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
Zoom, Facetime and more.

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

Facebook
Get latest information about DEAF, Inc.
@DEAFIncMA

Press Conference information
@MCDHH.MA
Stay Connected
Coronavirus, is difficult for everyone
YOU ARE NOT ALONE!

SET UP A ZOOM SESSION
Download the free Zoom app in the App Store or Google Play Store.

SET UP A GOOGLE HANGOUT
Download the Hangouts Meet by Google app in the App Store or Google Play Store.

TRY A FACETIME GROUP
If everyone has an iPhone, use this easy app to connect.

Sorenson Group VP

Sorenson’s Wavello

CONNECT ON WHATSAPP MESSENGER
Get the free app in the App Store or Google Play to stay connected around the world.

We want to reassure MassHealth members My Ombudsman will continue to operate during the declared State of Emergency regarding the Coronavirus.

Just a reminder, MassHealth Managed Care and Integrated Care members can call us about a variety of concerns, including:

- Accessing services from MassHealth (medical supplies, PCA, etc.)
- Prescription problems
- Billing issues
- Transportation
- Accessibility concerns (Interpreters, CART, CDI, VRI)
- As well as any other concerns

Please contact: Lori Siedman 339-224-6831 VP/Direct LSiedman@myombudsman.org 617-932-7416 Fax.
Hearing Members can use our hotline 1-855-307-7995 or info@myombudsman.org.
We look forward to supporting you!
Hospitals are required to provide communication access, yes, but they are currently overwhelmed and may not be able to accommodate you right away.

- Download the visual tool, on the next page, to your phones so that you have fast, easy access.
- Another helpful tool is the Medical History form to the left. Fill out this form and bring with you to the hospital.
- Taking picture of medications so they are stored on your phone.
- iPhone apps:
  - My Medical ID—a place to store medical information
  - Smart 911—fill in your information, it can automatically connect you to the 911 dispatcher who will be able to see your all information
## State & Federal Agencies Information

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><a href="https://www.uscis.gov/coronavirus">https://www.uscis.gov/coronavirus</a></td>
</tr>
<tr>
<td>Department of Transitional Assistance (DTA)</td>
<td>(877) 382-2363</td>
</tr>
<tr>
<td></td>
<td>DTAConnect.com</td>
</tr>
<tr>
<td>Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)</td>
<td>ASL Video: <a href="https://youtu.be/vTM5PSZiM3Q">https://youtu.be/vTM5PSZiM3Q</a></td>
</tr>
<tr>
<td></td>
<td>Emergency line: 800-249-9949</td>
</tr>
<tr>
<td></td>
<td>Interpreters: <a href="https://www.mcdhh.net/request/">https://www.mcdhh.net/request/</a></td>
</tr>
<tr>
<td></td>
<td>Case Management:</td>
</tr>
<tr>
<td></td>
<td>VP: 617-326-7546</td>
</tr>
<tr>
<td></td>
<td>Voice: 617-740-1600</td>
</tr>
<tr>
<td></td>
<td>VOCA</td>
</tr>
<tr>
<td></td>
<td>Text: 857-202-7164</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:Shannon.Silvestri@mass.gov">Shannon.Silvestri@mass.gov</a></td>
</tr>
<tr>
<td></td>
<td>Deaf Recovery Coaches</td>
</tr>
<tr>
<td></td>
<td>VP: 413-347-4094</td>
</tr>
<tr>
<td></td>
<td>Text: 857-488-5440</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:Karran.Larson@mass.gov">Karran.Larson@mass.gov</a></td>
</tr>
<tr>
<td>Massachusetts Rehabilitation Commission (MRC)</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>1-800-772-1213</td>
</tr>
<tr>
<td></td>
<td>TTY 1-800-325-0778</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></td>
</tr>
<tr>
<td>Department of Unemployment Assistance (DUA)</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>

### 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

### Before You Go Outside:
- **Wear a MASK**
- Cover nose and mouth
- Make sure you can breath easily
Face Masks Information

https://www.facebook.com/groups/591511844198515/permalink/3443599315656406/?sfnsn=mo&d=n&vh=i


https://www.facebook.com/watch/?v=931248810662719
GROCERY Delivery Services

Eataly: via Instacart.
H Mart: via Instacart.
Market Basket: via Instacart.
Roche Bros.: via Shipt.
Shaw’s: via Instacart.
Star Market: via Instacart.
Stop & Shop: Peapod service.
Wegmans: via Instacart.
Whole Foods: via Amazon Prime.
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:
Support your local restaurants
DoorDash: www.doordash.com
Postmates: www.postmates.com
GrubHub: www.grubhub.com
UberEats: www.ubereats.com

Reusable Shopping Bags:
Plastic ☞
Paper ☑

Food Pantry Information

- https://www.foodpantries.org/st/massachusetts
  - Statewide Information
  - Some food pantries deliver (call ahead)
  - Some are pick up only

- https://www.servings.org/
  - For chronically & 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
COVID-19 Dashboards
For Boston and Massachusetts
Last updated on 4/16/2020
Click link for more up-to-date information

<table>
<thead>
<tr>
<th>TOTAL CASES</th>
<th>RECOVERED CASES</th>
<th>DEATHS</th>
<th>TOTAL CASES OVER TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,763</td>
<td>708</td>
<td>122</td>
<td></td>
</tr>
</tbody>
</table>

**MASSACHUSETTS**

<table>
<thead>
<tr>
<th>TOTAL MA CASES</th>
<th>MA DEATHS</th>
<th>MA CASES BY AGE</th>
<th>MA TOTAL TESTS</th>
<th>% TESTED POSITIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>32,181</td>
<td>1,245</td>
<td></td>
<td>140,773</td>
<td>22.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOTAL US CASES</th>
<th>TOTAL US DEATHS</th>
<th>TOTAL TESTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>632,548</td>
<td>27,012</td>
<td>335,743</td>
</tr>
</tbody>
</table>

**Coronavirus COVID-19 Cases in Massachusetts**

**Total Cases**

<table>
<thead>
<tr>
<th>Cases by County</th>
</tr>
</thead>
<tbody>
<tr>
<td>7,206 MIDDLESEX</td>
</tr>
<tr>
<td>6,820 SUFFOLK</td>
</tr>
<tr>
<td>4,245 ESSEX</td>
</tr>
<tr>
<td>3,342 NORFOLK</td>
</tr>
<tr>
<td>2,503 WORCESTER</td>
</tr>
<tr>
<td>2,466 PLYMOUTH</td>
</tr>
<tr>
<td>1,985 HAMPDEN</td>
</tr>
<tr>
<td>1,605 BRISTOL</td>
</tr>
<tr>
<td>638 UNKNOWN</td>
</tr>
<tr>
<td>550 BARNSTABLE</td>
</tr>
<tr>
<td>382 BERKSHIRE</td>
</tr>
<tr>
<td>248 HAMPshire</td>
</tr>
</tbody>
</table>

**Total Deaths**

<table>
<thead>
<tr>
<th>Total Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,245</td>
</tr>
</tbody>
</table>

**Sex**

| Sex    | 16,794 Female  | 14,176 Male  | 1,211 Unknown |

**Last updated on 4/16/2020**

<table>
<thead>
<tr>
<th>Total Cases</th>
<th>Daily New Cases</th>
<th>Percentage of Tests Returned Positive</th>
<th>Testing and Positive Cases</th>
</tr>
</thead>
</table>

Click for update: [COVID-19 cases in Boston](#)

Click for update: [COVID-19 cases in Mass.](#)
Stimulus Check Update:

Stimulus checks will automatically be deposited into your account if you filed taxes last year. If you are low-income and do not file taxes or receiving Veterans benefits or SSI you might want to visit the IRS website for faster results.


https://www.freecommunications.com/#/fd/EconomicImpactPayment

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)
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

20 minute Full Body Yoga Workout

Grab a yoga mat & get ready to get long and lean! This workout helps build muscle strength and increase flexibility. Our yoga routine will also help to reduce your stress levels.

Hold each move for 40 seconds & take a 20 second break in between. Switch sides if noted. Tone your entire body by doing this at least 3 times per week.

1. Forward Bend
2. Chair Pose
3. Downward Facing Dog
4. Dolphin Pose
5. One Leg Downward Facing Dog (L)
6. One Leg Downward Facing Dog (R)
7. Camel Pose
8. Cobra Pose
9. Upward Facing Dog
10. Forearm Plank
11. Side Forearm Plank (L)
12. Side Forearm Plank (R)
13. Bridge Pose
14. Warrior I
15. Warrior II
16. Warrior III
17. Triangle Pose
18. Tabletop
19. Child's Pose
20. Corpse Pose
Zoom Social Hour

Feeling lonely?
Missing your friends and peers?
Join us for a Social Hour on Zoom.

**When:**
Friday, April 24, 2020
10:00am-12:00pm

**How to Connect?**
Contact frontdesk@deafinconline.org or 617-505-4823 with any questions or meeting information
### Mental Health Reminders

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exposure to Nature</strong></td>
<td>Enhance relaxation and well-being! Take a nature walk!</td>
</tr>
<tr>
<td><strong>Sleep Quality</strong></td>
<td>Aim for 7-9 hours of sleep each night</td>
</tr>
<tr>
<td><strong>Meditation</strong></td>
<td>Great for stress relief! Focus on breathing.</td>
</tr>
<tr>
<td><strong>Exercise</strong></td>
<td>Try jogging, walking, or biking</td>
</tr>
<tr>
<td><strong>Healthy Eating</strong></td>
<td>Practice good nutrition</td>
</tr>
<tr>
<td><strong>Journal Writing</strong></td>
<td>Expressing your emotions can reduce stress. Write about what’s good in your life!</td>
</tr>
<tr>
<td><strong>Creative Expression</strong></td>
<td>Art is healing! Try drawing, painting, coloring or collage!</td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>Try drinking 8 8oz glasses of water daily!</td>
</tr>
<tr>
<td><strong>Self-Compassion</strong></td>
<td>Focus on being kind to yourself. You are doing your best!</td>
</tr>
</tbody>
</table>
ENJOY THE SPECIAL EDITION NEWSLETTER!

U.S Census 2020—ASL

https://www.youtube.com/watch?v=1qMSlb1sbXw&feature=emb_logo

Complete census form
Online or Paper

YOU COUNT

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