DEAF, Inc. Newsletter

Special Edition #5
April 10, 2020

2020

"DEAF, INC.'S MISSION IS TO INSPIRE PEOPLE TO ACHIEVE PERSONAL AND PROFESSIONAL GOALS THROUGH ACCESSIBLE PROGRAMS AND SERVICES. WE BUILD BRIDGES BY INCREASING COMMUNICATION ACCESS AND AWARENESS ACROSS COMMUNITIES."

DEAF, Inc. staff are still available for YOU.

Call or Email your staff at their regular numbers/email

All services available remotely by:

Videophone
Telephone
Email

Boston	Lawrence	New Bedford Taunton Hyannis	Salem	DBCAN
Front Desk frontdesk@ deafinconline.org VP 617-505-4823 Voice 617-520-4433	Marie Desrosiers mdesrosiers@ deafinconline.org VP 978-208-4591 Voice 978-208-4591	Catarina Lima clima@ deafinconline.org VP 508-717-8809 Voice 508-717-8809	Matthew Castiglione mcastiglione@ deafinconline.org VP 978-910-0041 Voice 978-910-0041	Elaine Ducharme Educharme@ deafinconline.org Jean Healy jhealy@ deafinconline.org VP 617-586-2505

Stay-at-Home Advisory extended to May 4, 2020

General COVID19 Info
https://youtu.be/5LEggP_jlw8

DeafBlind Community Access Network

DBCAN is available to assist the DeafBlind Community.

If you need to go out – contact a DBCAN provider.

Problems, questions, concerns – contact DBCAN staff
educharme@deafinconline.org
jhealy@deafinconline.org
617-586-2505 VP (please email first)

Facebook

Press Conference information @MCDHH.MA

Get latest information about DEAF, Inc. @DEAFIncMA

Our Deaf Survivors Center, Inc.

Stop Sexual and Domestic Violence!

OPEN for victims/survivors of domestic and sexual violence for help/support or if in need of information!
Office hours are
Monday, Wednesday, Friday
from 10 am - 2 pm

Cultural Broker at 978-451-7225 VP or
Text at 978-473-2678
EMAIL to CBodsc414@gmail.com
https://www.odscunity.org/
National Deaf Hotline: 1-855-812-1001 (available 24/7)

MCDHH -Programs and Services

MCDHH Case Management (Monday—Friday)	VP: 617-326-7546 Voice: 617-740-1600
MCDHH VOCA (Monday—Friday)	Text: 857-202-7164 Email: Shannon.Silvestri @mass.gov
Deaf Recovery Coaches (Monday—Friday)	VP: 413-347-4094 Text: 857-488-5440 Email: Karran.Larson @mass.gov

Commissioner Steven Florio's vlog about MCDHH

https://www.youtube.com/watch?v=QCdFcVg0egI&feature=youtu.be&fbclid=IwAR2iVB8sbpexe6wjU65vKTzMuYQotpacV_YAE9bM9WNtwW8mE4U7sMa5xC0

WHAT IS OPEN?	WHAT IS CLOSED?
♦ Grocery Stores ♦ Pharmacy ♦ Hospital/Doctors Office (call first) ♦ Restaurants for delivery or take-out ♦ Gas Stations ♦ Home improvement stores **Not sure—call ahead** **Better—STAY HOME**	♦Schools ♦Community Centers ♦State Agencies ♦Most shopping stores ♦Movies ♦Playgrounds ♦Courts—Emergency? Call ♦**All non-essential businesses**

State & Federal Agencies Information

United States Citizenship and Immigration Services (USCIS)	Appointments will be rescheduled	https://www.uscis.gov/contactcenter https://www.uscis.gov/coronavirus
Department of Transitional Assistance (DTA)	Closed for in-person visit until further notice. Can leave documents at "drop-box"	(877) 382-2363 DTAConnect.com
Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)	ASL Video: https://youtu.be/vTM5PSZiM3Q Closed for in-person visit until further notice. Contact via email/phone	Emergency line: 800-249-9949 Interpreter Requests: https://www.mcdhh.net/request/
Massachusetts Rehabilitation Commission (MRC)	Closed for in-person visit until further notice.	https://www.mass.gov/orgs/massachusetts-rehabilitation-commission
Social Security Offices (SSI, SSA, SSDI)	Closed for in-person visit until further notice.	1-800-772-1213 TTY 1-800-325-0778 www.socialsecurity.gov
Department of Unemployment Assistance (DUA)	Closed for in-person visit until further notice.	https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits

