

April 4, 2024



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

IL Education Day at the State House

Monday, March 25th was *Independent Living [IL] Education Day at the State House*. CLW is one of 10 *Independent Living Centers [ILC's]* in Massachusetts [<https://www.mass.gov/independent-living-centers>] and the **only** ILC with a *Deaf and Hard of Hearing Independent Living Services [DHILS]* department. We joined staff and consumers from the other 9 ILC's to advocate for our consumers' needs, including suggested PCA [*Personal Care Attendant*] budget cuts and program changes. If passed, **6,000 MA residents may lose their PCA services**. **NOTE: See Advocacy Action Forum flyer about a rally on May 2nd to learn more and show your support.**

The morning program was held in the *Hall of Flags*. Many legislator's stopped by to show their support for ILC's and the services we provide, as well as bills they're backing. Several community members shared their personal stories and discussed the impact of the state budget.

After a wonderful lunch CLW staff visited some legislators in their offices to ask for continued support. It was an interesting and informative day!

DHILS Staff and Consumers in the Governor's Office

See more pictures on the next page.





Bus ride into the State House.



Senator Karen Spilka speaking.

Consumers in the Hall of Flags



MCDHH News

Children’s Specialist for the Central region

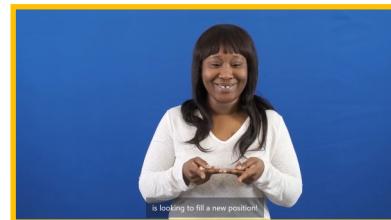
Apply today for an opportunity to join our team!

Watch vlog here: <https://fb.watch/rbUQvnureC/>

Vlog Transcript: <https://bit.ly/3PLGerF>

To apply, click the QR Code in our vlog or go to: <https://bit.ly/3VFUAgY>

For more information, please contact: Janay.Mitchell@mass.gov



MCDHH Listening Sessions

Find information on MCDHH’s Facebook page:

<https://www.facebook.com/MassCDHH> or contact Heather Daley at heather.l.daley@mass.gov.

Upcoming Dates

- Pittsfield, April 11th
- Fall River on May 7th

Meet our NECC Intern—*Brenda St. Arnaud*

Hello, my name is Brenda St. Arnaud, I have been a Paramedic for 17 years. I am currently a student in the American Sign Language Studies Program at *Northern Essex Community College*. I decided to take up ASL because I sustained multiple injuries on April 15, 2013, while working as a medic at the Boston Marathon finish line. I had some hearing loss before but after the bombing I lost all hearing in my right ear, and significant hearing in my left. I’m hoping to develop better grammar and signing skills. I feel very lucky that I have support in my new journey.



Technology 101: Workshop Series Starts

Our *Technology 101: The Basics* workshop series started on March 30th. So far we have had a general introduction about technology, discussed future topics, as well as 5G & Operating Systems.

Upcoming topics will include:

- Cell Phones: iPhone
- Email
- Laptops
- Cell Phones: Android
- Google Drive
- Microsoft: *Word & Excel*

It’s not too late to join! Contact Denise to register or with questions at: DParo@centerlw.org or call 508-556-1600 [VP]

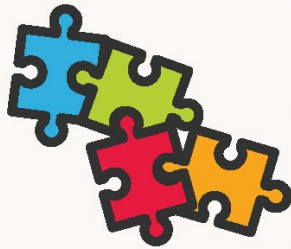


Please see the flier in Events for the full list of dates/topics.





April is National World Autism Awareness Month



- A brain disorder that often makes it hard for a person to communicate, respond to surroundings, and form relationships.
- 1 in 270 people in the world have *Autism Spectrum Disorder (ASD)*.
 - A group of developmental disabilities that causes challenges in many areas of one's life.
- ASD also affects people of **all** racial, ethnic, and socioeconomic backgrounds.

4/6 National Tartan Day



- **What is a Tartan?**
 - Patterned cloth with crossing horizontal and vertical bands in multiple colors, forming simple or complex rectangular patterns.
- Honors Scottish heritage.
- *Kilts* are made from a tartan.



4/24 National Denim Day



- Wear denim to show support for victims and survivors of sexual harassment, abuse, assault, and rape.
- **1 in every 6** American women has been a victim of an attempted or completed rape in her lifetime.

4/26 National Arbor Day

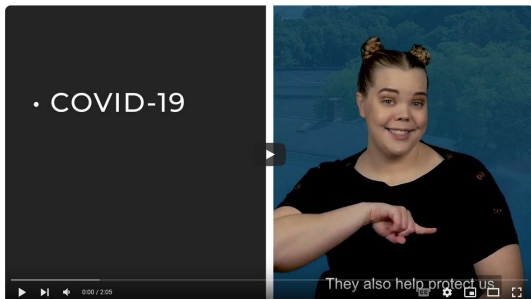
- Trees are important to the Earth as they provide oxygen and homes for wildlife, and shade for hot days.
- Established on **April 10, 1872** by J. Sterling Morton in Nebraska.
- Help the planet and **plant a tree!**



CDC/COVID Updates



CDC Drops 5 Day Isolation Guidance for Positive COVID-19 Tests



It is **still** recommended that you stay home **until symptoms improve**.

Watch vlog here: https://youtu.be/uPtjc2e_deU?si=tWhc2h9LJ8wuSCy1

Long COVID and Mental Health

It's a widespread experience known as **Post-COVID Depressive Symptoms**. Learn more about mental health and COVID from TLC's Walden Community Services.

Watch vlog here: <https://youtu.be/CqsHbKRp2Uc?si=mTtF1kuimL6KDMLM>



Stop Medicare Fraud!

Here are **3 tips** to protect yourself from *Medicare* fraud and scams:

- 1) **If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it.
- 2) **Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order, it may be fraud. **If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).**
- 3) **Guard your Medicare card** like it's a credit card.



Watch video here [Closed Captions available]: <https://youtu.be/ivDx78vhjCs?si=yCKLmwojYBpN4Ast>

Community Videos



MSAD Membership:
<https://youtu.be/1EIhIBCXTgc?si=uG1k3jcuJacgnf9f>



First Deaf lawmaker in Germany Parliament:
<https://fb.watch/rdsYKuzvdh/>

Worcester Parent Guide to Community Resources

[CLICK HERE FOR ENGLISH GUIDE](#)

Worcester Parent / Caregiver Guide to Community Services



A project originally co-sponsored by the Child Abuse Prevention / Protection Collaborative of the Health Foundation of Central MA.

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

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www.CenterLW.org



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

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