



Special Edition - *What's Up Newsletter*

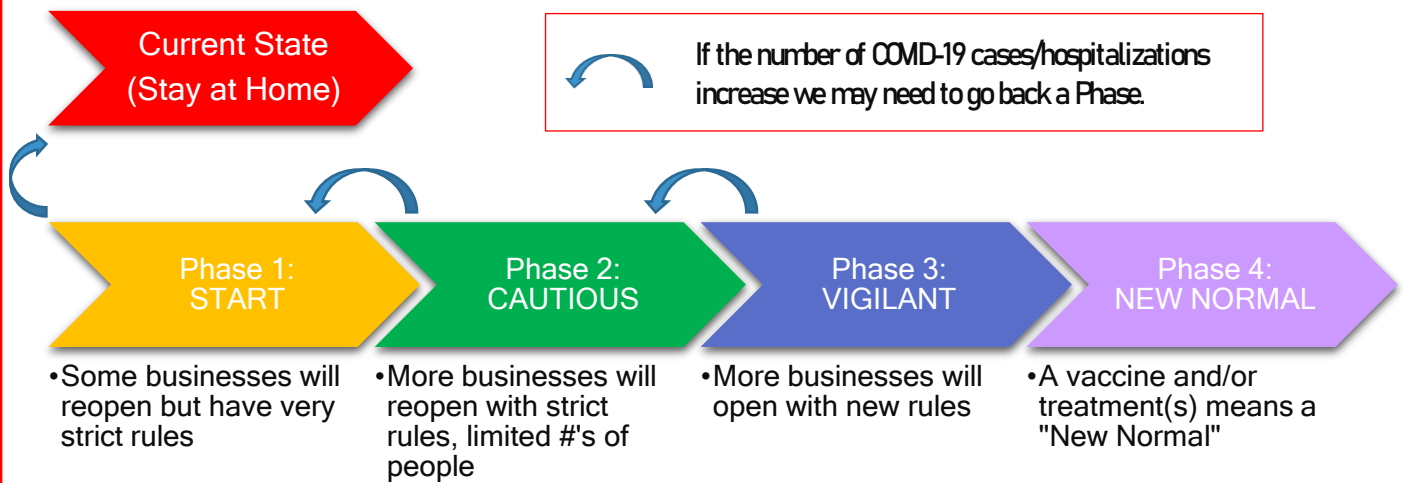
www.CenterLW.org

UPDATES FROM GOVERNOR BAKER

REOPENING: FOUR-PHASE APPROACH

Massachusetts' economy will reopen in 4 phases (steps). The timeline will depend on the number of cases and what is best for the public. *Look for more updates on Monday, May 18th.*

See more about the *Four-Phase Reopening* from the Governor (including a video) [here](#).



Watch previous and daily press conference videos [here](#).

Contact your Skills Trainer with any questions.

DHILS SPECIAL EDITION NEWSLETTERS - PAST ISSUES

Missed a *What's Up* or *Parents Special Edition* newsletter?

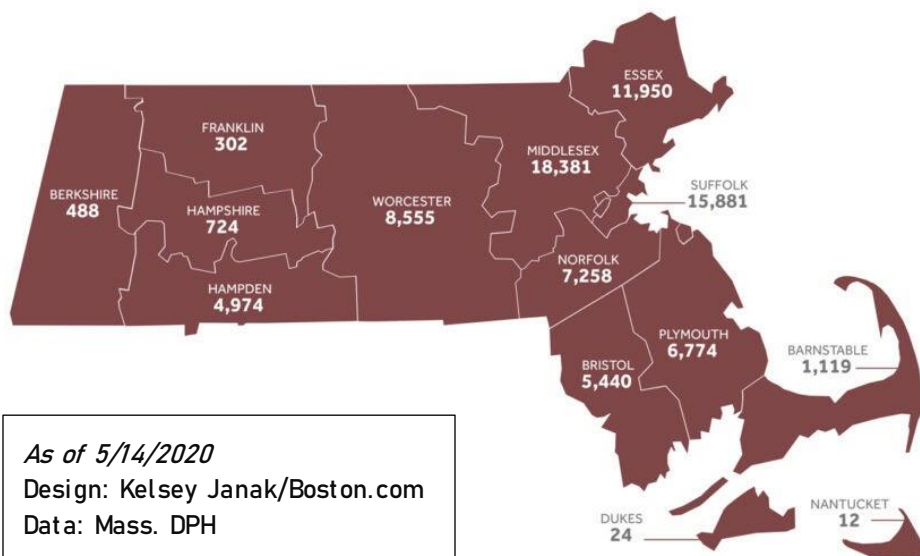
Find all issues [here](#) on CLW's website.



