DEAF inc

Special Edition #9
May 8, 2020

Newsletter

2020

"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."

Massachusetts Requires Face Masks In Public

Where ?

- Grocery store
- Pharmacy
- Inside all stores and restaurants
- Post office
- Gas stations
- Public transportation

& EVERYWHERE social distancing is not possible

Who?

EVERYONE—Age 2+
Exception: if you cannot for **medical** reasons.

Check your town website!

Some cities and towns require masks at all times.
Even while Social Distancing

Fines?

$300 !
But
Some cities & towns up to $1,000 !!

Commissioner Steven Florio explains more about this new state law:
https://www.youtube.com/watch?v=9_lRZHurhBM&feature=youtu.be

No Mask Fines:

This is a **partial list**.
Check your city or town website for more information.
(This can change at **any** time)

Towns	Fines
Salem	$50-$150
Peabody	$1,000 possible
Lynn	$1,000
Somerville	$300
Winthrop	$1,000
Cambridge	$300 possible
Brookline	$50
Abington	$100
Bellingham	$100

Face coverings are required at all times when:

- Inside or waiting in line outside of grocery stores, pharmacies, and other retail stores

- Providing or using the service of any taxi, car, livery, ride-share or similar service

- On any form of public transit, including trains and buses

- In an enclosed or semi-enclosed transit stop or waiting area.

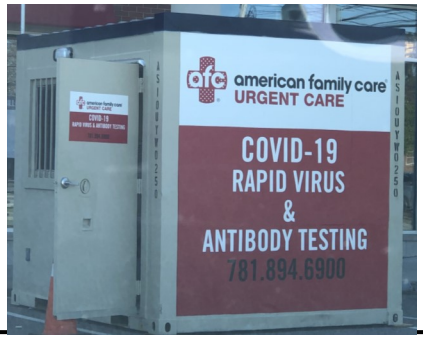
What is Telehealth?

Sick or need to see your doctor?
Your doctor may give you an appointment on video.
This is called—Telehealth—appointment by phone or video.
You stay home. Doctor stays at home or in the office. No contact.
Interpreter is still required.
This is called "Telehealth".

https://www.nad.org/covid19-telehealth-access-for-deaf-hard-of-hearing/

Antibody Testing

Have you been sick with coronavirus-like symptoms in the past few months?
If so, you might qualify for
Antibody Testing.
Call the number and pre-register with a telehealth appointment.

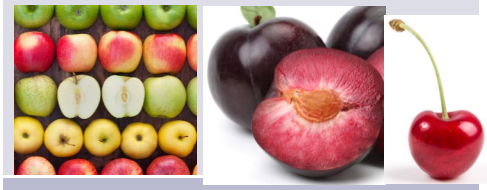
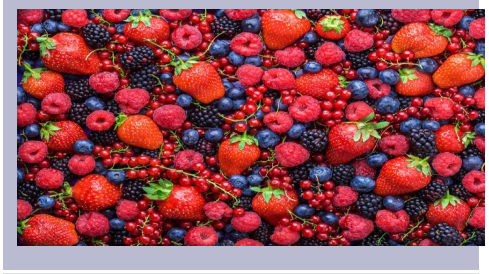


Sunday, May 10, 2020
Mother's Day!

Although you may not be able to physically be with your mother on Mother's Day, you can still send her a card, mail her a gift, and call her via voice or videophone.

Don't forget to tell her you miss and love her!
She definitely misses and loves you too!

Using Nutrition to Fight Anxiety

Beans	Dried Red, Pinto, Black, Kidney Beans	
Fruits	Apples, Prunes, Sweet Cherries, Plums, Black Plums	
Berries	Blackberries, Strawberries, Cranberries, Raspberries, Blueberries	
Nuts	Pecans and Walnuts	
Vegetables	Artichokes, Kale, Spinach, Beets, Broccoli	
Spices	Turmeric and Ginger	

Exercise Can Help Reduce Stress

Make time to exercise every day!

You should consult your doctor or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

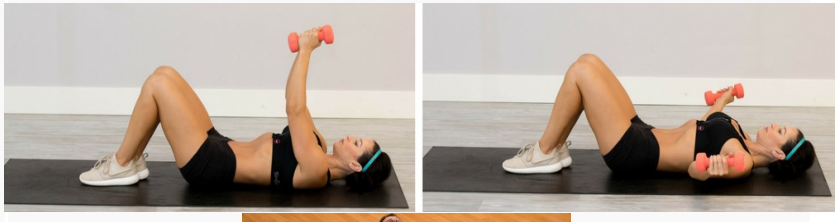
Walk in place to warm up for 1 minute

Toe Touch
2 sets of 10

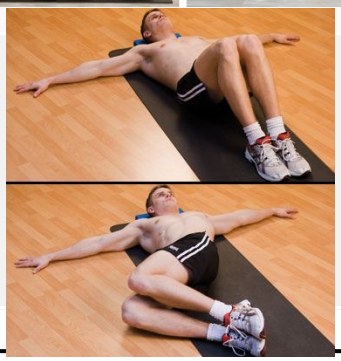
Russian Twist
(right and left = 1 set)
2 sets of 10