Need General Information??	**Sign up for COVID-19 Alerts:**	**Need Coronavirus Information??**
Call 211 https://mass211.org/ Chat live online	Send to number 888-777 Message "COVIDMA"	**Mass.gov/COVID19** City of Boston text updates: Text **BOSCOVID** To **99411**

UPDATED GROCERY STORE INFORMATION

Market Basket — Age 60+ Tues, Wed, Thurs 5:30 a.m. to 7 a.m.
All customers Monday to Saturday 7 a.m. to 6 p.m. & Sunday 7 a.m. to 6 p.m.

Roche Bros. — Age 60+ and disabled population—each day 7 a.m. to 8 a.m.,
All customers 8 a.m. to 8 p.m.

Shaw's / Star Market — Seniors and others at risk members
Tuesdays & Thursdays, 7 a.m. to 9 a.m.,
All customers 7 a.m. to 8 p.m.

Price Chopper — Seniors 6 a.m. to 7 a.m.
All customers 7 a.m. until 10 p.m.

Big Y — All customers 7:30 a.m. and close at 8 p.m.

Wegmans — All customers 7 a.m. to 10 p.m.

Stop & Shop — Age 60+ 6 a.m. to 7:30 a.m. daily
All customers 7:30 a.m. to 8 p.m.
Food Delivery Available

Target — Seniors or those with underlying health concerns—Wednesdsays 1st hour open
Stores closing by 9 p.m. daily. Food Delivery Available

Trader Joe's — All customers 9 a.m. to 7 p.m.

Walmart — All customers 6 a.m. to 11 p.m.
Food Delivery Available

CVS pharmacy — Store hours vary by location
Waived charges for home delivery of prescription medications

The Home Depot — Stores will close daily at 6 p.m. Opening hours remain unchanged

Whole Foods Market — Age 60+ one hour before opening to the general public

Grocery Delivery

Amazon Prime Now
https://primenow.amazon.com/

Amazon Fresh
www.amazon.com/fresh

Instacart
www.instacart.com

BJ's
https://www.bjs.com/

Google Express
https://shopping.google.com/u/0/stores?redirect=true

No Reusable shopping bags!

Store will give **plastic** or **paper**.

Restaurant Delivery:

DoorDash
Www.doordash.com

Postmates
Www.postmates.com

GrubHub
Www.grubhub.com

UberEats
Www.ubereats.com

Food Pantry Information

FOODPANTRIES.ORG
Massachusetts Food Pantries

- https://www.foodpantries.org/st/massachusetts
  - A complied list of food pantries in towns across Massachusetts
  - Some food pantries deliver (call ahead)
  - Some are pick up only

COMMUNITY SERVINGS FOOD HEALS

- https://www.servings.org/
  - Providing food to chronically and critically ill individuals and families

Meals on Wheels

- Meals on Wheels
  - Contact your town's senior center for information on their services for seniors (individuals over the age of 60) and people with disabilities who are homebound

PROJECT BREAD
A FRESH APPROACH TO ENDING HUNGER℠

- http://www.projectbread.org/get-help/
  - Anyone can call free hunger helpline at 1-800-645-8333.
  - Project Bread is also providing free meal pick-up locations for children and families

Boston Specific Food Pantries:

bostonabcd.org

The ABCD sites listed below are open for food pantry and brown bag program only. All other services will be done by phone/email.

