

December 5, 2024



Empowering
Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



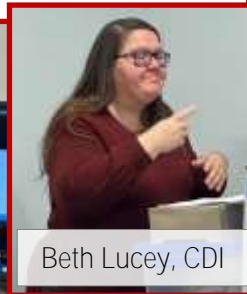
Deaf and Hard of Hearing Independent Living Services

Driver's Education Class Re-cap

December 4th was the final class of our **Driver's Education** workshop series with a total of 7 students in person and on *Zoom*. DHILS staff reviewed all chapters from the *Massachusetts Driver's Manual* in ASL, answered questions, and had a mock Learner's Permit quiz on the last day. Thank you Beth Lucey, for interpreting the quiz to give our class a sense of what the real Learner's Permit Exam will be like!



DHILS Staff, Jonathan Vanderschrick



Beth Lucey, CDI



Students in class.

Worcester Deaf Club (WDC) Arts & Crafts Bazaar



Saturday November 16th was the WDC 12th annual Arts & Crafts Bazaar. It was held at the *The Schwab Athletic Center* at the Marie Philip School - The Learning Center for the Deaf. Thank you to all the vendors for supporting the *Worcester Deaf Club* and thank to shoppers for supporting the vendors!



HOLIDAY SURVIVAL GUIDE

Holidays are a great time to spend with family and friends but it can be overwhelming with so much to do and not enough time.

Here some tips to help:

GET HOLIDAY CARDS WRITTEN

- Do a few cards every night
- Use a computer to print labels
- Buy stamps
- Mail them!



MAKE A LIST & BUDGET FOR GIFTS

- Don't go overboard
- Spend only what you have
- Pick a budget and stick to it!



MAKE A PLAN

- Use a Planner
- Set aside time to do the things on your list
- Plan in advance!
 - Don't wait until the last minute
- Split big tasks into smaller "chunks"
- Set up a target date/timeline and follow it!



DECLUTTER BEFORE THE BIG DAY

- Go around your house - a room at a time
 - Get rid of things that shouldn't be there



Happy Holidays

Free Parking To Support Local Economy

The City of Worcester will be offering *special parking rates* to support local businesses and festivities throughout the holiday season!



Every Saturday through December 28, parking will be **free** at all on-street metered spots throughout the city, and at city parking lots on Green Street, Water Street, and Millbury Street.

For the ***Festival of Lights*** on Friday, December 6, metered street parking will be **free** in *Downtown Passport Zones* all day and at the Pearl-Elm Garage starting at 2 pm.

On Saturday, December 7, parking at Union Station Garage will be free all day.

On Sunday, December 8, there will be free parking all day at Union Station Garage and at city parking lots on Green Street, Water Street, and Millbury Street.

Downtown has many retailers, restaurants, cultural and entertainment attractions. Shop *Downtown* this holiday season!



Snow Removal Reminder

Check with your city or town to find out the snow removal rules. They may not allow street parking after a storm, or will open up town parking to keep the roads clear.



Google your towns website!



Holiday Stress: *988 Lifeline*

Holidays are a wonderful time to relax, be with family and friends and do different activities. Sometimes, it can also increase our stress.



If you are Deaf or Hard of Hearing, you can chat with a *988 Lifeline* counselor 24/7 by:

- **988 Videophone** – Read the terms of service .
- **Online chat** – Chat with 988.
- **988 Text** – Send any message to 988 to start a text conversation.
- **For TTY Users:** Use your preferred relay service or dial 711, then 988.

Common Reasons for Seeking Help Include:

- Having trouble sleeping or sleeping all the time.
- Feeling anxious or worried more often than usual.
- Alcohol or drug use.
- Feeling trapped or hopeless.
- Acting recklessly or engaging in unsafe activities.
- Feeling very angry or looking for revenge.

ASL INSTRUCTOR NEEDED

We are currently looking for an ASL (American Sign Language) instructor for a contract with Worcester Recovery Center and Hospital.

Classes will be held in person for two hours once a week for 10 weeks.

The ASL instructor will work with hospital staff to improve their signing skills to interact with deaf and hard-of-hearing patients and staff in a mental health inpatient setting.

Requirements: 2 years of teaching experience, near-native ASL fluency, and an SLPI score of "Superior" or higher.



If interested, please contact:

Jesse Wilson

Deaf Services Program Coordinator

Worcester Recovery Center & Hospital

309 Belmont Street

Worcester, MA 01604

Email: Jesse.Wilson@mass.gov

Phone/VideoPhone: 508-375-7200



Securing today and tomorrow



SOCIAL SECURITY

IMPORTANT CHANGES TO WALK-INS AND APPOINTMENTS

Local Social Security offices are adding more appointment-based services.

