

June 27, 2024



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



# June/July Double Issue



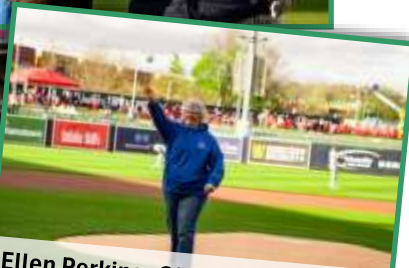
Deaf and Hard of Hearing Independent Living Services

## Deaf and Hard of Hearing Night at the WooSox

On Friday, May 3rd the WooSox hosted **Deaf and Hard of Hearing Night** at Polar Park. Pregame festivities included ASL performances, ceremonial first pitches (by our own Hometown Hero, Ellen Perkins, DHILS Assistant Manager/Hard of Hearing Skills Trainer) and recognition of community members.



Dr. Opeoluwa Sotonwa, MCDHH Commissioner



Ellen Perkins, CLW DHILS Assistant Manager/Hard of Hearing Skills Trainer



MSAD: BJ Wood, President & Ivy Velez, VP of Community Relations



Photos by: WooSox



Joan Philip, CLW DHILS Director



CLW Staff: Mike Kennedy, Noelle Balutis & Tina Cournoyer, and CLW family members

Photos by: CLW Staff



# Spring Party

On Tuesday, May 21st, DHILS hosted a Spring Party. 32 consumers and community members attended. After socializing, people could make a mason jar light, or do some adult coloring.

MCDHH, Deaf Recovery Coach Program had a table for people to complete a gambling survey. Everyone who did, got a free Dunkin Donuts gift card!

Susan Heilman, Director of Community Partnerships at the *Discovery Museum's Especially for Me* program in Acton, talked about their special programs for children, who are Deaf and hard of hearing, as well as those with autism. Susan encouraged families to come to their future events.

When everyone was done with their activity we enjoyed appetizers, pizza and dessert. *[See Kim's Mexican Dip and Blueberry Cake recipes in this issue!]*

It was a wonderful day!



# MCDHH News



#MCDHH is deeply saddened to share the news that our team's own Aurora Wilber has passed away. Aurora has been a valued member of our team for the past 18 years, starting her career with us first as a contractor before joining full-time as Project Coordinator and Communications Liaison. We are deeply grateful to have known Aurora and extend our sincerest condolences to her family, friends, and colleagues. Our team will miss her dearly.

## What you don't know about Hearing Aids

By Juliëtte Sterkens [TEDxOshkosh]

For most people it's not a matter of if, but when, they will lose some sense of hearing. Still, we don't give hearing loss or hearing aids much thought until it happens to us--or someone we know. Only then do we learn that hearing aids are incapable of restoring hearing to normal, especially in acoustically challenging situations. The good news is that modern technology continues to bring us new, sometimes hidden, and often unknown features that can help those with hearing loss overcome more of their hearing challenges.



**Watch here:** [https://youtu.be/ovf1q\\_HgLpw?si=I-xUqoRci4Gov6R-](https://youtu.be/ovf1q_HgLpw?si=I-xUqoRci4Gov6R-)

Juliëtte Sterkens, AuD, is an audiologist with forty years of experience in hearing rehabilitation turned consumer advocate with the Hearing Loss Association of America. She has published numerous articles and lectured internationally to consumers, audiologists, hearing instrument specialists, and venue operators. Topics include living well with hearing loss, hearing accessibility, and hearing loops. Her work has led to hundreds of hearing loop installations in Wisconsin. She has received numerous awards for her efforts, including the American Academy of Audiology Presidential Award. She serves on the board of HEAR in the Fox Cities, a non-profit that helps pay for hearing aids for children in North-East Wisconsin. She enjoys gardening, traveling worldwide to observe solar eclipses with her husband, and visiting her family and son in the Netherlands and daughter in Australia.

*This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>.*

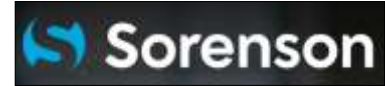


## Find Hospitals Near you that Accept Medicare

Trying to find a hospital nearby with doctors that accept Medicare? Or, maybe you're planning to have surgery or are thinking about your future needs?

Visit [Medicare.gov](https://www.Medicare.gov) to compare hospitals in your area.

# Hearing Aids and Sweat



Warm weather has returned, which means people are getting outdoors and being more active...and we're all sweating more.

Hot, humid weather and excess sweat are annoying on another level when you use hearing aids. Moisture and electronics don't mix well, and getting your devices wet can affect their performance and lifespan. Most modern hearing aids can tolerate everyday exposure to...life, but extra sweat and humidity warrant extra care.