Marching Bridge
(right and left = 1 set)
2 sets of 10

Chest Fly
(can be done with
Soup cans or books)
2 sets of 10



Knee Roll
(right and left = 1 set)
2 sets of 10



More On Exercises:

Live in Boston?
Try The Workouts With Age Strong Fitness
Everyday at 8:00am

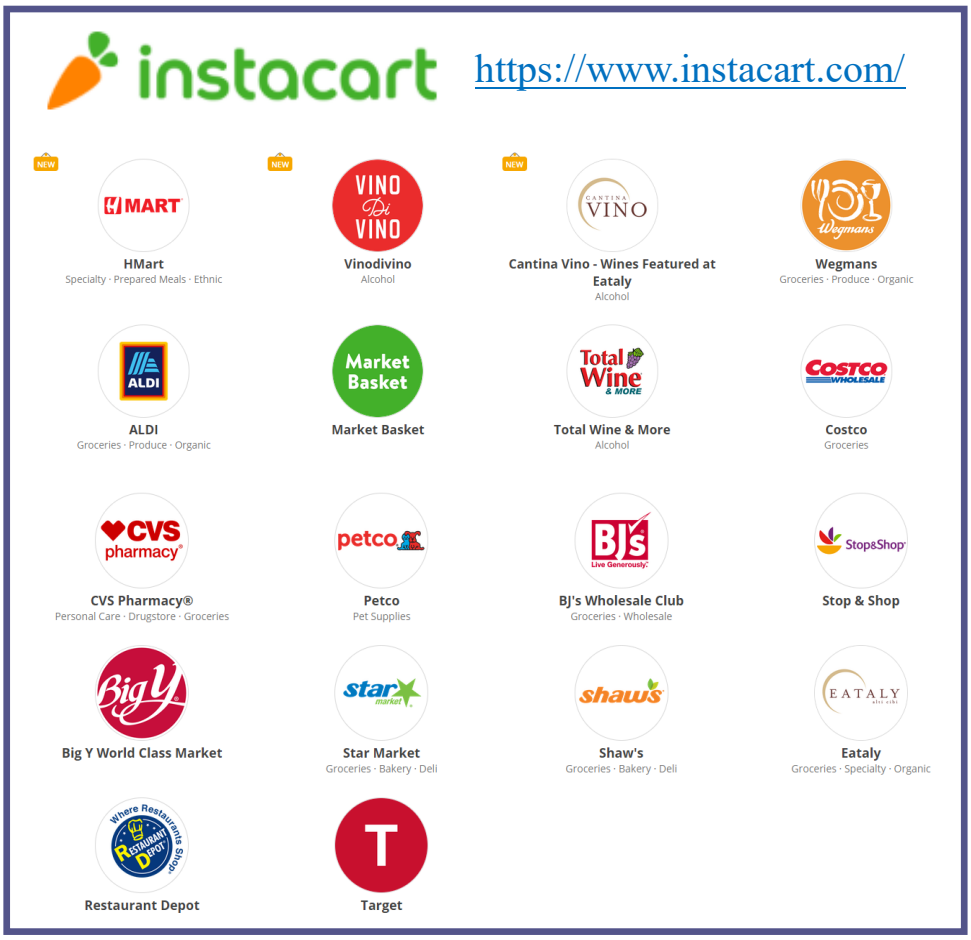
Don't live In Boston? These classes are online!!!!!

Try This 30 Minute Yoga Class
Provided by Boston Aging Strong
https://youtu.be/qtKt_5BihTU

Other classes offered by Boston Aging Strong:

- Tai Chi
- Strength Training
- Boot Camp
- Balance Training
- Zumba

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:

FOODPANTRIES.ORG
Massachusetts Food Pantries

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

COMMUNITY SERVINGS FOOD HEALS

- https://www.servings.org/
  - For chronically & critically ill individuals and families

Meals on Wheels

- 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

PROJECT BREAD
A FRESH APPROACH TO ENDING HUNGER℠

- 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 5/7/2020
Click link for more up-to-date information