The goal is to:



- reduce wait times
- improve service delivery
- improve the customer experience



Now through January 5, 2025 will be a “transition period” to educate people about the need to schedule an appointment.



Starting January 6, 2025: **No Walk-ins!**

- You must **make an appointment** to visit any social security office.
 - Including requests for Social Security cards.
- Many things can be done **online** or using **automated telephone** services.

If you *can't* do your business online or with the automated service, you can call your local social security office or our national 800# to schedule an appointment.



SS ONLINE



NATIONAL 800#: 1-800-772-1213

TELEPHONE OR VIDEOPHONE

People who can't or don't want to make an appointment won't be denied service. For example, members of vulnerable populations, military personnel, and people with terminal illnesses and other urgent/specialized situations can still walk in to our offices for service.

GO TO [SSA.GOV](https://www.ssa.gov) FOR MORE INFORMATION.



DECEMBER 2024

12/1 Rosa Parks Day

- The beginning of **Civil Rights** history.
- On December 1, 1955, Rosa Parks got on a bus in Montgomery, Alabama and sat in the 'colored' section.
- The bus began to fill and when the driver asked Rosa to give up her seat, she refused.



12/4 National Sock Day

- Celebrate your **matching** socks!



12/10 Dewey Decimal System Day

- Most common library book system.
- How books are arranged/ordered.



12/15 National Cupcake Day

- Originally known as "1-2-3-4 cake" because the recipe called for **1** cup butter, **2** cups sugar, **3** cups flour, **4** eggs (and 1 cup milk and 1 spoonful baking soda).
- One of the first recipes for a cupcake was from 1796.
- Also called: Fairy cakes and Patty cakes




12/21 National Crossword Puzzle Day

- First printed in England in children's books.
- Simple word games arranged in squares.
- Fill the space using clues.



Winter Safety


NO WIND




98.6°F
Average temperature of the human body

Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.

The Science of Wind Chill




WINDY



95°F
Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.



weather.gov/winter

SNOW SQUALLS

- Intense bursts of snow and wind
- Short duration
- Whiteout visibility
- Rapidly deteriorating road conditions

National Weather Service **SNOW SQUALL WARNINGS**

- Issued when a snow squall is occurring or imminent
- Typically in effect for 30-60 minutes in a small, targeted area
- Can trigger a Wireless Emergency Alert to your phone
- When issued, slow down or delay travel





weather.gov



WINTER SAFETY

CENTER FOR LIVING & WORKING, INC.

DECEMBER 2024



BE INFORMED & GET EMERGENCY ALERTS

Emergency Alert System (EAS)

- National warning system
- TV, radio, and satellite channels
- Radio: a loud beep and spoken message
- TV channels: will show a visual message (sometimes with an interpreter)

Wireless Emergency Alerts (WEA)

- Cellphones get alerts for severe weather emergencies, AMBER alerts, National alerts, and other life-threatening situations

Social Media

- Massachusetts Emergency Management Agency (MEMA) uses Twitter (@MassEMA) and Facebook
- Tips on how to prepare
- Information about severe weather, emergency situations, and disasters



WINTER STORMS

Winter Storms can cause a lot of snow, very cold temperatures, heavy/wet snow or ice coastal flooding, and/or beach erosion. These storms can be dangerous, it's important to prepare!

WHY PREPARE?

- Roof collapses
- Power outages
- Communication problems
- Car accidents
- Heart attacks due to too much activity, such as shoveling
- Freezing to death
- Carbon monoxide incidents



Get Ready for the 2025 Tax Filing Season



Do these things *now* to get ready to file your 2024 taxes:

Go to [IRS.gov/account](https://www.irs.gov/account):

- Setup an account *or* open your account.
- Check your most recent tax return.
- Get transcripts with wage and income records.
- Make payments or change payment plans.
- Check the status of your refund while it's processed.



Find and organize your tax records:

- 1099 forms [from banks, unemployment, pension, retirement plans, dividends, annuities]
- W-2 forms [if working] and any IRS or other agency letters

Make sure you've withheld enough tax

- Change how much money is taken out of your pay.
 - *Fill out a new W-4 with your employer.*
- You might avoid a tax bill and/or keep more money each payday.



Use direct deposit to get your tax refund faster

- Get your routing and account number by signing into your online banking account or contacting your bank.



Deaf and Hard of Hearing Independent Living Services

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



Deaf and Hard of Hearing Independent Living Services



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

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