

October 4, 2024



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

CLW Attends SILC Conference

Tuesday, September 17th was the annual SILC [Statewide Independent Living Council] Conference. It was held in Marlborough, MA and featured different workshops and speakers as well as exhibitors.

Many CLW staff attended including DHILS: Kim White, Joan Philip, Rosemary Moreira, Deanna Emberly-Handricken and Denise Paro.



Center for Living & Working Staff at SILC [September 17, 2024]

International Deaf Awareness [Recap]

On Tuesday, September 24th DHILS celebrated International Deaf Awareness week with an event in the Walnut Room of our office building. Skills Trainer Jonathan Vanderschrick, presented the history of International Sign. How and when it started and how it is used today. We also learned some International Signs and saw different signs from Belgium and Brazil.



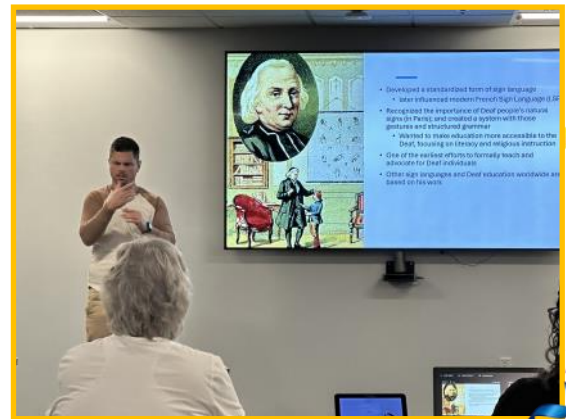
(Continued on page 2)

International Deaf Awareness [Continued...]

(Continued from page 1)

Everyone enjoyed a light lunch, which included food consumers brought to share. DHILS provided finger sandwiches, salsa and chips, salad, drinks and desserts.

It was an interesting presentation and always fun to socialize! We hope you'll join us at a future event.



ALDA: An Introduction



ALDA is the **Association of Late-Deafened Adults**. ALDA supports the empowerment of deafened people by providing a support network and a sense of belonging through shared experiences, challenges and coping strategies, as well as emotional support. ALDA works together with other organizations and service providers for the common good of those with hearing loss.

What is “late-deafened”?

Late-Deafened Adults are people who have lost the ability to understand speech with *or* without hearing aids/cochlear implants after acquiring spoken language.

Do I have to be “late-deafened” to join?

No. Anyone with hearing loss is welcome. Hard of hearing, d/Deaf, DeafBlind, Deaf disabled or late-deafened.

What is ALDAcon?



ALDA is the *Association of Late Deafened Adults* and every year they have a conference called *ALDAcon*. The location changes every year to different regions. The last 4 conventions have been in Niagara Falls, NY; San Diego, CA; Austin, TX and this year Clearwater, FL. *Next year it will be held in Denver, CO.*

Click here to learn more: www.alda.org

MRC has a new name: *MassAbility*

Expanding equity and access for people with disabilities.

MassAbility works to grow what’s possible in the lives of people with disabilities—and to bring down the physical and societal barriers that limit their potential. We are all different but connected: a community of unique individuals who share a common purpose. And every one of us has a role to play to achieve our vision. As leaders, innovators, and conveners, our purpose is to build a better state together: one that is more equitable, accessible, and inclusive.



Watch video here: <https://youtu.be/RFSvIVxIazU?si=iiC4Nz3gQddXbuze>

Apply for Services: www.mass.gov/info-details/apply-for-services



ALDAcon 2024: Clearwater, FL

By Ellen Perkins

I have had the honor and privilege of being ALDA's National Vice President for the last two years. It's been a great learning experience and has given me new respect for all the work that goes into ALDA (and other organizations like it). During the year, local chapters host presentations and different social events. Annually, there is a conference called ALDAcon.

This year, ALDAcon was in Clearwater, FL from September 11th – 15th. It was a perfect combination of learning new things from speakers & presenters, catching up on the latest technology in the Exhibit Hall and annual events like the I. King Jordan banquet [where different service awards are presented] and of course the famous karaoke party. There are plenty of social events built-in, which this year included a dinner cruise, a welcome "Hawaiian shirt" party and the farewell breakfast on the last day.

Keynote speakers are always a highlight throughout the conference and this year included:

- Phil Aiello, President of *Deaf Seniors of America* www.deafseniors.us
- Chris Littlewood [Advocating for yourself in big and little emergencies]
- Howard Rosenblum, *Deaf Equality*



ALDA photos by Ken Arcia

Want to learn more about ALDA? See page 2.
There are chapters in Boston and New Hampshire!