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WHERE ARE CORONAVIRUS CASES IN MASS?



As of 5/14/2020

Design: Kelsey Janak/Boston.com

Data: Mass. DPH

82,182 *confirmed* cases

5,482 related deaths

Map to the left shows where each of the cases are, *by county*.

Note: locations of 300 cases are currently *unknown*.

For more information see: www.boston.com/tag/coronavirus

HOW CAN I HELP? DONATE BLOOD/PLATELETS/PLASMA



Hospitals need blood/platelets/plasma now more than ever.

Giving blood is safe - the Red Cross follows strict rules.

You can still donate even with the stay-at-home order:

- If you are not sick - give Blood/Platelets
- **If you are recovered from COVID-19** - give Plasma (click [here](#) for information)

Make an appointment or learn more at: www.redcrossblood.org

DHILS CONSUMER ZOOM CHAT

On Tuesday, May 12th, DHILS had its first "Consumer Chat" using Zoom (videoconferencing).

Staff and consumers chatted about how everyone was coping with COVID-19. It was a fun to check in!

Join us for our next Chat: **Tuesday, June 9th**

RSVP to:

Denise Paro at dparo@centerlw.org or 508-556-1600 (VP)



HOW LONG DOES COVID-19 LAST ON SURFACES?

SURFACE	LIFESPAN OF COVID-19 VIRUS
 Paper and tissue paper**	3 hours 
 Copper*	4 hours 
 Cardboard*	24 hours 
 Wood**	2 days 
 Cloth**	2 days 
 Stainless steel*	2–3 days 
 Polypropylene plastic*	3 days 
 Glass**	4 days 
 Paper money**	4 days 
 Outside of surgical mask**	7 days 

*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity **At 71°F and 65% relative humidity

Source: New England Journal of Medicine*; The Lancet Microbe**

BUSINESS INSIDER

STUCK AT HOME? TRY A NEW RECIPE!

TUNA MACARONI SALAD

- Salt and Pepper
- ½ pound uncooked elbow macaroni
- ½ cup 1/4-inch diced celery
- 2 oz. sharp Cheddar, cut into 1/4-inch cubes
- ¼ cup thinly sliced scallions
- 1 cup mayonnaise
- 2 6-oz. cans chunk light tuna in water, drained



YIELD: 6 servings **TIME:** 5 minutes

PREPARATION

- 1) Bring a large pot of salted water to a boil. Add macaroni and cook. Drain and cool completely.
- 2) In a large bowl, mix macaroni and remaining ingredients together. Add salt and pepper to taste.

DON'T FORGET TO FILL OUT THE US CENSUS

The 2020 Census is easy!

Answer questions about you and everyone who was living with you on **April 1, 2020**.

Watch a video about the US Census [here](#).
(ASL with captions)

Not a US Citizen? Still fill it out!
Your answers are confidential.



