

September 5, 2024



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

## CLW Staff Outing

CLW staff from all departments enjoyed a day at Douglas State Park on Friday, August 16th. DHILS staff led everyone in the Elephant and Weather games. Staff chatted, played cards, and enjoyed a wonderful selection of food.



DHILS Staff: Kim White, Joan Philip & Jonathan Vanderschrick



Left to right: Joan Philip, Erin McCarthy (TLC interpreter), Kim White, Benji Kemper & Jonathan Vanderschrick



Jonathan starts the Elephant game.



Greetings from CLW staff!

More pictures on page 3

## CLW Staff Outing pictures (continued...)



## Medicare Part D—Recommended Vaccines

People with Medicare Part D (drug coverage) pay \$0 out-of-pocket for even more vaccines, making it easier to stay up to date with your immunizations.

Medicare Part D covers these vaccines and more at no cost to you:

- Shingles
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
- RSV
- Hepatitis A
- Hepatitis B, if you're at low risk for the virus

Remember, Medicare also covers flu shots, COVID-19 vaccines, and pneumococcal shots. Talk with your doctor about which vaccines can help you stay healthy!

Click [here](#) to learn more.



# MCDHH Updates

## Staffing Announcements



Janice Mahoney, Referral Specialist, Boston Metro region  
Janice Mahoney will serve as #MCDHH's new Referral Specialist for the Boston Metro region. In this role, Janice will be making interpreter referrals and answering community requests. While Janice has previously served as a sub-referral contractor at MCDHH, we are excited for the work she will accomplish in her new role.

**View our vlog for more information:** <https://fb.watch/ucAbcc-Hs2/>

**Vlog transcript:** <https://bit.ly/3WG9X8j>

Cheryl Keeter, Part-time ASL/English Interpreter

Cheryl Keeter will serve as #MCDHH's new Part-time ASL/English Interpreter. In this role, Cheryl will interpret for MCDHH staff and take on community assignments in medical and mental health settings and press conferences. Cheryl bears 25 years of experience as an ASL Interpreter, and our team is excited for the work she will accomplish in her new role.



**View our vlog for more information:** <https://fb.watch/ucA4aLZvZt/>

**Vlog transcript:** <https://bit.ly/3WG9X8j>



Deaf/Hard of Hearing Foster Care Info Session

September 26th, 6-8pm [on Zoom]

Watch video here: <https://youtu.be/NxOs9lC4mKY?si=7OG9o13IKZGOKA-4>

## Help for Tax payers (CC and Audio)

<https://youtu.be/mojA-EfaA6o?si=vPM-67Sdzkz7oo4ne>

Learn about all the IRS resources available to help taxpayers. Visit <https://www.irs.gov>.



*"Maintain Your Health - All Year Long: Summer, Fall, Winter and Spring" by Dr. Carolyn Stern*



**Illness Prevention:**

<https://youtu.be/KapDFy6imJY?si=PYOZ9b2LDui-Krvn>

**Food, Exercise, and Mental Health:**

<https://youtu.be/NxcqSe4Sd5I?si=BtTevFxlB2MRgpY8>

## Deaf Alcoholic Vodcast

For the first time in the history of **Alcoholics Anonymous** Deaf alcoholics can share their stories with other Deaf alcoholics through mass media in American Sign Language.

How? [Grapevine & La Viña YouTube Channel](https://www.youtube.com/playlist?list=PL32cyZpp2liBOcLY6M6rEh1qFL7MKSFI7)—[<https://www.youtube.com/playlist?list=PL32cyZpp2liBOcLY6M6rEh1qFL7MKSFI7>]

**What is a vodcast?** A vodcast, also known as a podcast, is a type of online video content that is basically a podcast with a video element.

**The primary purpose of the Deaf Alcoholic Vodcast is to carry the message to “Deaf” alcoholics.**

Our vodcast team made three prototype vodcasts and sent them to *Grapevine* to be considered for a Deaf Vodcast playlist on *Grapevine and La Viña* YouTube Channel.

**Anonymity:** If full-face photographs and other easily identifiable photos or videos of A.A. members are published or broadcast, even though their full names are not given, these are considered anonymity breaks.



For Deaf alcoholics to be able to share their story in American Sign Language, we hire an interpreter to copy-sign their story.

At this time we are not aware of any mass media forum for Deaf alcoholics to share their recovery stories with other Deaf alcoholics in American Sign Language. Historically access committees have hired interpreters and translated the Deaf persons' story into an English audio recording or written English for *Grapevine* magazine or the *Box 459* newsletter.

The funding for the ASL vodcast project is the responsibility of our Deaf Alcoholic Vodcast team. We make the videos and provide them to *Grapevine*.

With *Grapevine's* guidance, we have written out guidelines to help AA Access Committees work with the deaf alcoholics and the Deaf Alcoholic Vodcast team to make videos to submit to *Grapevine*.

**If your AA Access Committee would like to learn more about this email the Deaf Vodcast Team.** [deafgvteam@gmail.com](mailto:deafgvteam@gmail.com)

## Learn about FLiRT: Newest COVID-19 Variant



**Watch video here:** [https://youtu.be/pYbo3TWiqAQ?si=jY1HUtG\\_212EDzYq](https://youtu.be/pYbo3TWiqAQ?si=jY1HUtG_212EDzYq)

The Learning Center has **Free At-Home Test Kits**. Test kits are given on a first-come, first serve basis and must be picked up in person at TLC.

To request a test, or for questions, email, [Advancement@TLCDeaf.org](mailto:Advancement@TLCDeaf.org)

# September Awareness

## 9/6/2024 National Read a Book Day

- Grab a book and spend the day reading.
- Visit your library to borrow a book!
- Share the experience with friends & family.
- Books are low cost entertainment and educational.



## 9/13/2024 National Peanut Day

- Peanuts probably started in South America 3,500 years ago.
- Not a nut [Nuts grow on trees].
- Peanuts grow underground (like potatoes) and are in the same family as **legumes** [like peas and beans].
- High in protein power!



## 9/21/2024 National Dance Day

- The third Saturday in September.
- Encourages Americans to dance as a fun and positive way to maintain good health.
- Other benefits are: better muscle tone, flexibility, strength and balance, and it makes you happy!



## 9/23 to 9/29/2024 International Week of the Deaf

- Celebrating the rich cultural heritage of deaf communities through their sign languages and cultures.
- Focus on: improving deaf persons human rights, status of national sign languages, access to education, technology and services.



## 9/27/2024 National Scarf Day

- Scarves have been around since Egyptian times [Queen Nefertiti wore a scarf in 1350 B.C.]
- The scarf is part of some cultures.
- A scarf is a great way to express yourself, make a statement or update your look.



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/>

Questions? Contact your Skills Trainer

Joan Philip	DHILS Director	508-762-1165 (VP)
Denise Paro	DHILS 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](http://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>