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

<table>
<thead>
<tr>
<th>Boston</th>
<th>Lawrence</th>
<th>New Bedford</th>
<th>Salem</th>
<th>DBCAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Desk</td>
<td>Marie Desrosiers</td>
<td>Taunton</td>
<td>Matthew Castiglione</td>
<td>Elaine Ducharme</td>
</tr>
<tr>
<td><a href="mailto:frontdesk@deafinconline.org">frontdesk@deafinconline.org</a></td>
<td><a href="mailto:mdesrosiers@deafinconline.org">mdesrosiers@deafinconline.org</a></td>
<td>Hyannis</td>
<td><a href="mailto:mcastiglione@deafinconline.org">mcastiglione@deafinconline.org</a></td>
<td><a href="mailto:Educharme@deafinconline.org">Educharme@deafinconline.org</a></td>
</tr>
<tr>
<td>VP 617-505-4823</td>
<td>VP 978-208-4591</td>
<td>Catarina Lima</td>
<td>VP 978-910-0041</td>
<td>Jean Healy</td>
</tr>
<tr>
<td>Voice 617-520-4433</td>
<td>Voice 978-208-4591</td>
<td><a href="mailto:clima@deafinconline.org">clima@deafinconline.org</a></td>
<td>Voice 508-717-8809</td>
<td><a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>VP 617-586-2505</td>
</tr>
</tbody>
</table>

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.

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

<table>
<thead>
<tr>
<th>WHAT IS OPEN?</th>
<th>WHAT IS CLOSED?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grocery Stores</td>
<td>Schools</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>Community Centers</td>
</tr>
<tr>
<td>Hospital/Doctors Office (call first)</td>
<td>State Agencies</td>
</tr>
<tr>
<td>Restaurants for delivery or take-out</td>
<td>Most shopping stores</td>
</tr>
<tr>
<td>Gas Stations</td>
<td>Movies</td>
</tr>
<tr>
<td>Home improvement stores</td>
<td>Playgrounds</td>
</tr>
<tr>
<td>Not sure—call ahead</td>
<td>Courts—Emergency? Call</td>
</tr>
<tr>
<td>Better—STAY HOME</td>
<td>All non-essential businesses</td>
</tr>
</tbody>
</table>
# State & Federal Agencies Information

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<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>
<tr>
<td>Massachusetts Rehabilitation Commission (MRC)</td>
<td>Closed for in-person visit until further notice.</td>
<td><a href="https://www.mass.gov/orgs.massachusetts-rehabilitation-commission">https://www.mass.gov/orgs.massachusetts-rehabilitation-commission</a></td>
</tr>
<tr>
<td>Social Security Offices (SSI, SSA, SSDI)</td>
<td>Closed for in-person visit until further notice.</td>
<td>1-800-772-1213 TTY 1-800-325-0778 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></td>
</tr>
<tr>
<td>Department of Unemployment Assistance (DUA)</td>
<td>Closed for in-person visit until further notice.</td>
<td><a href="https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits">https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits</a></td>
</tr>
</tbody>
</table>

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

### Sign up for COVID-19 Alerts:
Send to number 888-777 Message "COVIDMA"

### 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 •
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.

Seniors and others at risk members
Tuesdays & Thursdays, 7 a.m. to 9 a.m.,
All customers 7 a.m. to 8 p.m.

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

**Shaws**
All customers 7:30 a.m. and close at 8 p.m.

**Price Chopper**
All customers 7 a.m. to 10 p.m.

**Big Y**
Age 60+ 6 a.m. to 7:30 a.m. daily
All customers 7:30 a.m. to 8 p.m.
Food Delivery Available

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

**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**
All customers 9 a.m. to 7 p.m.

**Trader Joe’s**
All customers 6 a.m. to 11 p.m.
Food Delivery Available

**Walmart**
Store hours vary by location
Waived charges for home delivery of prescription medications

**CVS Pharmacy**
Stores will close daily at 6 p.m. Opening hours remain unchanged

**Whole Foods**
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

---

**Restaurant Delivery:**

**DoorDash**
Www.doordash.com

**Postmates**
Www.postmates.com

**GrubHub**
Www.grubhub.com

**UberEats**
Www.ubereats.com

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Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
Food Pantry Information

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

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

- 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

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

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

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

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

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

CDC recommends wearing cloth face coverings in public settings whenever outside your home


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

**Option 1:**

1. 

