

Sign Language Interpreter Mentorship Program



For more information, please watch the video at:

YouTube: <https://www.youtube.com/watch?v=O86TPefsZ48>

Transcript: <https://docs.google.com/.../1nMwoEnV11VhNJzeERT8lgrg.../edit>

Questions?

Contact Charlotte "Dee" Spinkston, the *Sign Language Interpreter Mentorship Coordinator* at:

Charlotte.R.Spinkston@mass.gov or MCDHHMentorship@mass.gov.



Making History Again

In 1894, Gallaudet University [school for deaf and hard of hearing students in Washington, D.C.] made history when Paul Hubbard invented the huddle. Today, in 2023, they are making history again with the first-ever 5G-connected football helmet.



Players on Gallaudet's football team, which competes in NCAA's Division III, have long faced challenges against teams with hearing athletes, such as an inability to hear referees' whistles that signal the end of a play.

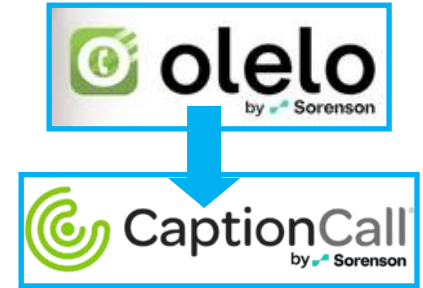
With the new helmet, a Gallaudet coach will use a tablet to either signal the end of the play *or* select a play that is then transmitted via cell service to a small lens built into the player's helmet.

"This will help to level the playing field" for deaf and hard of hearing athletes who play in mainstream leagues, [Shelby Bean](#), special teams coordinator and former player for Gallaudet, said in a press release. "As a former player, I am very excited to see this innovative technology change our lives and the game of football itself."

Unlike the NFL, college football generally does not allow the use of helmet-based communication systems. The NCAA has only approved the helmet for use in one game as a trial.

Learn more here: <https://gallaudet.edu/att-helmet/>

Name Change: Olelo will become CaptionCall Mobile



The app will still work and function the same way!

Why the name change?

Olelo had become part of *Sorenson*, which gave them more resources to improve the app more [including a new interface/format and introduction of Spanish captions].

Captioncall Mobile will match *Sorenson's* home phone captioning service, *CaptionCall* — they go together.

What do I have to do?

Keep using the app just like you have been. An updated version of the app will be released soon and then you should update your app.

Does your phone auto-update apps?

- The update will install on its own.

Do you updates apps yourself [manually]?

- Open the *App Store* or *Google Play*
- Go to 'app management'
- Install new version from the pending app updates.

After the update, your app will show up as *CaptionCall Mobile* with a new *CaptionCall* green theme.

Need more help? Contact Customer Care at: 1-877-557-2227 or support@captioncall.com or olelosupport@sorenson.com

Monday – Friday: 9 AM – 10 PM ET; Weekends and Holidays: 10 AM – 7 PM ET

SCAM ALERT! Gift Cards

Avoid becoming a victim of a gift card scam.

Watch video at: <https://www.youtube.com/watch?v=abj5oDhyRUU>

How does it work?

They will:

- ♦ Call , text or email you pretending to be the IRS.
- ♦ Say you're linked to criminal activity.
- ♦ Harass you saying you have to pay a penalty.
- ♦ Ask you to buy gift cards from stores. Then demand you tell them the card and PIN numbers.

Gift cards are for GIFTS — **not** tax payments!