ABCD Allston-Brighton
640 Washington St Suite #203
Brighton, MA 02135
617-903-3640

ABCD East Boston
21 Meridan St
East Boston, MA 02128
617-567-8857

ABCD Mattapan
535 River St.
Mattapan, MA 02126
617-298-2045

ABCD Mystic Valley Opportunity Center
(phone only,
no food pantry)
781-321-2501

ABCD Parker Hill/ Fenway
714 Parker St
Roxbury, MA 02120
617-445-6000

ABCD Roxbury/ N. Dorchester
565 Warren St
Roxbury, MA 02121
617-442-5900

DEAF & HARD OF HEARING INFO - CORONAVIRUS

- **Commonwealth of Massachusetts**
  https://mass.gov/covid19
- **Executive Office of Health & Human Services**
  https://mass.gov/eohhs
  call: Dial 211
- **Massachusetts Commission for the Deaf and Hard of Hearing**
  https://mass.gov/mcdhh
  email: MCDsafety@mass.gov

PREFERRED METHOD OF COMMUNICATION

PREVENTING ILLNESS

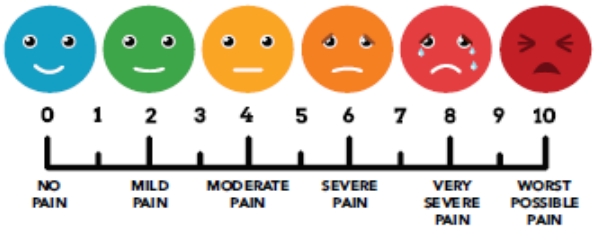
QUICK COMMUNICATION

GET MEDICAL HELP

TIPS FOR HEALTH PROVIDER

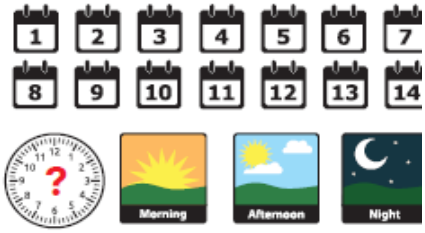
- Get the person's attention and make eye contact
- Repeat, rephrase, or write down your request
- Ask and/or indicate before touching the person
- Ask the person their preferred method of communication
- Minimize the number of people interacting with the patient
- Know that hearing aids/cochlear implants may improve hearing, but a person may still benefit from an assistive listening device and still may not understand all that you say.

HOW DO YOU FEEL?

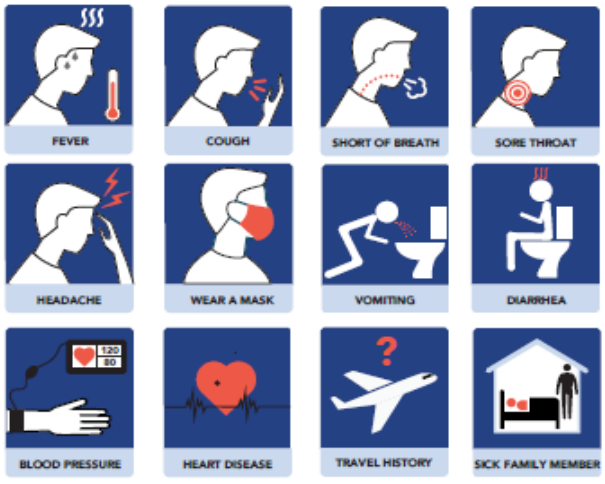


HOW LONG HAVE YOU HAD SYMPTOMS?

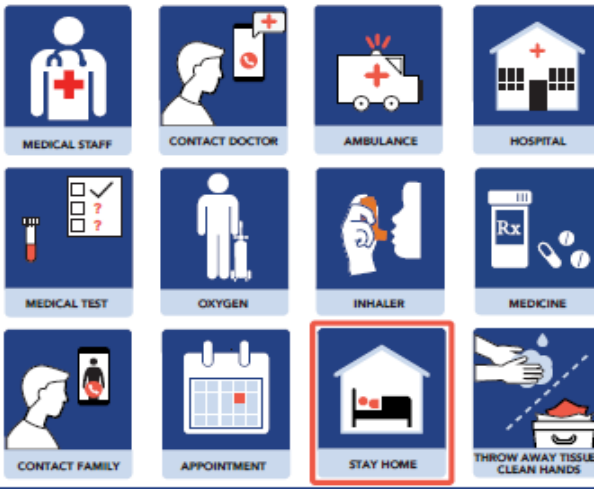
- MINUTES
- HOURS
- DAYS
- WEEKS
- MONTHS
- YEARS