That doesn't mean you should skip out on summer fun, though. Enjoy the sunshine and activities, and do wear your hearing aids. Simply follow a few guidelines to keep them in tip-top shape all summer.

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

# Emergency Preparedness Videos



For more information on how you can prepare for an emergency, watch these videos from the **Federal Emergency Management Agency (FEMA)**:

- [We Prepare Everyday](#) video with open captions and ASL interpreter
- [When the Storm Comes](#) video with captions
- [When the Clouds Form](#) video with captions

See all of FEMA's [videos in American Sign Language](#) available on YouTube.

## Personal Disaster Preparedness

I Am Hard of Hearing: <https://youtu.be/6vZ3ku7Jgoc?si=G9TpAcqj4Yw6aVAR>

Emergency Backpack: <https://youtu.be/vAD1SVCyvu8?si=IRIOt7DHHXz-CFYJ>

I am DeafBlind: <https://youtu.be/gQLiXKnnXGM?si=f5FDUoU97BRtLKuD>

I use a Wheelchair: <https://youtu.be/WZHIkok4Gpg?si=X7Ad1U62uKUEGyNB>



I Am Hard of Hearing



Emergency Backpack



I am DeafBlind



I use a Wheelchair

# Airline Passengers with Disabilities *Bill of Rights*

Watch video here: [https://youtu.be/Qz9LAX2oBIo?si=7\\_Tm\\_XYWBeNW\\_Xdw](https://youtu.be/Qz9LAX2oBIo?si=7_Tm_XYWBeNW_Xdw)



# What is 9-8-8?

If someone is experiencing difficult thoughts, a mental health crisis, or a substance abuse crisis, they can access the **988 Suicide & Crisis Lifeline** in several ways to get support:



1. Videophone: Dial 988 on your VP.\*
2. Desktop or Laptop: Visit 988’s webpage for Deaf and Hard of Hearing users (<https://988lifeline.org/help.../for-deaf-hard-of-hearing/>) and scroll down to find the *ASL Now* button.
3. Chat or Text: Visit 988’s webpage for chat and text (<https://988lifeline.org/chat/>) and follow the instructions to start a conversation with your preferred chat method.

*\*Make sure that your videophone is updated. Need help on how to update your software and platforms? Please contact your videophone provider’s (Sorenson, Convo, ZVRS, Purple VRS) customer care team.*

**Watch VLOG here:** <https://fb.watch/sMgmnytjXu/>

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## The Daily Moth: *Deaf News Briefs*



**Study recommends ASL for children waiting for CI’s; CODA soldier teaching ASL**

**Watch VLOG here:** <https://youtu.be/rqA9S-qOSUA?si=pL08lhCml8prnKNW>

**Transcript:** [www.dailymoth.com/blog/deaf-news-briefs-study-recommends-asl-for-children-waiting-for-cis-coda-soldier-teaching-asl](http://www.dailymoth.com/blog/deaf-news-briefs-study-recommends-asl-for-children-waiting-for-cis-coda-soldier-teaching-asl)

**“Jesus” film; Abigail Heringer memoir**

**Watch VLOG here:** <https://www.youtube.com/watch?v=jPe-Fw8zpCo>

**Transcript:** [www.dailymoth.com/blog/deaf-news-briefs-jesus-film-abigail-heringer-memoir](http://www.dailymoth.com/blog/deaf-news-briefs-jesus-film-abigail-heringer-memoir)

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## DHILS Staff Visits *New England Homes for the Deaf (NEHD)*

On Monday, May 20th, DHILS staff visited *New England Homes for the Deaf (NEHD)* in Danvers. We are grateful to Thomas Boudrow, Director of Communications, Business Development and Outreach and Mia Buscone, Development Associate/Administrative Assistant for explaining the different programs and giving us a tour!





# JUNE AWARENESS

## NATIONAL TRAILS DAY

**First Saturday in June**

- Learn about and explore Federal, State and Local parks.
- Hiking, canoeing, paddle trips, and more.
- Find a park! [www.mass.gov/info-details/find-a-park](http://www.mass.gov/info-details/find-a-park)



## NATIONAL HUG YOUR CAT DAY

**June 4th**

- Cuddling with your cat can decrease depression & loneliness and make you feel more calm and relaxed.
- Cats spend 70% of their lives sleeping.



## NATIONAL CUCUMBER DAY

**June 14th**

- Cucumbers are a fruit - in the Watermelon family.
- There are 100 different types in the world.
- Started in Asia.
- 95% water - great if you're thirsty!



## INTERNATIONAL DAY OF YOGA

**June 21st**



- The word YOGA means to unite or to join - body & mind.
- Originated in India.
- Health benefits include: flexibility, strengthens muscles, lowers blood pressure, improves balance.
- There are different kinds of yoga, with poses like: cobra, downward dog, mountain, tree, and more!

