Recreation and Outdoor Spaces:
This is a partial list

https://www.mass.gov/info-details/reopening-when-can-my-business-reopen#recreation-&-outdoors-

<table>
<thead>
<tr>
<th>Location</th>
<th>When it opens</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beaches</td>
<td>Phase 1—May 25</td>
<td>Sitting, sunbathing, swimming and picnicking allowed. Social distancing required.</td>
</tr>
<tr>
<td>Parks</td>
<td>Phase 1—May 25</td>
<td>Face mask required. Limit 10 people. Social distancing required.</td>
</tr>
<tr>
<td>Zoo</td>
<td>Phase 1—May 25</td>
<td>Limited to 20% Capacity. Social distancing required. Face mask required.</td>
</tr>
<tr>
<td>Outdoor Recreation (Miniature golf, go carts, batting cages)</td>
<td>Phase 2</td>
<td>TBD</td>
</tr>
<tr>
<td>Summer Camp</td>
<td>Phase 2—Day camp Phase 3—Sleep away camp</td>
<td>TBD</td>
</tr>
</tbody>
</table>
DEAF, Inc.’s First Zoom Workshop:

3 Digit Numbers

What are 3 digit numbers?
Do you know any 3 digit numbers?
How can you use them?

When: Wednesday, June 3, 2020
2:00pm—4:00pm

Where: Zoom

Presented by Ronald Bergenheim of the North Shore DEAF, Inc. Office

Please call or email the front desk for Zoom link information
Email: frontdesk@deafinconline.org
VP: 617-505-4823
Voice: 617-520-4433

211 - Community Information and Referrals
311 - Non-Emergency Police Dispatcher
411 - Directory Assistance
511 - Traffic and Transportation Information
611 - Sorenson Customer Service
711 - State TTY Relay Service
811 - Local Utility “Call-Before-You-Dig” Service
911 - Emergency Dispatcher
988* - National Suicide Prevention Lifeline
Reopening in 4 Phases

Have questions about the 4 phases of Reopening in Massachusetts? Watch this video from our wonderful staff explaining each stage.

DEAF, Inc. offices still closed until further notice

https://www.facebook.com/watch/?v=78008689409437

Massachusetts Covid Dashboard

Changes in COVID-19 since April 15, 2020

- Average positive (+) test rate—down by 70%
- Average of COVID-19 patients in hospital—down by 40%
- Numbers of hospitals using surge capacity—down by 62%
- Average COVID-19 deaths—down by 63%
Captioning Apps for Mobile Phones

<table>
<thead>
<tr>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>InnoCaption+</strong></td>
<td><img src="https://example.com" alt="InnoCaption+" /></td>
</tr>
<tr>
<td>Available on iOS and Android</td>
<td><a href="http://connect-hear.com/knowledge-base/innocaption/">http://connect-hear.com/knowledge-base/innocaption/</a></td>
</tr>
<tr>
<td>Offers live captioning (via CART) and automated captioning</td>
<td></td>
</tr>
<tr>
<td>After registering, you will be given a new phone number to use in this app</td>
<td><a href="https://youtu.be/-OLbZh6YfjM">https://youtu.be/-OLbZh6YfjM</a></td>
</tr>
<tr>
<td><strong>Hamilton CapTel</strong></td>
<td><img src="https://example.com" alt="CapTel" /></td>
</tr>
<tr>
<td>For use with Android:</td>
<td><a href="http://connect-hear.com/knowledge-base/captel/">http://connect-hear.com/knowledge-base/captel/</a></td>
</tr>
<tr>
<td><a href="https://youtu.be/t9X38Hr3B-k">Link</a></td>
<td></td>
</tr>
<tr>
<td>For use with iPhone:</td>
<td></td>
</tr>
<tr>
<td><a href="https://youtu.be/1R7-uwGYF_s">Link</a></td>
<td></td>
</tr>
<tr>
<td>Uses a live captioning assistant</td>
<td></td>
</tr>
<tr>
<td><strong>CaptionCall</strong></td>
<td><img src="https://example.com" alt="CaptionCall" /></td>
</tr>
<tr>
<td>Available for iPhone/iOS users</td>
<td><a href="http://connect-hear.com/knowledge-base/captioncall/">http://connect-hear.com/knowledge-base/captioncall/</a></td>
</tr>
<tr>
<td>Through Sorenson</td>
<td></td>
</tr>
<tr>
<td><a href="https://youtu.be/si7eWtCkyT1">Link</a></td>
<td></td>
</tr>
</tbody>
</table>
High School Virtual Commencement

Governor Charlie Baker will deliver a commencement address to the class of 2020 to the graduating seniors from 668 schools across Massachusetts.

When:
Tuesday, June 9, 2020
7:30pm

Where:
WGBH TV
Channel 2

Intentional Breathing Exercise

1. Sit comfortably and observe your natural breath

2. Place hands on chest and belly

3. Breathe into your chest—try breathing into the area under the hand on your chest. Observe for 20 breaths

4. Breathe into your lower lungs—try breathing into the area under the hand on your belly. Observe for 20 breaths

5. Take half breaths into your chest and then into lower lungs—breath 1/2 way into your chest, pause, then breath the other 1/2 into your belly. Exhale starting with your belly, pause, then finish with exhaling out of your chest.