Introducing CLW Interns/CBL Students

Sam Cuddy [Framingham State University Practicum Student]

Hi! My name is Sam, I'm from Toronto, Canada, and I'm a senior at Framingham State University. I lost my job suddenly during the pandemic and decided to start learning ASL as a hobby, a way to stay productive, challenge myself, and connect with other people during a period of isolation. I really enjoyed it and got more and more involved and enthusiastic and decided to go back to school. My goal is to continue gaining confidence, community and improve my overall language skills! I'm so grateful to have the support of the DHILS team during this next step of my journey.



Emily Coughlin [College of the Holy Cross Community Based Learning Student]

Hello! My name is Emily Coughlin, I am a student at the College of the Holy Cross and I am a Sophomore English major and Deaf Studies minor. My interest in ASL and the Deaf community came from my professor, Aidan Mack. I myself am hard of hearing after falling ill when I was 4 and never connected with that side of me until my professor immersed me into the language and culture. I am very excited and fortunate to be involved with the Center for Living & Working, and helping the community while also learning from the Deaf community here in Worcester! I am eager to learn more signs and more culture surrounding ASL.



Greyson Brady [College of the Holy Cross Community Based Learning Student]

Hi! My name is Greyson Brady, I am a Junior at the College of the Holy Cross studying mathematics and Deaf Studies. I decided to be a Deaf Studies minor after taking ASL for my language credit. I loved learning the language and about Deaf culture/history. I am currently in my second year of learning ASL and I am so excited about this opportunity!



Daily Moth Deaf News

Interview with Aaron Small, the hard of hearing kayaker who competed in the Paris Olympics.

Watch video here: <https://www.facebook.com/share/v/9By7tYMwkbhCXYgx/>



Celine Dion releases ASL versions of 20 of her songs.

Watch video here: <https://www.facebook.com/share/v/kcbzFKfcYPsDQefM/>

Click [here](#) for transcript.

October

10/5

National *Do Something Nice* Day

We all have the power to brighten someone's day just by being nice.
Some ideas of things to do:



- Smile and say hello!
- Hold open a door for someone.
- Give a compliment.
- Let someone in traffic go in front of you.
- *Listen* to someone.



10/8

National *Fluffernutter* Day

- In 1917, *Archibald Query* of Somerville, MA invented a sweet marshmallow-like spread called *Marshmallow Creme*.
- Query sold his recipe to company Durkee-Mower, Inc. in 1920 and they renamed it *Marshmallow Fluff*.
- "Fluffernutter" [a peanut butter and marshmallow sandwich] was created in 1960.



10/18

National *Mammography* Day

- Breast cancer: *most common cancer diagnosis for women*.
- October *National Breast Cancer Awareness Month*.
- The best defense against breast cancer is *early detection*.
- Mammograms can detect problems *before* there is any physical sign.



10/22

Girl Scout Founder's Day

- Started by *Juliette Gordon Low* [nicknamed Daisy] in 1915.
- Daisy experienced ear injuries, resulting in almost *total hearing loss*.
- The idea was for girls to be able to come together and celebrate their unique strengths and passions.
- *Girl Scouts* has enrichment programs, service projects, and outdoor activities and adventures [between 5-18 years old].



MCDHH Updates



Commissioner Sotonwa was selected as a **Council of State Governments Henry Toll Fellow, Class of 2024**. The *Council of State Governments' Henry Toll Fellowship* is the nation's premier leadership development program for state government officials. **Congratulations Commissioner!**

#MCDHH announced the *Sign Language Interpreter Mentorship Pilot Program* will return in Spring 2025. This program is for you if: you are not yet screened or certified, want to increase your interpreting skills, and then take MCDHH's screening.

Click [here](#) to see the Vlog Transcript.

Vlog: <https://www.facebook.com/share/v/BSZoZPBhnKfTxxYn/>



MA Information for Voters Book in ASL

Massachusetts Secretary of State has made **ASL translations** for all five ballot questions so you can understand what's on the ballot and make an informed decision. Your vote shapes the future for the community, the state, and beyond. **VOTE!** The power of change is in your hands.