# PRIDE MONTH

- Usually in June.
- Dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride.
- Started after the Stonewall riots, a series of gay liberation protests in 1969.



# July Awareness

## INTERNATIONAL DROP A ROCK DAY - July 3rd

No matter your artistic skills. *Be creative!*  
Smooth rocks with a flat surface that fit in your hand.  
Wash dirt away and dry before painting. *Acrylic paint works best.*  
Paint a design then hide it for others to find.



## INDEPENDENCE DAY - July 4th

Celebrating America and when the *Declaration of Independence* was approved.

## NATIONAL BLUEBERRY MUFFIN DAY - July 11th

The number 1 favorite muffin flavor.



## INTERNATIONAL SELF-CARE DAY - July 24th

Take care of **YOU** - physically, mentally and emotionally!  
*What is it?* Taking time to do things for your well-being and happiness.  
This could be: taking a walk, reading a book, learning to say "no", and more!

## AMERICANS WITH DISABILITIES ACT - July 26th

Signed into law in 1990.  
Protects rights of Deaf, hard of hearing and others with disabilities.



## NATIONAL GRILLING MONTH - July

Summer is the time for the best outdoor cooking!



## Is your child between the ages of 2 years 6 months and 5 years old?

Are you concerned that your child is not developing or learning in the way that they should be?

You and your child are not alone. Many young children in the U.S. get special support with their learning or development.



### Know your rights

- In the U.S., the law says that children who need special support can get **free** services to help with talking, understanding, behaving, learning letters, and more.
- In many cases this includes free preschool services starting at age 3.
- The school must communicate with you in your language. Schools must use trained interpreters when needed.



### Evaluations first

- An evaluation is testing that a specialist does to see how your child is learning and developing.
- An evaluation can show if your child needs special education services.
- Evaluations by the school system are free and do not affect your immigration status.

## We're here to help

How to get an evaluation:

- contact your local school district for an evaluation or ask your child's doctor to contact the school district
- call one of the organizations below for assistance



(978) 400-0804

<https://blackautismcoalition.org>



MASSACHUSETTS  
ADVOCATES  
for CHILDREN

(617) 357-8431

<https://www.massadvocates.org>



FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS

(617) 236-7210

<https://fcsn.org>

**CALL US WITH ANY QUESTIONS!**





PATHWAYS  
*for Change*  
ending the silence...  
ending sexual violence

# Deaf Survivors Program IS HIRING!

We are looking for a **FULL TIME  
Outreach Specialist** to join our team!

## REQUIREMENTS:

- **Fluent in American Sign Language**
- **Valid Massachusetts driver's license**
- **Ability to work flexible schedule**
- **On-call Videophone hotline advocacy**
- **RCC training will be provided by Pathways for Change, Inc.**

If you are interested in this job opportunity, please  
contact **Sabrina Glover** at

**DSP@pathwaysforchange.help**

## Worcester Parent Guide to Community Resources

[CLICK HERE FOR ENGLISH GUIDE](#)



## 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](http://www.CenterLW.org)



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

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

# Recipes from our DHILS Spring Party

## Mexican Dip (back by popular demand!)

**Ingredients:**



(1) - 8 oz package cream cheese



(1) jar salsa



(1) 8 oz package shredded Mexican or Cheddar cheese

**Directions:**

1. Spread the cream cheese in a 8” or 9” pie plate.
2. Add the jar of salsa.
3. Sprinkle the shredded Mexican or Cheddar cheese on top.
4. Microwave for 5 minutes.
  - Or bake for 15-20 minutes in the oven at 350 degrees.
5. Serve and enjoy with tortilla chips!




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## Blueberry Cake

**Ingredients:**



2 1/4 cups flour



1 1/2 tsp baking powder



1 1/2 cups sugar



3/4 tsp salt



3/4 cup Canola oil



1 1/2 tsp vanilla



1/2 cup milk



3 eggs (separated)



2 cups blueberries (with a little flour)

**Directions:**

1. Separate the eggs (yolks and whites). Save the yolks. Beat egg whites.
2. In a big, separate bowl: mix dry ingredients (flour, baking powder, sugar, salt).
3. Add wet ingredients (Canola oil, vanilla, milk, and egg yolks; NOT egg whites yet).
4. Fold (softly mix) in egg whites.
5. Fold (softly mix) in floured blueberries.
6. Butter/spray a bundt cake pan; pour cake batter in pan.
7. Sprinkle sugar on cake batter.
8. Bake 1 hour in the oven at 350 degrees (check if done — if toothpick comes out wet — cook 5 minutes more).
5. Let cool fully before serving. Enjoy!

