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.

Governor Baker Announces: Massachusetts Will Reopen in 4 Phases

Step 1—Start

Step 2—Cautious Some businesses with face-to-face interactions will resume with restrictions

Step 3—Vigilant Start to loosen restrictions, if fewer and fewer positive cases/more and more recoveries

Step 4—New Normal Life will be different after coronavirus.

Massachusetts has downward trend in hospitalization since May 1, 2020. May 12th was the lowest death rate since the beginning of COVID-19 for Massachusetts. Lets hope the we keep moving in this downward direction.

Large Boston Summer Events Cancelled

Boston Pride Parade and Festival Cancelled

4th of July Fireworks and Boston Pops Concert Cancelled

Red Sox TDB
## Video Conferencing Apps

<table>
<thead>
<tr>
<th>Video Conferencing Apps</th>
<th>Requirements</th>
<th>Use</th>
<th>Step by Step Directions</th>
</tr>
</thead>
</table>
| **Zoom**                | - Zoom account | - 1:1 | - Remote meetings  
| **Bluejeans**           | - Bluejeans account | - 1:1 | - Remote meetings  
| **Google Meet**         | - Google account for both the organizer and the participants | - 1:1 meetings  
- Remote meetings  
| **Microsoft Teams**     | - Microsoft Office 365  
- Window, Mac, Ios  
- WiFi/Cell Network | - 1:1 meetings  
- Remote meetings  
| **Adobe Connect**       | - Adobe Connect App  
- Subscription  
- Mobile/Desktop  
- WiFi/Cell Network | - 1:1 meetings  
- Remote meetings  
| **Cisco Webex**         | - Computer or Phone  
- CART Provider  
- Webex Account | - 1:1 meetings  
- Remote meetings  
| **Skype**               | - Skype account  
- Windows, Mac, iOS  
- WiFi/Cell Network | - 1:1 meetings  
- Group video calls  
| **GoToMeeting**         | - GoToMeeting account  
- Access to an administrator for captioning | - 1:1 meetings  
- Remote meetings  
Hand Health:

Give your hands some much-deserved attention. Follow these steps for both hands

- Start with a **moisturizer**
  - Dime-sized drop of lotion on hands, rub together as if washing

- **Massage** your palms
  - Using your thumb, press into the center of your opposite palm, do small circular motions

- **Apply pressure**
  - Using your thumb, press into the pads of your opposite palm

- **Massage** your fingers
  - Apply a gentle squeeze between each finder. Open and shut fingers, rotate wrist 5 times clockwise and 5 times counter-clockwise

- **Flex** your wrists
  - To flex your right wrist—gently flex your hand upwards, use your left hand to help deepen the stretch by gently pulling the fingers backwards
    - Gently flex your hand downwards, use your left hand to help deepen the stretch by pushing the fingers of the right hand towards the arm, gently.
  - To flex your left wrist—gently flex your hand upwards, use your right hand to help deepen the stretch by gently pulling the fingers of the left hand backwards
    - Gently flex your hand downwards, use your right hand to help deepen the stretch by gently pushing the fingers of the left hand towards the arm,
Take Care of Yourself Nutritionally

<table>
<thead>
<tr>
<th>Grain/Starchy Vegetable</th>
<th>Protein</th>
<th>Vegetable/Fruit</th>
<th>Sauce/Seasoning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown rice</td>
<td>Chicken</td>
<td>Broccoli</td>
<td>Curry powder and low-fat milk</td>
</tr>
<tr>
<td>Whole wheat tortilla</td>
<td>Lean beef strips</td>
<td>Cauliflower</td>
<td>Low-sodium broth and minced garlic with fresh chopped herbs</td>
</tr>
<tr>
<td>Whole grain bread or pita</td>
<td>Beans</td>
<td>Bell peppers</td>
<td>Cumin, chili powder, garlic powder or onion powder with diced tomatoes in juice</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>Tofu</td>
<td>Asparagus</td>
<td>Small amount of oil</td>
</tr>
<tr>
<td>Couscous</td>
<td>Edamame</td>
<td>Orange</td>
<td>Low-sodium teriyaki or soy sauce</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Eggs</td>
<td>Peach</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ground turkey</td>
<td>Mushroom</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lean ground beef</td>
<td>Bok choy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shrimp</td>
<td>Kale</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pork tenderloin</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shellfish</td>
<td>Berries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salmon</td>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mixed lettuce</td>
<td></td>
</tr>
</tbody>
</table>

Self-Care Is Not Selfish

**Just Breathe**
Close your eyes and take a deep breath.

**Make time to move**
Exercise or take walks throughout the day.

**Reach out and connect**
Call the people in your life who give you a sense of comfort and community.

**Disconnect**
If you are always on your phone, social media, or watching the news. Take a few minutes each day to disconnect.