SITUATION, HISTORY & SYMPTOMS



TREATMENT & CARE



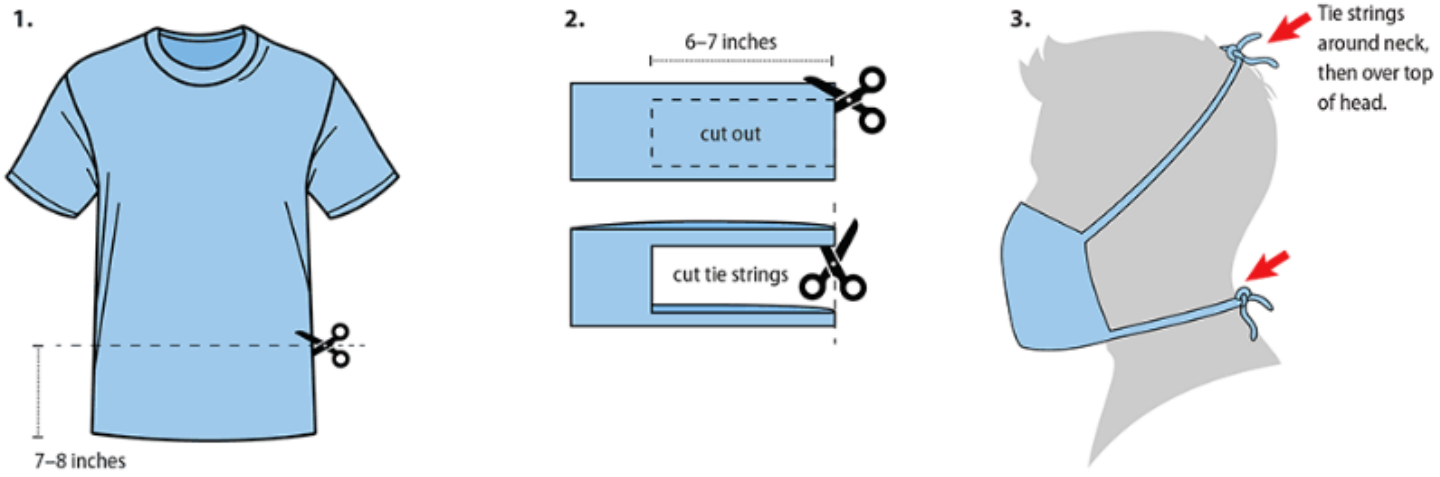
▸ DEVELOPED BY THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING ▸ HTTPS://MASS.GOV