Learn how to report a scam here: <https://www.irs.gov/businesses/small-businesses-self-employed/tax-scams-how-to-report-them>



Safety Tips for the Holidays

The 12 DAYS of SAFETY

- 1** Never use lighted candles near trees or boughs



2 Keep poisonous plants out of reach of children and pets


- 3** Keep trees away from fireplaces, radiators and other heat sources



4 Make sure your tree has a stable platform


- 5** Choose an artificial tree that is labeled fire resistant



6 If using a natural tree, make sure it is well watered


- 7** Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire



8 Turn off all tree lights and decorations when not in use


- 9** When putting up decorations, use a step stool or ladder to reach high places



10 Designate a sober driver


- 11** When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat



12 Reheat leftovers to at least 165°F





HAPPY
Holidays

Learn more about things you can do to be safe:

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>



National Safety Council

December 2023



Deaf and Hard of Hearing Independent Living Services



NATIONAL PEARL HARBOR REMEMBRANCE DAY

December 7th

- A day to remember and honor the 2,403 victims of the attack on Pearl Harbor, Hawaii.
- When the U.S. became involved in World War II.

GINGERBREAD HOUSE DAY

December 12th

- First started in Germany.
- Known from **The Grimm Brothers'** fairy tale "**Hansel and Gretel**".
- Originally gingerbread was made with honey and breadcrumbs.



NATIONAL WREATHS ACROSS AMERICA DAY

December 16th

- Remember and honor the veterans that served our country.
- Volunteers place wreaths on graves of veterans all over the U.S.

www.wreathscrossamerica.org/

MCB Commissioner Oliveira



Health and Human Services Secretary Kate Walsh appointed **John Oliveira** as *Commissioner of the Massachusetts Commission for the Blind*. He had been serving as Acting Commissioner since April, but has held numerous roles at MCB since joining in 1987, including 10 years as Deputy Commissioner.

Commissioner Oliveira said, “I am grateful and fortunate for this opportunity to continue to serve our consumers, as well as the broader blindness community. I am looking forward to leading our dedicated staff as we continue working together to build on this agency’s tremendous history.”

Above: John Oliveira standing outside 1 Ashburton Place in Boston on November 16, 2023 after his official swearing in as Commissioner.

Take Steps to Stay Healthy During the Holidays



Celebrating the holidays with friends and family is an important tradition, but it’s a time when many viruses are *more likely* to spread. Here are some tips to help prevent respiratory virus illnesses during the holidays *and* at other times:

- Get **recommended vaccines** against respiratory viruses.
- Get tested if you have **signs or symptoms** of a respiratory illness.
- Talk to your doctor about whether you should get treated with antiviral medication if you have a **higher risk for serious illness**.
- Use everyday healthy behaviors, including **staying home** when sick.



Learn more: https://www.cdc.gov/respiratory-viruses/whats-new/stay-healthy-during-holidays.html?ACSTrackingID=DM118354-USCDC_2067&ACSTrackingLabel=New%20Weekly%20Updates%20on%20U.S.%20Viral%20Respiratory%20Illness%20Activity&deliveryName=DM118354-USCDC_2067



WINTER SOLSTICE

- Starts at 4:48 PM Eastern Time on **December 21, 2023**.
- It’s the **shortest** day of the year.
- After that, the days get longer and longer again until the *Summer Solstice* [in June]

HOLIDAY SURVIVAL GUIDE

Holidays are a great time to spend with family and friends but it can be overwhelming with so much to do and not enough time.

Here some tips to help:

GET HOLIDAY CARDS WRITTEN



- Do a few cards every night
- Use a computer to print labels
- Buy stamps
- Mail them!

MAKE A LIST & BUDGET FOR GIFTS

- Don't go overboard
- Spend only what you have
- Pick a budget and stick to it!



MAKE A PLAN



- Use a Planner
- Set aside time to do the things on your list
- Plan in advance!
 - Don't wait until the last minute
- Split big tasks into smaller "chunks"
- Set up a target date/timeline and follow it!

DECLUTTER BEFORE THE BIG DAY

- Go around your house - a room at a time
 - Get rid of things that shouldn't be there



Happy Holidays

Deaf and living in Massachusetts?

Tell DPH what you need to be healthy!



Image: Disabled and Here

<https://tinyurl.com/DisabilityHealthASL>

Massachusetts Department of Public Health
Disability Community Health Needs Assessment

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

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



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

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