**Do more by doing less**
When you need some “me time”, try activities that bring you joy.

**Sleep**
Aim for 7-9 hours of sleep each nigh.
**Journal**

Overcome challenges by using this journal page to help you plan action steps on how to manage the challenge.

<table>
<thead>
<tr>
<th>Current Challenges</th>
<th>Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: Safely grocery shop</td>
<td>EX: Make a mask to protect your face</td>
</tr>
</tbody>
</table>

---

### How to Make Your Own All-Purpose Cleaner

1 Cup Hydrogen Peroxide  
2 Cup Water  

Shake Bottle  

**DO NOT MIX WITH ANYTHING ELSE!**
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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps/Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Side Plank with Rotation</td>
<td>2 sets of 10 on each side</td>
</tr>
<tr>
<td>Fire Hydrant</td>
<td>2 sets of 10 on each side</td>
</tr>
<tr>
<td>Overhead Punches</td>
<td>2 sets of 10 on each side</td>
</tr>
<tr>
<td>Boat Pose</td>
<td>Hold for 20 seconds, 2 sets</td>
</tr>
<tr>
<td>Seated Wide Forward Bend</td>
<td>Hold for 20 seconds, 2 sets</td>
</tr>
<tr>
<td>Name of Workout Provider (And where to find)</td>
<td>Description</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-------------</td>
</tr>
</tbody>
</table>
| **ASLFIT**
Instagram
[https://www.instagram.com/asl.fit/?hl=en](https://www.instagram.com/asl.fit/?hl=en) | Fitness tips and videos in ASL | ![ASLFIT](image) |
| **Deafhood Yoga**
[https://www.deafhoodyoga.com/](https://www.deafhoodyoga.com/) | Deaf-centered yoga | ![Deafhood Yoga](image) |
| **Jason Hoang**
Facebook
[https://www.facebook.com/JasonHoangFit/](https://www.facebook.com/JasonHoangFit/) | ASL Personal Trainer and Nutritionist | ![Jason Hoang](image) |
| **Lilli Erin Yoga**
[https://www.lillierinyoga.com/](https://www.lillierinyoga.com/) | Registered yoga teacher teaching in ASL or BSL | ![Lilli Erin Yoga](image) |
| **Luv Yoga**
[https://www.luv.yoga/](https://www.luv.yoga/) | ASL yoga teacher Has Instagram as well | ![Raymonda](image) |
Grocery Delivery Services

Amazon Food Delivery
For Amazon Prime Members

- Whole Foods
  [http://amazon.com/wholefoods](http://amazon.com/wholefoods)
- Fresh
  [http://amazon.com/fresh](http://amazon.com/fresh)

Restaurant Delivery:
Support your local restaurants

- DoorDash
  [Www.doordash.com](http://doordash.com)
- Postmates
  [Www.postmates.com](http://postmates.com)
- GrubHub
  [Www.grubhub.com](http://grubhub.com)
- UberEats
  [Www.ubereats.com](http://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](http://www.projectbread.org/get-help/) for children and families

Office Locations:
- Allston
- Hyannis
- Lawrence
- New Bedford
- Salem
- Taunton
COVID-19 Dashboards
For Boston and Massachusetts
Last updated on 5/14/2020
Click link for more up-to-date information

**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</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>VP 508-717-8809</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>Voice 508-717-8809</td>
<td>Voice 978-910-0041</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>

### State and Federal Contact 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></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 Commission for the Deaf and Hard of Hearing (MCDHH)</td>
<td></td>
</tr>
<tr>
<td>Massachusetts Rehabilitation Commission (MRC)</td>
<td>617-204-3600</td>
</tr>
<tr>
<td></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 Coronavirus Information??
- Call 211
- 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
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?time_continue=36&v=1qMSlb1sbXw&feature=emb_logo

REMINDE
Complete census form
Online or Paper
YOU COUNT