Face Masks

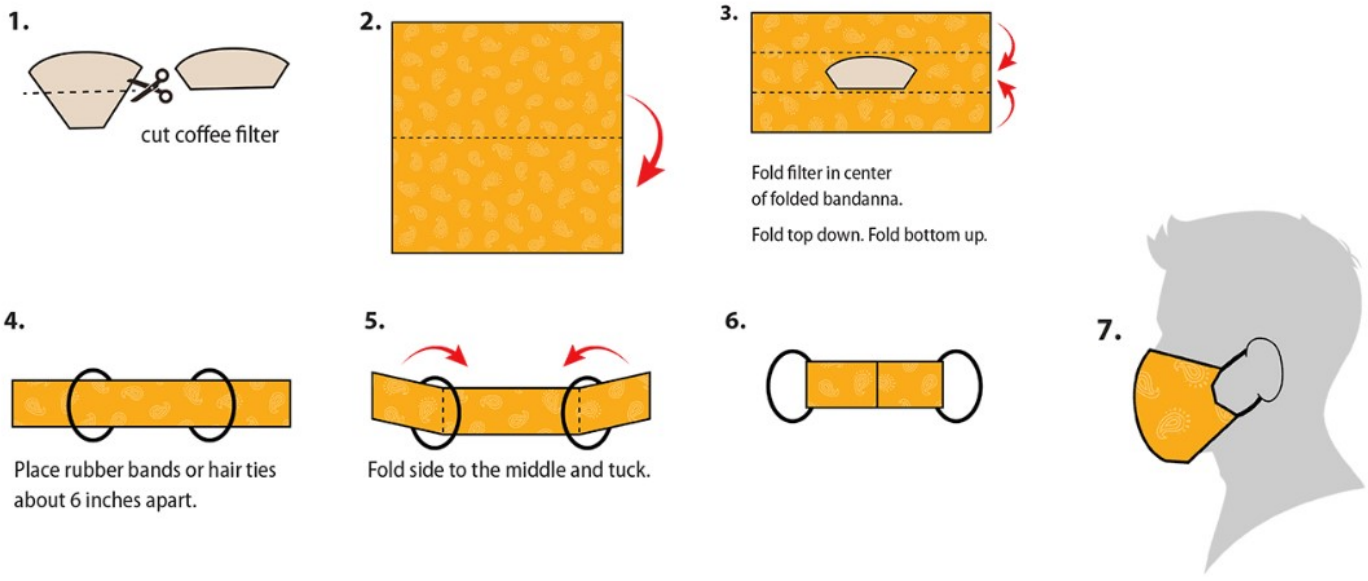
CDC recommends wearing cloth face coverings in public settings whenever outside your home https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

Video Tutorial : https://youtu.be/tPx1yqvJgf4

Option 1:

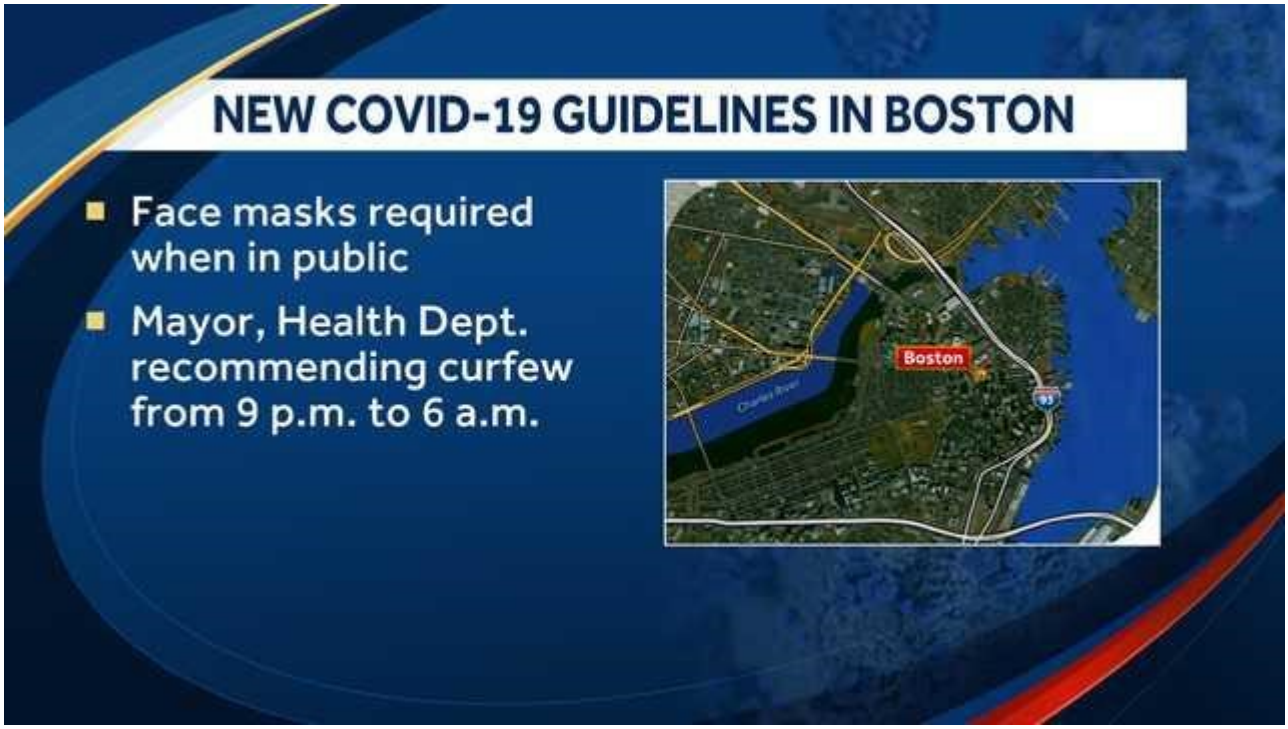


Option 2:



Boston Curfew:

Mayor Marty Walsh recommends, if you are not an essential worker, a curfew of 9:00pm—6:00am. This means to stay home during these hours unless absolutely necessary or for emergencies.



Coronavirus Expected Peak:

Positive coronavirus cases is expected to peak between April 10, 2020 and April 20, 2020. During this time, try to limit trips outside your home to only the essentials (food shopping, pharmacy, doctors)

Coronavirus Drive-Thru Testing Sites:

Coronavirus drive-thru testing sites are being set up across Massachusetts by appointment.

Some open sites:
Waltham
Foxborough
Shrewsbury

Free Online Game in ASL: DeafVerse

Looking for something fun to do?
Wish there was a game in ASL?
Look no further. DeafVerse is a new, free, online game and the content is signed in ASL and written in English. Go on an adventure through the DeafVerse today.

https://www.nationaldeafcenter.org/deafverse/index.html

Resources for Deaf Children:

https://nkc.knack.com/asl-library#asl-library2/

A bilingual repository of courses, curriculum, and books –all in American Sign Language (ASL)

BU Deaf Studies
DEAF EDUCATION LIBRARY
BILINGUAL ASL-ENGLISH

Free Internet Connections

Provider	Service	Who qualifies	Offer	How to get it
Altice Optimum	Internet up to 30 Mbps	New customers with K–12 or college students in household	No cost for first 60 days	Call 1-866-200-9522
Altice Suddenlink	Internet up to 30 Mbps	New customers with K–12 or college students in household	No cost for first 60 days	Call 1-888-633-0030
Charter Spectrum	Internet up to 100 Mbps and no installation fees	New customers with K–12 or college students in household	No cost for first 60 days	Call 1-844-488-8395
Comcast Xfinity	Internet Essentials package with speeds up to 25 Mbps	New Xfinity customers who are eligible to public assistance programs	No cost for first 60 days ($9.95/mo. after)	https://apply.internetessentials.com/
Cox	Internet up to 15 Mbps through Connect2Compete program	New Cox customers with at least one K–12 student in household who qualifies for public assistance programs	No cost for first 30 days ($9.95/mo. after)	https://www.cox.com/residential-shop/checkout-profile.html

Sorenson Wavello:
https://www.sorenson.com/getwavello/

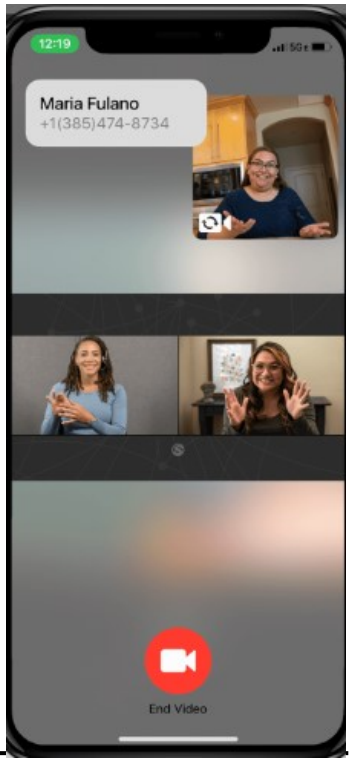
Through the Wavello app, you can now see the person you are chatting with as well as the ASL interpreter.

- Download the free Wavello app.
- Register your phone number.

Here are some helpful tips for you to connect with Wavello the next time you use Sorenson Relay:

- Allow notifications.
- Enable speakerphone (or headphones) before accepting the Wavello invitation.