2. 

3. 

**Option 2:**

1. 

2. 

3. 

4. 

5. 

6. 

7.
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)
## Free Internet Connections

<table>
<thead>
<tr>
<th>Provider</th>
<th>Service</th>
<th>Who qualifies</th>
<th>Offer</th>
<th>How to get it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altice Optimum</td>
<td>Internet up to 30 Mbps</td>
<td>New customers with K–12 or college students in household</td>
<td>No cost for first 60 days</td>
<td>Call 1-866-200-9522</td>
</tr>
<tr>
<td>Altice Suddenlink</td>
<td>Internet up to 30 Mbps</td>
<td>New customers with K–12 or college students in household</td>
<td>No cost for first 60 days</td>
<td>Call 1-888-633-0030</td>
</tr>
<tr>
<td>Charter Spectrum</td>
<td>Internet up to 100 Mbps and no installation fees</td>
<td>New customers with K–12 or college students in household</td>
<td>No cost for first 60 days</td>
<td>Call 1-844-488-8305</td>
</tr>
<tr>
<td>Comcast Xfinity</td>
<td>Internet Essentials package with speeds up to 25 Mbps</td>
<td>New Xfinity customers who are eligible to public assistance programs</td>
<td>No cost for first 60 days (59.95/mo. after)</td>
<td><a href="https://apply.internetessentials.com/">https://apply.internetessentials.com/</a></td>
</tr>
<tr>
<td>Cox</td>
<td>Internet up to 15 Mbps through Connect2Compete program</td>
<td>New Cox customers with at least one K–12 student in household who qualifies for public assistance programs</td>
<td>No cost for first 30 days (59.95/mo. after)</td>
<td><a href="https://www.cox.com/residential-shop/checkout-profile.html">https://www.cox.com/residential-shop/checkout-profile.html</a></td>
</tr>
</tbody>
</table>

### 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 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=pIlGsYMy3k

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

<table>
<thead>
<tr>
<th>Time zone</th>
<th>Thursdays</th>
<th>Saturdays</th>
<th>Sundays</th>
</tr>
</thead>
<tbody>
<tr>
<td>HST- Hawaii Time</td>
<td>3PM</td>
<td>7AM</td>
<td>4 PM</td>
</tr>
<tr>
<td>AKST- Alaska Time</td>
<td>4 PM</td>
<td>8AM</td>
<td>5 PM</td>
</tr>
<tr>
<td>PST- Pacific Time</td>
<td>5 PM</td>
<td>9 AM</td>
<td>6 PM</td>
</tr>
<tr>
<td>MST- Mountain Time</td>
<td>6 PM</td>
<td>10 AM</td>
<td>7 PM</td>
</tr>
<tr>
<td>CST- Central Time</td>
<td>7 PM</td>
<td>11 AM</td>
<td>8 PM</td>
</tr>
<tr>
<td>EST- Eastern Time</td>
<td>8 PM</td>
<td>12 PM</td>
<td>9 PM</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bicycle Crunches</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Up and Down the Stairs</td>
<td>3</td>
<td>5x</td>
</tr>
<tr>
<td>Sumo Squats</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Push Ups</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>Side Plank</td>
<td>2</td>
<td>20</td>
</tr>
</tbody>
</table>

Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
ENJOY THE SPECIAL EDITION NEWSLETTER!

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

NAD’s ASL Video on the U.S Census 2020
https://www.youtube.com/watch?time_continue=36&v=1qMS1b1sbXw&feature=emb_logo