DEAF, Inc. is available to help

DEAF, Inc. staff are available to help by:
Videophone
Telephone
Email

Due to the Coronavirus (COVID-19)
In-person, walk-in and Frog are not available
Our office locations are not open.

All DEAF, Inc. staff are working off-site.
Staff are not in the offices

This is for the safety of our consumers, community, and staff—until further notice. Contact our staff at regular numbers & email (additional contact info on next page)

Check our website & Facebook page for updates
https://www.deafinconline.org/
https://www.facebook.com/DEAFIncMA/
@DEAFIncMA
# Contact DEAF, Inc.

Call your staff at regular vp/phone number  
Email your staff at their regular email address

Please give us more time to answer.

**Can’t contact your staff?**  
Use one of these numbers below

<table>
<thead>
<tr>
<th>Office/Region</th>
<th>Regional Director/Lead IL</th>
<th>Email</th>
<th>VP</th>
<th>Voice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston</td>
<td>Front Desk</td>
<td><a href="mailto:frontdesk@deafinconline.org">frontdesk@deafinconline.org</a></td>
<td>617-505-4823</td>
<td>617-520-4433</td>
</tr>
<tr>
<td>Lawrence</td>
<td>Marie Desrosiers</td>
<td><a href="mailto:mdesrosiers@deafinconline.org">mdesrosiers@deafinconline.org</a></td>
<td>978-208-4591</td>
<td>978-208-4591</td>
</tr>
<tr>
<td>New Bedford</td>
<td>Catarina Lima</td>
<td><a href="mailto:clima@deafinconline.org">clima@deafinconline.org</a></td>
<td>508-717-8809</td>
<td>508-717-8809</td>
</tr>
<tr>
<td>Taunton</td>
<td></td>
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<tr>
<td>Hyannis</td>
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</tr>
<tr>
<td>Salem</td>
<td>Matthew Castiglione</td>
<td><a href="mailto:mcastiglione@deafinconline.org">mcastiglione@deafinconline.org</a></td>
<td>978-910-0041</td>
<td>978-910-0041</td>
</tr>
<tr>
<td>DBCAN</td>
<td>Elaine Ducharme, Jean Healy</td>
<td><a href="mailto:Educharme@deafinconline.org">Educharme@deafinconline.org</a>, <a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
<td>617-860-3708</td>
<td></td>
</tr>
</tbody>
</table>

DEAF, Inc. is available, please contact us if you need assistance
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
617-860-3708 VP (please email first)

Facebook resources

Press Conference information
Get latest information

@MCDHH.MA
@DEAFIncMA

<table>
<thead>
<tr>
<th>WHAT IS OPEN?</th>
<th>WHAT IS CLOSED?</th>
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<tbody>
<tr>
<td>♦ Grocery Stores ♦ Schools</td>
<td></td>
</tr>
<tr>
<td>♦ Pharmacy ♦ Community Centers</td>
<td></td>
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<tr>
<td>♦ Hospital/Doctors Office (call first) ♦ State Agencies</td>
<td></td>
</tr>
<tr>
<td>♦ Restaurants for delivery or take-out ♦ Most shopping stores</td>
<td></td>
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<tr>
<td>♦ ♦ Movies</td>
<td></td>
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<tr>
<td>♦ ♦ Playgrounds</td>
<td></td>
</tr>
<tr>
<td>♦ ♦ Court</td>
<td></td>
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</tbody>
</table>
# 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 |
<table>
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<tbody>
<tr>
<td>Department of Transitional Assistance (DTA)</td>
<td>Closed for in-person visit until further notice. Can leave documents at “drop-box”</td>
<td>(877) 382-2363 DTACConnect.com</td>
</tr>
</tbody>
</table>
| Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) | ASL Video: https://youtu.be/vTM5PSZiM3Q | Emergency line: 800-249-9949
Interpreter Requests: https://www.mcdhh.net/request/ |
| Massachusetts Rehabilitation Commission (MRC) | Closed for in-person visit until further notice. Contact via email/phone | 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 |

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### Need General Information??
- Call 211
- https://mass211.org/
- Chat live online

### Need Coronavirus Information??
- Mass.gov/COVID19
- City of Boston text updates: Text BOSCOVID To 99411

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Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
Social Distancing FAQ:

♦ Who is at high risk?
  ♦ Senior citizens, those with chronic illness, anyone with asthma or respiratory (breathing) issues

♦ Can I go to a restaurant, food court or bar?
  ♦ Take-out only.

♦ What about visiting Grandma and Grandpa?
  ♦ Avoid seniors are most at risk

♦ Are kids' play dates OK?
  ♦ No. Stay home with your children.
  ♦ Do not go to playgrounds.