Accept the Wavello invitation from the Deaf person and Be Seen.



How to Download Zoom

On your laptop or computer:

Tutorial:
https://www.bates.edu/helpdesk/2020/03/23/how-to-zoom-downloading-and-installing-the-zoom-application-prior-to-your-first-zoom-meeting/

On your iPhone:

Tutorial:
https://uis.georgetown.edu/zoom/install/ios/

1. Go to the App Store on your phone

2. Type in "Zoom"
3. You will see "ZOOM Cloud Meeting"
4. Click "Get"

5. You may have to enter your password or use your fingerprint to finish download
6. Download finish, connect with friends and family

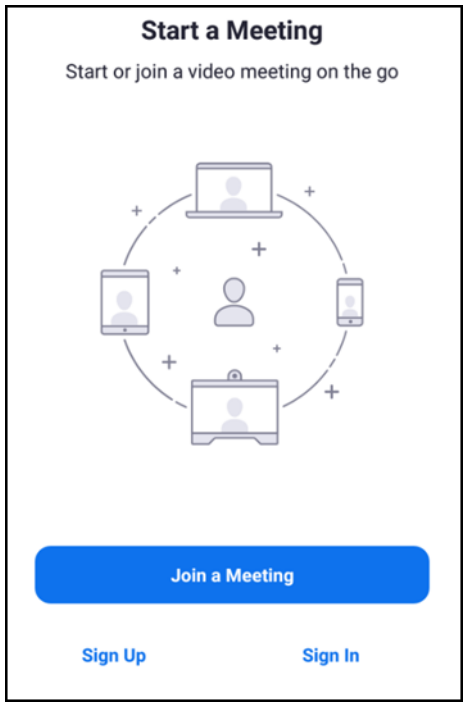
How to Download Zoom

For Android:

1. Go to “Play Store” app

2. Type “Zoom” on search bar and

3. Click “Install” button

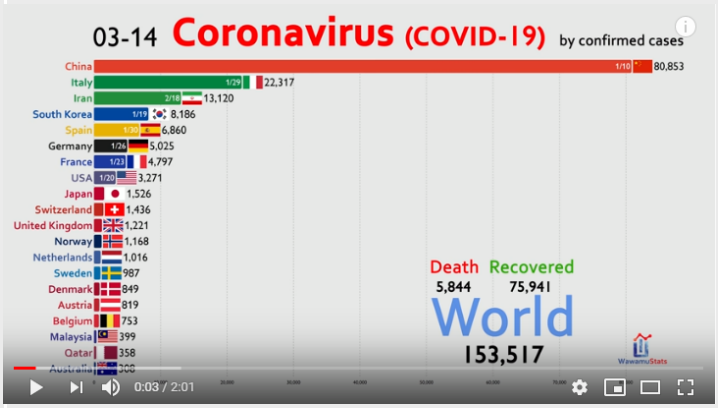
4. 

After install, the app is automatically opened. If not, go to home page click Zoom app.

Coronavirus Resources:

Coronavirus Worldwide Information:

https://www.youtube.com/watch?v=v1ulDhnqbWU

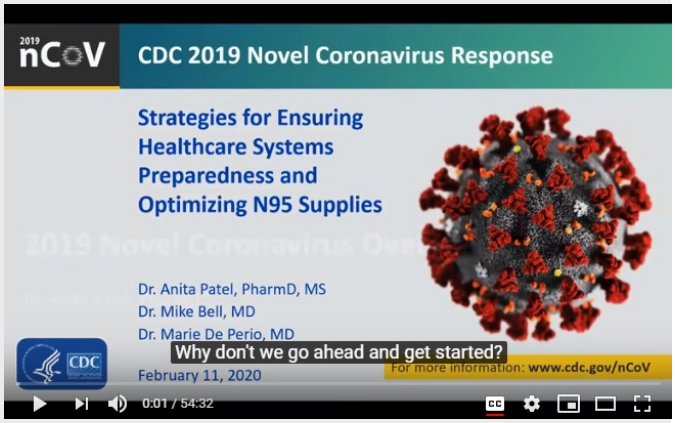


When to Seek Medical Care:

https://www.youtube.com/watch?v=EUCY1Yc816Y

Coronavirus Overview:

https://www.youtube.com/watch?v=p_llGsYMy3k



Managing Anxiety and Stress:

https://www.youtube.com/watch?v=zvxT3gBp3Yk

A.A. and N.A. Resources:

NEVER ALONE GROUP **DEAF**

Closed NA meeting. All addicts welcome

https://zoom.us/j/802616925 Call in at 802616925

Time zone	Thursdays	Saturdays	Sundays
HST- Hawaii Time	3PM	7AM	4 PM
AKST- Alaska Time	4 PM	8AM	5 PM
PST- Pacific Time	5 PM	9 AM	6 PM
MST- Mountain Time	6 PM	10 AM	7 PM
CST- Central Time	7 PM	11 AM	8 PM
EST- Eastern Time	8 PM	12 PM	9 PM

#NEVERALONE

Speaker meeting April 11 2020

Robbin W. **Will be celebrating 9 years**

Clean Date 4.11.11

Language : ASL American Sign Language

If you need an interpreter for this meeting please contact

Laura S. 3615759094 by text

Supports:

MCDHH's Deaf Recovery Coaches contact: Karran.Larson Monday -Friday
VP: 413-347-4094 Text: 857-488-5440 Email: Karran.Larson@mass.gov

A.A. and N.A. available: www.sardiprogram.com

Online meetings: Deaf Off Drugs and Alcohol (DODA) offers A.A. and N.A. meeting online. The active meetings are Monday, Wednesday, and Friday.

For remote A.A. meetings with ASL interpreters go to: www.seattleaa.org/onlinr-meetings/

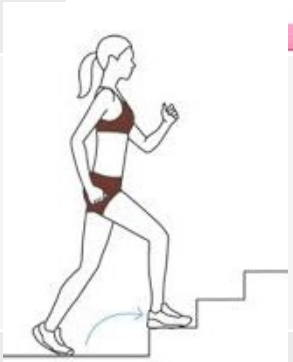
Exercises To Do At Home

Q: What kind of exercises can I do at home?
A: You can do **a lot** at home

Walk in place to warm up

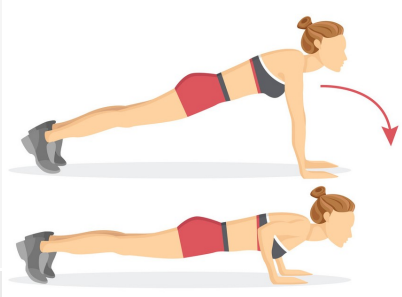
Bicycle Crunches
2 sets of 10

Up and Down the Stairs
Up and down the stairs 5 times x3



Sumo Squats
2 sets of 10

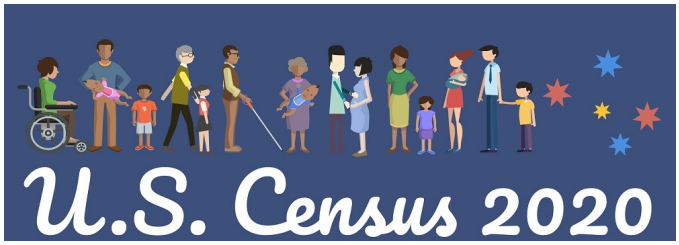
Push Ups
2 sets of 10



Side Plank
2 sets of 20 seconds each side

DEAF inc
215 Brighton Avenue
Allston, MA 02134
617-505-4823 (VP/V)
info@deafinconline.org
www.deafinconline.org

ENJOY THE SPECIAL EDITION NEWSLETTER!



NAD's ASL Video on the U.S Census 2020
https://www.youtube.com/watch?time_continue=36&v=1qMSlb1sbXw&feature=emb_logo

Text To 911 Now Available

State 911 Department Says
"Call if you can, text if you can't"

Emergency **call** 911
1st Best VP, TTY, Voice
2nd Best Text

SAFE SPACE LGBTQIA