

January 9, 2025



Empowering Independence

CENTER FOR LIVING & WORKING, INC. **WHAT'S UP?**



Deaf and Hard of Hearing Independent Living Services

Consumer Holiday Party

On Thursday, December 19th, DHILS staff and consumers gathered in the 18 Chestnut Street Walnut Room to celebrate the holiday season. We began with a Self-Care presentation followed by everyone making their own "Gratitude Flowers". After a delicious lunch and desserts, we played some of our favorite games, the Popper game and Bingo. As always, we had a great time with everyone and had lots of laughs together.

See more pictures on Page 2.



Rosemary with her parents and their Brazilian food, Torta de Salgado.



DHILS Staff & our intern, Sam Cuddy

Important Dates in January

Martin Luther King Jr. Day
[Third Monday in January]

Honoring the work of Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968), who is famous for his role in advancing civil rights using nonviolent civil disobedience. His "I Have a Dream" speech at the 1963 March on Washington, D.C. for Jobs and Freedom, is one of the greatest speeches ever given and continues to inspire today. In 1963, he became the youngest recipient of the Nobel Peace Prize.



Presidential Inauguration Day

[Every 4 years on January 20th – or January 21st if the 20th is a Sunday.]

The ceremony takes place at the U.S. Capitol building in Washington, D.C. The vice-president-elect is sworn in first, then around 12:00pm the President-Elect recites the following oath in accordance with Article II, Section I of the U.S. Constitution:



"I do solemnly swear (or affirm) that I will faithfully execute the Office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States."

2024 Consumer Holiday Party Pictures



Self-Care



Games



Food!



Sam Cuddy



January Awareness 2025



1/6/2025 National Cuddle Up Day

- January usually has the coldest days of the year, so snuggle up!
- There are many benefits to cuddling with someone, or a canine or other pet.
- Cuddling releases oxytocin [a hormone in our body], which makes us feel happy, reduces pain/heart disease risk, and lowers blood pressure, stress, and anxiety.
- No one to cuddle with? Get a massage for similar benefits.



1/12 - 1/18/2025 National Pizza Week

- ❄️ • Starts the 2nd Sunday in January.
- Each day, Americans eat 100 acres of pizza, or 350 slices per second.
- Around the world, over 5 billion pizzas are sold each year.
- *Super Bowl Sunday* is the biggest day for pizza sales.
- Saturday night is the most popular day of the week for eating pizza.



1/20/2025 International Day of Acceptance

- Embrace and support people of all abilities.
- 15 percent of the world's population has some type of disability.
- In 2007, Annie Hopkins and her brother Stevie - both of whom had disabilities - created a company [3E Love] to share their message: *"Embrace diversity. Educate your community. Empower each other. Love life."*
 - Annie developed a wheelchair heart logo as an International symbol of acceptance.



1/29/2025 National Puzzle Day

- Puzzles put our minds to work and exercise our brains.
- The 1st crossword puzzle was in the December 21, 1913 edition of the *New York World* newspaper.
- Different puzzles: crossword, jigsaw, trivia, word searches, brain teasers or Sudoku.
- Working on a puzzle every day improves memory, cognitive/brain function, and problem-solving skills.
- Playing with friends/family or in a group keeps us socially active/teaches social skills.



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

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

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	<i>DHILS Director</i>	508-762-1165 (VP)
Denise Paro	<i>DHILS Administrative Assistant</i>	508-556-1600 (VP)
Ellen Perkins	<i>DHILS Asst. Manager/Hard of Hearing Skills Trainer</i>	508-502-7576 (Voice); 508-762-1354 (VP)
Deanna Emberley-Handricken	<i>Deaf Skills Trainer (Part-time)</i>	508-762-1021 (VP)
Rosemary Moreira	<i>Deaf Skills Trainer (Full-time)</i>	508-762-1166 (VP)
Jonathan Vanderschrick	<i>Deaf Skills Trainer (Full-time)</i>	508-762-1350 (VP)
Kim White	<i>Staff Interpreter</i>	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

TTY: 508-755-1003

www.CenterLW.org



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

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