Click the link below to get informed and show up at the polls!

www.youtube.com/playlist?list=PLdbegLcJNm57d-YDpRo3Q8qcXS6hO8BYe

MBTA Reduced Fare Program Cards

MBTA *reduced fare program* cards are now being replaced with non-personalized cards. **Program benefits will remain the same.**



What does “non-personalized” mean? Cards won't include the rider's photo *or* a printed expiration date.

Why are they doing this? Save time between a rider being approved, and when they receive their new/replacement card.

How do I know when my new card expires?

- Tap the card at a fare vending machine
- Check the application approval email
- Check the printed packing slip received with a card
- Check the letter received during an in-person card pickup

What if I have a card with my picture and an expiration date?

Keep using those cards — they **DON'T** have to be replaced unless they are lost, damaged, or expired.

You can apply for a new, renewal, or replacement *CharlieCard* online at:

www.mbta.com/fares/charlie-service-center

Replace a lost, stolen, or expired *CharlieCard*, by contacting Customer Support at 617-222-3200.

REAL ID: *Starting May 7, 2025*

What is REAL ID? A federal ID you can use to fly within the United States or enter federal buildings.

When does it start? May 7, 2025

What's the difference between a Standard driver's license/ID and REAL ID?

REAL ID

- ◆ A valid driver's license or identification card
- ◆ **IS** a federal ID
- ◆ Must be done *in-person* at the RMV
- ◆ Has a **star** on it = *meets Federal requirements*

Standard driver's license/ID

- ◆ A valid driver's license or identification card
- ◆ **NOT** a federal ID
- ◆ Can renew online *without* going to the RMV
- ◆ Says "NOT FOR FEDERAL ID" on the card



Identification Document Checklist: www.mass.gov/doc/acceptable-forms-of-identification/download

REAL ID Frequently Asked Questions [FAQ]: <https://www.dhs.gov/real-id/real-id-faqs>

Find out if you're REAL ID ready with the interactive tool!

Answer questions to find out if REAL ID is for you — <https://www.dhs.gov/real-id>

Find out if you're REAL ID ready with our interactive tool!

Are you planning to fly domestically or visit a Federal facility after May 7, 2025?

Yes / Don't Know

No

Stay Up to Date with Your Vaccines



COVID-19

Everyone ages 6 months and older should get a **2024–2025 COVID-19 vaccine**. It protects you from serious disease/hospitalization/death, and is a safe way to build protection.

Why is it important to get the 2024–2025 COVID-19 vaccine?

- Over time, COVID-19 vaccine protection lowers.
- The newest vaccines are updated to give you the best protection from the current strains.

Questions? Ask your doctor or a medical professional.

Getting the 2024–2025 COVID-19 vaccine is especially important if you:

Learn more about COVID-19 here:

www.tlcdeaf.org/services/public-health-and-covid-19-vaccine-education-initiative

- Never got a COVID-19 vaccine.
- Are ages 65 years and older.
- Are at high risk for severe COVID-19.
- Are living in a long-term care facility.
- Are pregnant, breastfeeding, trying to get pregnant, or might become pregnant in the future.
- Want to lower your risk of getting Long COVID.



RSV [*respiratory syncytial virus*]

- RSV is a common respiratory virus that usually causes mild, cold-like symptoms.
- Infants and older adults are more likely to develop severe RSV and need hospitalization.
- Vaccines are encouraged for infants, some young children, and older adults.
- *If you have already gotten an RSV vaccine, you **don't** need to get another one at this time.*

Learn more about RSV here: www.cdc.gov/rsv/index.html

Bus Rider Survey [Central MA]

Zero Fare Coalition is collecting consumer input on local bus services in Central MA! Take a short 5-minute survey about your experience riding the bus for a chance to win a \$50 gift card!

The Survey is in English & Spanish.

ZERO FARE COALITION

Click here or use QR Code below: <https://bit.ly/3Xdsb12>



<https://bit.ly/3Xdsb12>

Take a short 5-minute survey about your experiences riding the bus for a chance to **win a \$50 gift card!**
 Use the QR code or the link to access the survey.



¡Participa en una breve encuesta de 5 minutos sobre tus experiencias en el autobús y tendrás la oportunidad de **ganar una tarjeta de regalo de \$50!**



Zero Fare Coalition

Usa el código QR o el enlace para acceder a la encuesta

The Zero Fare Coalition is not affiliated with the WRTA and this survey is not sponsored by or being undertaken on behalf of the WRTA
 La Zero Fare Coalition no está afiliada a la WRTA y esta encuesta no está patrocinada ni realizada en nombre de la WRTA

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	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!



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>