Massachusetts Stay-At-Home extended until May 18, 2020

All DEAF, Inc. staff will continue to work remotely.
Call or email your staff; general contact information page 12
Office locations closed
Don’t be Afraid to Go to the Hospital if you:

This is a partial list!
Call 911 if you think it is an emergency!

If you need to go to the hospital do not forget to:

Wear your mask or cloth face covering 😷

Print and fill out the form to the left and/or
Print, screenshot, or download the next page
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
Before You Go Outside:

Many towns are requiring Everyone wear a MASK outside
Check with your town website
Some towns/cities are ticketing people.
Contact your staff if you need help making a mask.

Masks not only protect you, they protect those around you too!

If you are not wearing a mask, you pass along germs/coronavirus by 70%, even if the other person is wearing a mask.

If you wear a mask and the other person is not, you pass along germs/coronavirus by 5%

If you both wear a mask, the possible spread of germs/coronavirus is only 1.5%

Wearing a mask will protect you and others!
Feeling Stressed? Anxious? Overwhelmed? You are not alone!

National Deaf Domestic Violence Hotline

The National Deaf Domestic Violence Hotline is now open 24/7.

Video Phone: 855-812-1001

Email: nationaldeafhotline@adwas.org

YouTube Video: www.youtube.com/watch?time_continue=91&v=ql7zD8X80wE&feature=emb_logo

Website: https://www.adwas.org/hotline/national/
Things I Can Control During Coronavirus:

Fun Activities to do at Home

How I Follow CDC Recommendations

Thinking Positive

My Own Social Distancing

Limiting the News

Limiting My Social Media

Remember: we cannot control another person’s actions.
But if we focus on what we can control,
WE CAN HELP REDUCE OUR OWN STRESS.
Some Positive Things Because of Coronavirus

Traffic is gone

Gas is affordable

Kids are at home with their families

Home cooked meals

Time to relax

The air seems cleaner

People thinking about health and hygiene

Time to learn something new
Join Us For A Zoom Social Hour

When:
Friday, May 8, 2020
2:00pm—3:00pm

Where:
Zoom
To RSVP or get the meeting ID and password contact:
frontdesk@deafinconline.org
VP 617-505-4823

Bring your questions
Share your experiences
Show off projects you are working on
Bring a coffee or snacks to discuss with friends
Hang out with staff and community members
# 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>Description</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Commando</strong></td>
<td>(1 set = up and down)</td>
<td>2 sets of 10</td>
<td></td>
</tr>
<tr>
<td><strong>Side Bends</strong></td>
<td>(hold can of soup, books, or other weighted items)</td>
<td>2 sets of 10</td>
<td>(1 set = right and left side)</td>
</tr>
<tr>
<td><strong>Donkey Kicks</strong></td>
<td>10 each side</td>
<td>x2</td>
<td></td>
</tr>
<tr>
<td><strong>Calf Raises</strong></td>
<td>(can be done on the flat ground or on the edge of a step)</td>
<td>2 sets of 10</td>
<td></td>
</tr>
<tr>
<td><strong>Side to Side Lunges</strong></td>
<td>(1 set = right and left)</td>
<td>2 sets of 10</td>
<td></td>
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**Grocery Delivery Services**

https://www.instacart.com/

![Grocery Delivery Services]

**Restaurant Delivery:**
Support your local restaurants

- **DoorDash** [Www.doordash.com]
- **Postmates** [Www.postmates.com]
- **GrubHub** [Www.grubhub.com]
- **UberEats** [Www.ubereats.com]

**Food Pantry Information:**

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

- [https://www.servings.org/](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

  - 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
Contact Tracing
Contact tracing is a team of people who are trying to identify who has come in contact with someone with coronavirus.
If you receive a call from (caller ID) “MA COVID-19 Team” answer the call. You may have come in contact with coronavirus.
DEAF, Inc. Contact Information

<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&lt;br&gt;<a href="mailto:fronthome@deafinconline.org">fronthome@deafinconline.org</a>&lt;br&gt;VP 617-505-4823&lt;br&gt;Voice 617-520-4433</td>
<td>Marie Desrosiers&lt;br&gt;<a href="mailto:mdesrosiers@deafinconline.org">mdesrosiers@deafinconline.org</a>&lt;br&gt;VP 978-208-4591&lt;br&gt;Voice 978-208-4591</td>
<td>Taunton&lt;br&gt;Hyannis&lt;br&gt;Catarina Lima&lt;br&gt;<a href="mailto:cclima@deafinconline.org">cclima@deafinconline.org</a>&lt;br&gt;VP 508-717-8809&lt;br&gt;Voice 508-717-8809</td>
<td>Matthew Castiglione&lt;br&gt;<a href="mailto:mcastiglione@deafinconline.org">mcastiglione@deafinconline.org</a>&lt;br&gt;VP 978-910-0041&lt;br&gt;Voice 978-910-0041</td>
<td>Elaine Ducharme&lt;br&gt;<a href="mailto:Educharme@deafinconline.org">Educharme@deafinconline.org</a>&lt;br&gt;Jean Healy&lt;br&gt;<a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a>&lt;br&gt;VP 617-586-2505</td>
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State and Federal Contact Information

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<tbody>
<tr>
<td>Department of Transitional Assistance (DTA)</td>
<td>(877) 382-2363&lt;br&gt;DTAConnect.com</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&lt;br&gt;TTY 1-800-325-0778&lt;br&gt;www.socialsecurity.gov</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 Coronavirus Information??
Call 211<br>https://mass211.org/<br>Chat live online

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

Coronavirus Information for Boston
Mass.gov/COVID19<br>City of Boston text updates: Text BOSCOVID to 99411
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

REMEMBER
Complete census form
Online or Paper
YOU COUNT

https://www.youtube.com/watch?
time_continue=36&v=1qMSlb1sb
Xw&feature=emb_logo