6. Take full breaths. Take full breaths from chest to belly and belly to chest. Try to exhale slowly.

7. Notice how you feel
Exercises

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

YOGA POSES FOR STRESS RELIEF

4. Cow Pose 5. Standing Forward Bend Pose
9. Cat Pose 10. Corpse Pose

Hold each pose for 3-5 breaths
(practice intentional breathing)
Grocery Delivery Services

www.instacart.com

Amazon Food Delivery
For Amazon Prime Members

Whole Foods
http://amazon.com/wholefoods

Fresh
http://amazon.com/fresh

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

Food Pantries www.foodpantries.org/st/massachusetts
- Statewide Information
- Some food pantries deliver (call ahead), some are pick up only

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

Meals on Wheels
- Contact the senior center in your own for information on food delivery for people 60 and older and people with disabilities who are not able to leave their homes

Project Bread www.projectbread.org/get-help/
- Call free hunger helpline at 1-800-645-8333
- Has list of free meal pick-up locations for children & families

Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •
COVID-19 Dashboards
For Boston and Massachusetts
Last updated on 5/31/2020
Click link for more up-to-date information

<table>
<thead>
<tr>
<th>CITY of BOSTON</th>
<th>COVID-19 CASE TRACKER</th>
<th>BOSTON</th>
<th>Last Updated: 5/31/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL CASES</td>
<td>12,766</td>
<td>DEATHS</td>
<td>641</td>
</tr>
<tr>
<td>RECOVERED CASES</td>
<td>6,911</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL CASES OVER TIME</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MASSACHUSETTS</td>
<td>Last Updated: 6/1/2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL MA CASES</td>
<td>96,965</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MA HOSPITALIZATIONS</td>
<td>9,823</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MA DEATHS</td>
<td>6,846</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MA TOTAL TESTS</td>
<td>592,853</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNITED STATES</td>
<td>Last Updated: 6/1/2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL U.S. CASES</td>
<td>1,790,172</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. HOSPITALIZATIONS</td>
<td>210,083</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. DEATHS</td>
<td>104,381</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. TOTAL TESTS</td>
<td>16,936,891</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: MA & U.S data supplied by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (https://github.com/CSSEGISandData/COVID-19) and are updated daily at approx. 11PM EST

click for update: COVID-19 cases in Boston


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 been in contact with coronavirus.
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston</td>
<td>Front Desk <a href="mailto:frontdesk@deafinconline.org">frontdesk@deafinconline.org</a> VP 617-505-4823 V 617-520-4433</td>
</tr>
<tr>
<td>Lawrence</td>
<td>Marie Desrosiers <a href="mailto:mdesrosiers@deafinconline.org">mdesrosiers@deafinconline.org</a> VP/V 978-208-4591</td>
</tr>
<tr>
<td>New Bedford</td>
<td>Taunton Catarina Lima <a href="mailto:clima@deafinconline.org">clima@deafinconline.org</a> VP/V 508-717-8809</td>
</tr>
<tr>
<td>Salem</td>
<td>Matthew Castiglione <a href="mailto:mcastiglione@deafinconline.org">mcastiglione@deafinconline.org</a> VP/V 978-910-0041</td>
</tr>
<tr>
<td>DBCAN</td>
<td>Elaine Ducharme <a href="mailto:Educharme@deafinconline.org">Educharme@deafinconline.org</a> Jean Healy <a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
</tr>
</tbody>
</table>

**State and Federal Contact Information**

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dept. of Transitional Assistance (DTA)</td>
<td>(877) 382-2363 / <a href="http://www.DTAconnect.com">www.DTAconnect.com</a></td>
</tr>
</tbody>
</table>
| 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 Қенәдәйтән Commission (MRC)                  | 617-204-3600  
[www.mass.gov/orgs/massachusetts-rehabilitation-commission](http://www.mass.gov/orgs/massachusetts-rehabilitation-commission) |
| Social Security Offices (SSI, SSA, SSDI)                  | 1-800-772-1213 / 1-800-325-0778 (TTY)  
[www.socialsecurity.gov](http://www.socialsecurity.gov) |
| Department of Unemployment Assistance (DUA)               | [www.mass.gov/service-details/check-eligibility-for-unemployment-benefits](http://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits) |

**General COVID-19 Info**  
Call 211  
[https://mass211.org/](https://mass211.org/)  
Chat live online

**Sign up for statewide COVID-19 text alerts:**  
Text **COVIDMA** to 888-777 to start receiving alerts  
[www.mass.gov/covid19](http://www.mass.gov/covid19)

**Sign up for COVID-19 alerts from City of Boston**  
Text **BOSCOVID** to 99411 to start receiving alerts
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://youtu.be/1qMSlB1sbXw

REMEMBER
Complete census form
Online or Paper
YOU COUNT

Office Locations: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton •