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 the latest information about DEAF, Inc. and community news
@DEAFIncMA

Press Conference information
@MCDHH.MA
Coronavirus is difficult for everyone. Check out these apps to stay connected with others. **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.

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**Are you feeling sick?**  
**Concerned you have Coronavirus?**

Check your symptoms at: [www.buoyhealth.com/symptom-checker](http://www.buoyhealth.com/symptom-checker)

Call your doctor before visiting the doctors office or going to the hospital.

Can’t breathe? That’s an emergency. Call 911.
Print this page or take a screen shot with your phone. Keep it with you if you need to go to the hospital.
https://www.mass.gov/doc/covid-19-card/download

DEAF & HARD OF HEARING INFO - CORONAVIRUS
- Commonwealth of Massachusetts
  https://mass.gov/covid19
- Executive Office of Health & Human Services
  https://mass.gov/echohh
call: Dial 211
- Massachusetts Commission for the Deaf and Hard of Hearing
  https://mass.gov/mcdhh
  email: MCDsafety@mass.gov

PREVENTING ILLNESS
- Wash Hands
- Clean Hands & Surfaces
- Do Not Touch Face
- Cover Cough
- Stay Home
- Avoid Crowds
- Social Distance
- Avoid Travel

GET MEDICAL HELP
- Contact Doctor
- Medical Staff
- Ambulance
- Hospital

HOW DO YOU FEEL?
0 1 2 3 4 5 6 7 8 9 10
No Pain MILD PAIN MODERATE PAIN SEVERE PAIN VERY SEVERE PAIN WORST POSSIBLE PAIN

QUICK COMMUNICATION
- GO
- WAIT
- STOP

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 may not understand all that you say.

HOW LONG HAVE YOU HAD SYMPTOMS?
- MINUTES: 1 2 3 4 5 6 7
- HOURS: 8 9 10 11 12 13 14
- DAYS: MORNINGS AFTERNOONS NIGHTS
- WEEKS: MONTHS YEARS

SITUATION, HISTORY & SYMPTOMS
- Fever
- Cough
- Short of Breath
- Sore Throat
- Headache
- Wear a Mask
- Vomiting
- Diarrhea
- Blood Pressure
- Heart Disease
- Travel History
- Sick Family Member

TREATMENT & CARE
- Medical Staff
- Contact Doctor
- Ambulance
- Hospital
- Medical Test
- Oxygen
- Inhaler
- Medicine
- Stay Home
- Clean Hands

DEVELOPED BY THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING
https://mass.gov
### State & Federal Agencies Information

<table>
<thead>
<tr>
<th>Agency</th>
<th>Website/Contact Information</th>
</tr>
</thead>
</table>
| United States Citizenship and Immigration Services (USCIS)            | [https://www.uscis.gov/contactcenter](https://www.uscis.gov/contactcenter)  
  [https://www.uscis.gov/coronavirus](https://www.uscis.gov/coronavirus) |
| Department of Transitional Assistance (DTA)                           | (877) 382-2363  
  DTAConnect.com                                                        |
| Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)     | ASL Video: [https://youtu.be/vTM5PSZiM3Q](https://youtu.be/vTM5PSZiM3Q)  
  Emergency line: 800-249-9949  
  Interpreters: [https://www.mcdhh.net/request/](https://www.mcdhh.net/request/)  
  Case Management:  
  VP: 617-326-7546  
  Voice: 617-740-1600  
  VOCA  
  Text: 857-202-7164  
  Email: Shannon.Silvestri@mass.gov  
  Deaf Recovery Coaches:  
  VP: 413-347-4094  
  Text: 857-488-5440  
  Email: Karran.Larson@mass.gov |
| Massachusetts Rehabilitation Commission (MRC)                         | [https://www.mass.gov/orgs/massachusetts-rehabilitation-commission](https://www.mass.gov/orgs/massachusetts-rehabilitation-commission) |
| Social Security Offices (SSI, SSA, SSDI)                             | 1-800-772-1213  
  TTY 1-800-325-0778  
  www.socialsecurity.gov                                                  |
| Department of Unemployment Assistance (DUA)                           | [https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits](https://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits) |

### Need General Coronavirus Information??
- Call 211  
  [https://mass211.org/](https://mass211.org/)  
  Chat live online

### Sign up for Coronavirus Alerts:
- Text **COVIDMA** to 888-777

### Coronavirus Information for Boston
- Mass.gov/COVID19  
  City of Boston text updates:  
  Text **BOSCOVID** to 99411

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All Massachusetts schools closed for the rest of the school year.