TLC can help fill it out and answer questions:

- Click [here](#) to watch a video (ASL with captions).
- Email questions to: census@tlcdeaf.org

*Questions? Need help filling it out?
Please contact your Skills Trainer.*

The image shows a portion of the US Census 2020 form for 'Person 1'. It includes questions 5 through 9. Question 5 asks for the person's name (first, last, and middle initials). Question 6 asks for the person's sex (Male or Female). Question 7 asks for the person's age and date of birth. Question 8 asks for the person's race and Hispanic or Latino origin. Question 9 asks for the person's race and other origins. The form includes checkboxes for various racial and ethnic categories and a space for 'Some other race - Print race or origin'. A note at the bottom right says 'If more people were counted in Question 1 on the front page, continue with Person 2 on the next page.'

TELEHEALTH SERVICES AND ACCESSIBILITY



What is Telehealth?

Appointments with your doctor through video.

Your doctor must still provide an interpreter or captioning so you can understand each other.

Guidelines to help you get access in telehealth for:

- Deaf and hard of hearing people - click [here](#)
- Healthcare Providers - click [here](#)

Provided by NAD (National Association of the Deaf)

CAPTION TELEPHONES AND CELL/MOBILE APPS

ALDA (Association of Late-Deafened Adults) has put together information about phone/cell phone captioning services and tools.

Click [here](#) to see the full article!



DOMESTIC VIOLENCE VICTIMS RESOURCES

Deaf Domestic Violence Victims ASL Hotline

1-855-812-1001 (*Available 24/7*)



Our Deaf Survivors Center, Inc.

VP: 978-451-7225 Text: 978-473-2678

CBodsc414@gmail.com



Have you or someone you know experienced **sexual, physical, or emotional abuse?**
You are not alone.

Call SafeLink



A confidential 24/7 statewide hotline to connect with local support.

Call: **(877) 785-2020**

Chat: **CasaMyrna.org/chat**

Deaf and Hard of Hearing individuals can reach SafeLink via video relay service.

DIAL 988!

NEW FROM SORENSON!

24/7, confidential direct-dial access to *National Suicide Prevention Lifeline*

Dial 988!



Click [here](#) to watch a video.



THANK YOU FIRST RESPONDERS!



Coronavirus Disease 2019 (COVID-19)

10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

- 1** Stay home from work, school and away from public places.



- 2** Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



- 3** Get rest, stay hydrated and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



- 4** If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.



- 5** For medical emergencies, call 911 and notify the dispatch personnel that you have been exposed to COVID-19.



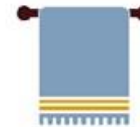
- 6** Take everyday actions to prevent the spread of germs.
- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Cover your cough/sneeze.
 - Avoid touching your eyes, nose and mouth.



- 7** As much as possible, stay in a specific room and away from other people and pets in your home. Use a separate bathroom, if available.



- 8** Avoid sharing personal items with other people in your household, like dishes, towels and bedding.



- 9** Clean all surfaces that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



- 10** Make the best of your time at home by teleworking if you're able or catching up on reading, exercising or other hobbies.



For more information, visit mass.gov/COVID19 or call 2-1-1 Massachusetts Department of Public Health

VIRTUAL AA MEETINGS

Many meetings are on hold or are now online/virtual. If you want to join please contact MCDHH.

For **NEW** meetings or online recovery events, click [here](#) to make a request through MCDHH's online system. Must include:

1. The meeting/event you want to join
2. The request is for "Remote" services
3. How the meeting will take place (WebEx, Zoom, Microsoft team, etc.)

Once a request is in the system, MCDHH staff will contact the person who made the request with any questions.

***NOTE:** the person who makes the request must give all link/platform information to the Interpreter/CART.*

HERE ARE SOME AREA WEBSITES:

- AA Boston: aaboston.org
- AA Western MA: westernmassaa.org/aa-meeting-schedules
- Massachusetts Al-Anon: ma-al-anon-alateen.org
- New England Region of NA: nerna.org/nerna-virtual-meetings



To be added to the email list, please contact Scott LaSaffre at: Scott.LeSaffre@state.ma.us

ANY QUESTIONS ABOUT THIS NEWSLETTER?

Please contact your Skills Trainer!

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