COVID-19

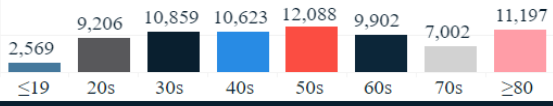
BOSTON

Last updated: 5/7/2020

TOTAL CASES	RECOVERED CASES	DEATHS	TOTAL CASES OVER TIME
10,589	2,882	486	

MASSACHUSETTS

Last updated: 5/7/2020

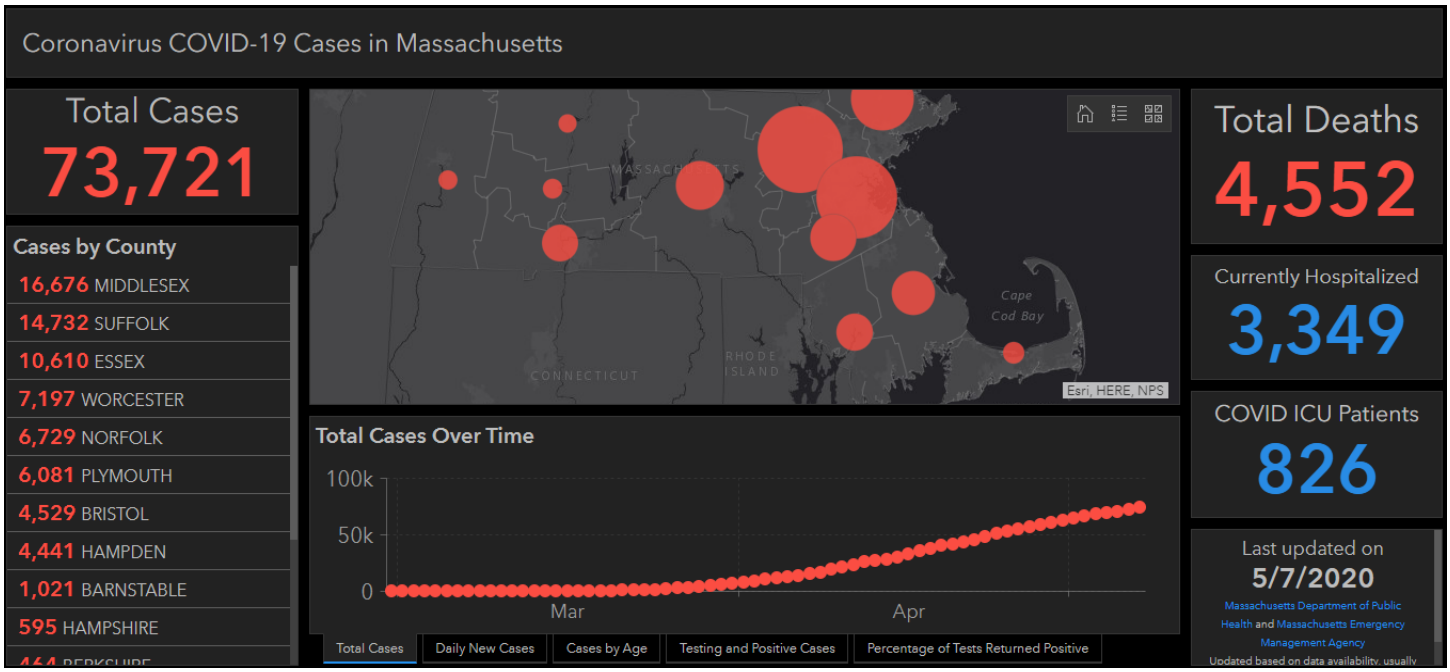
TOTAL MA CASES	MA DEATHS	MA CASES BY AGE	MA TOTAL TESTS	% TESTED POSITIVE
73,721	4,552		351,632	21.0%

UNITED STATES

Last updated: 5/6/2020

TOTAL US CASES	TOTAL US DEATHS	TOTAL TESTS
1,193,813	70,802	703,095

click for update: ***COVID-19 cases in Boston***



click for update: ***COVID-19 cases in Mass.***

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

Boston	Lawrence	New Bedford	Salem	DBCAN
Front Desk frontdesk@ deafinconline.org VP 617-505-4823 Voice 617-520-4433	Marie Desrosiers mdesrosiers@ deafinconline.org VP 978-208-4591 Voice 978-208-4591	Taunton Hyannis Catarina Lima clima@ deafinconline.org VP 508-717-8809 Voice 508-717-8809	Matthew Castiglione mcastiglione@ deafinconline.org VP 978-910-0041 Voice 978-910-0041	Elaine Ducharme Educharme@ deafinconline.org Jean Healy jhealy@ deafinconline.org VP 617-586-2505

State and Federal Contact Information

United States Citizenship and Immigration Services (USCIS)	https://www.uscis.gov/contactcenter 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 **Emergency line:** 800-249-9949 **Interpreters:** 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
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

Need General Coronavirus Information??	Sign up for Coronavirus Alerts:	Coronavirus Information for Boston
Call 211 https://mass211.org/ Chat live online	Text **COVIDMA** to 888-777	**Mass.gov/COVID19** City of Boston text updates: Text **BOSCOVID** to **99411**

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617-505-4823 (VP/V)
info@deafinconline.org
www.deafinconline.org

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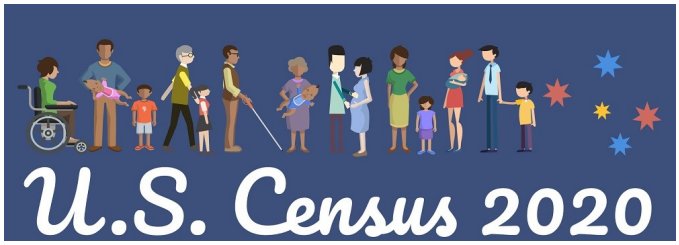

U.S Census 2020—ASL

https://www.youtube.com/watch?time_continue=36&v=1qMSlb1sbXw&feature=emb_logo

REMINDER
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

SAFE SPACE LGBTQIA

DEAF inc