All daycares closed until June 29, 2020
Do You Need Health Insurance or Dental Coverage?

Who qualifies?
- Younger than 65 years old
- Lives in Massachusetts
- Does not live in a nursing home

You may also qualify if you are (over 65 and):
- Have children under 19 years old
- An adult taking care of and living with a child whose parents are not living in the home
- Not working

For more information visit:

Pandemic Unemployment Assistance (PUA)

Who Qualifies?
Workers not traditionally eligible for unemployment benefits
- Self-employed
- Independent contractor
- Workers with limited history

For more information visit:
https://www.mass.gov/how-to/apply-for-pandemic-unemployment-assistance
Evictions and Foreclosures:

Monday the state officially passed a law that does not allow Evictions or home foreclosures (until the end of the Coronavirus state of emergency).

- Landlords cannot evict tenants
- Landlords cannot terminate apartment/home leases
- Landlords cannot ask tenants to leave


SNAP Benefits

Do you have a child who was getting free or reduced lunches from school?

If you do not already have SNAP Benefits visit: to see if you qualify

https://www.mass.gov/info-details/pandemic-ebt-p-ebt

Your family may be eligible for $5.70/child/school day = $28.50/week/child

SNAP-friendly Farmers’ Markets

MassGrown currently lists more than 245 farmers’ markets on its interactive map. Here are just some of the 150 farmers’ markets that accept SNAP benefits throughout the Bay State:

- Amherst — For more than 40 years, the Amherst Farmers’ Market has offered a wide range of products, including yogurt, wild mushrooms, and Chinese vegetables. April–November.
- Orleans — The Orleans Farmers’ Market offers vegetables, quail eggs, and other delicious goods. You can also visit the market information table for a $10 weekly bonus for SNAP. May–November.
- Easton — The Original Easton Farmers’ Market features local farmers, bakers, and other vendors who sell fresh, seasonal food. May–October.
- Roslindale — Featuring a live concert series, the Roslindale Village Main Street Farmers’ Market offers fresh, local produce and handmade goods from more than 30 vendors. You can earn up to $10 per week through the market’s double SNAP benefits program. June–November.
- Quincy — The Quincy Farmers’ Market draws a loyal crowd thanks to its children’s activities, live music events, and goods produced mainly by small businesses. June–November.
- Springfield — The Farmers’ Market at Forest Park in Springfield is one of the largest and longest-running markets in the state. May–October.

For more information about using SNAP Benefits at a farm stand visit:

# Face Masks Information

## Face Mask Filter DO’s
- Coffee Filter
- Paper Towel
- Dryer Sheets

## Face Mask Filter DONT’s
- Cotton Batting
- Baby Wipes
- Sanitary Napkins (aka Pads)

### Tutorial
1. Cut coffee filter
2. Fold filter in corner of folded bandana. Fold top down, fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.

Filters help to keep the virus from getting through the fibers of the cloth face covering. This helps to enhance your protection from coronavirus.

### How to Properly Put on and Take Off Face Mask/Face Covering
1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.
3. Pick up mask by touching ear loops (or ties) only.
4. Avoid touching mask itself.
5. Hold both ear loops and place a loop around each ear.
6. Fit mask around mouth, nose, and chin.

Many cities and towns are requiring face coverings/masks to be worn either:
- Whenever entering a store or hospital
- Outside on walks
- OR both

Please check with your city or towns website for more information.
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 or 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 4/23/2020
Click link for more up-to-date information

Click for update: COVID-19 cases in Boston

Click for update: COVID-19 cases in Mass.
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>

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/

HOSPITAL REMINDER:
If you or someone in your family is having a medical emergency, please go to the hospital.  The hospitals are always accepting non-coronavirus patients.

https://medlineplus.gov/ency/article/001927.htm
**Exercise Can Help Reduce Stress**

**Make time to exercise every day!**
You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

**Walk in place to** warm up for 1 minute

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Froggers</td>
<td>2 sets of 10</td>
</tr>
<tr>
<td>Side to Side Skaters</td>
<td>2 sets of 10</td>
</tr>
<tr>
<td>Reverse Crunch</td>
<td>2 Sets of 10</td>
</tr>
<tr>
<td>Tricep Dips</td>
<td>2 sets of 10</td>
</tr>
<tr>
<td>Butterfly Kicks</td>
<td>2 sets of 10</td>
</tr>
</tbody>
</table>

1 set = right **and** left side
At Home Activity for Tidy Spaces: How to Fold Clothes for Small Spaces

A tidy home will help you to have a clear mind.

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

U.S Census 2020—ASL

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

Complete census form
Online or Paper

YOU COUNT