♦ What about having close friends over to visit?
  ♦ No in-person visits.
  ♦ FaceTime or online communication is best.

♦ I have a regular doctor's visit scheduled, should I still go?
  ♦ Call ahead, many appointment are cancelled at this time.

♦ I need to go to the grocery store. What should I do?
  ♦ Wipe down cart or basket
  ♦ Avoid busy times.
  ♦ Stay 6ft away from others.
  ♦ Wash hands for 20 seconds often
  ♦ Do not touch your face.
Help Prevent COVID-19 with Social Distancing

Call/Facetime/online chat with friends and family.

Stay home as much as you can.

If you must go out:
- Don’t gather in groups
- Stay 6 feet away from others
- Don’t shake hands or hug

And please continue to wash your hands frequently.

www.mass.gov/COVID19 | Call 2-1-1

Massachusetts Department of Public Health
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:

- Wash your hands often with soap and warm water, or use an alcohol-based gel.
- Avoid touching your eyes, nose and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Stay home if you are sick and avoid close contact with others.
- Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit mass.gov/KnowPlanPrepare for a preparedness checklist.

For more, visit: www.mass.gov/2019coronavirus
Flatten the Curve: What Does That Mean?

To slow the spread of the COVID-19 important to “flatten the curve”. But what does that mean?

That means if we practice social distancing (staying home and away from family and friends who live outside our homes) we can slow and limit the amount of people who get exposed to COVID-19.

Below are two examples. The left shows what would happen if we do not limit our contact with other people. 100% of people will become ill. The right shows what would happen if we practice social distancing. A good portion stays healthy and never becomes sick.

The orange/brown area are the number of sick people. You might notice that the right example has far fewer people who become sick.
Emergency News conference—
Can’t see interpreter?
No captioning?

Speak UP!
Please use the following links to share feedback:

WBZ Channel 4: https://boston.cbslocal.com/station/wbz-tv/

WCVB Channel 5: newsroom@wcvb.com

NECN New England Cable News:
https://www.necn.com/send-feedback/

WHDH Channel 7: webfeedback@whdh.com

FACEBOOK
Become ‘friends’ with DEAF, Inc.

Get fast updates and more information

https://www.facebook.com/DEAFIncMA/
@DEAFIncMA
Activities To Do At Home

Watch Movies

Art

Meditate

Clean Your Home

Video Call with Friends and Family

Home Workout
No Equipment

Cooking
Try a New Recipe

Home Workout: No Equipment

- Jumping jacks
- Push ups
- Crunches
- Leg raises
- High knees
- Forward lunges
- Squats
- Mountain climbers

5 reps | 5 sets each

rest between sets

beginner: as long as you need
intermediate: up to 60 seconds
advanced: 30 seconds

Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
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

Squats—
Space legs shoulder wide
Squat as if sitting in chair, stand up, repeat
Hold onto a counter for support if needed

Jumping Jacks
Instead of jumping, can tap one foot out at time.

Lunges
Hold onto a counter or table for support if needed

Overhead press
Grab two weights—dumbbell, soup cans, book
Hold arms at right angle, raise weight overhead, lower, repeat.
Can do one arm at a time. Seated or standing

Bicep Curl
Grab weights—Do one arm up at a time, or both!
Seated or standing

Arm circles
Hold arms out to the side—
Make small circles with arms
Reverse
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 9 p.m. & and Sunday 7 a.m. to 7 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.

**Shaws Star**
Seniors and other at-risk members of the community
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.

**Target**
Seniors or those with underlying health concerns—Wednesdays 1st hour open
Stores closing by 9 p.m. daily.

**Trader Joe’s**
All customers 9 a.m. to 7 p.m.

**Walmart**
All customers 6 a.m. to 11 p.m.

**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

Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
U.S. Census

Expect US Census mail—(see example below)

Q: Who needs to reply to the Census?
   A: EVERYONE, citizens and non-citizens

Q: Why do I need to reply?
   A: Help our country, state, and neighborhoods know how many people live there and the needs of the community.

Q: Do you need help in understanding the Census?
   A: Don’t worry. Staff are here to help you fully understand any and all paperwork. Please feel free to call or email your staff with any questions
Earth Day Word Search

CLEAN
CONSERVE
EARTH
ENERGY
ENVIRONMENT
GREEN
HABITAT
NATURE
PLANET
RECYCLE
REDUCE
REUSE
TREES
WORLD
ENJOY THE SPECIAL EDITION NEWSLETTER!

Available Now!
Visor Cards for Deaf & Hard of Hearing drivers

Visit any DEAF, Inc. Office to get yours.

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