COVID-19 Dashboard

Average of positive tests has been down by 86%
Average COVID-19 hospitalizations has been down by 61%
Hospitals using surge capacity down by 81%
Average COVID-19 deaths has been down by 78%

Continue to use:
- Masks &
- Social Distancing

Keep up the good work!
Experience HLAA! Is open to everyone, free of charge. Content is geared toward people with hearing loss who want the latest information. All webinars are captioned.

Thursday, June 18, 2020:

- 12:00pm—1:00pm
  Opening: Welcome to Experience HLAA!

- 2:00pm—3:30pm
  The Potential for Regenerative Medicine to Restore Hearing Loss
  Discussion on regenerative medicines, to gene and cell therapies, emerging categories of potential medicines.

- 5:00pm—6:30pm
  Workplace Gain: A Discussion on Self-Advocacy, Marketing and Navigating the Workplace with Hearing Loss
  Join a discussion with two large employers to learn about the employer’s perspective on hearing loss in the workplace.

Friday, June 19, 2020:

- 12:00pm—1:30pm
  Research Symposium: The Latest on Tinnitus Research
  Features talks by top scientists and clinicians who will tell us what tinnitus is, what causes it, what is available for treatment and management, and how they are discussing treatment and prevention.

- 2:30pm—3:30pm
  Meet the Research Symposium Scientists

- 4:00pm—5:30pm
  Hearing Loss and the Healthcare System: A Call to Action
  Discussion on important healthcare outcomes regarding hearing loss.

HLAA Convention Trade Show and Exhibit Hall will be open during the webinars with access to exhibitor’s products and services with just one click!
Did you miss? Systematic Racism: Black Deaf Experience?
Watch it here.
Www.diphopwawa.com
Www.nbda.org

Want to get involved in the Black Lives Matter (BLM) Movement in Boston?
For more information visit: https://blacklivesmatterboston.org/

https://www.facebook.com/NBDAdvocates#
### 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

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**Try some of these workouts.**
Closed Captioning available.

<table>
<thead>
<tr>
<th>Fitness Blender</th>
<th>30 Minute Cardio Workout—At Home with No Equipment</th>
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</thead>
<tbody>
<tr>
<td><a href="https://www.youtube.com/watch?v=N3e8UXMdqOM">https://www.youtube.com/watch?v=N3e8UXMdqOM</a></td>
<td><img src="https://www.youtube.com/watch?v=N3e8UXMdqOM" alt="30 Minute Cardio Workout" /></td>
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<tr>
<th>POPSUGAR</th>
<th>Low-Impact Cardio -Beginners</th>
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<tr>
<td><a href="https://www.youtube.com/watch?v=17DxIBjMygE">https://www.youtube.com/watch?v=17DxIBjMygE</a></td>
<td><img src="https://www.youtube.com/watch?v=17DxIBjMygE" alt="Low-Impact Cardio -Beginners" /></td>
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<tr>
<th>Yoga with Adriene</th>
<th>Full Body Flow—20 Minutes</th>
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<td><img src="https://www.youtube.com/watch?v=r7xsYgTeM2Q" alt="Full Body Flow—20 Minutes" /></td>
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<tr>
<th>Heart and Soul Fitness</th>
<th>10 Minute Abdominal Workout</th>
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<td><a href="https://www.youtube.com/watch?v=XzLojq_iKVk">https://www.youtube.com/watch?v=XzLojq_iKVk</a></td>
<td><img src="https://www.youtube.com/watch?v=XzLojq_iKVk" alt="10 Minute Abdominal Workout" /></td>
</tr>
</tbody>
</table>
About 4 million people recently received an Economic Impact Payment (EIP) prepaid card rather than a paper check for their federal stimulus payment. Some people are confused by the card and may have thrown it out thinking it is a scam. Others are upset at fees they have incurred.

How to Identify the Card: The envelope will have a return address of Money Network Cardholder Services, PO Box 247022, Omaha, NE 68124. This is this card:

![EIP Card Image]

How to Use the Card with No Fees: Visit EIPcard.com to see the fee schedule, FAQs and more information. Key tips:

- Use the card anywhere Visa is accepted, including online, on the phone, and at stores.
- Use a surcharge-free ATM in the Allpoint network, including at Target, Walgreens, CVS, Kroger, Safeway, Winn Dixie and Circle K. Find an ATM near you by downloading the Money Network Mobile App or using the online ATM locator. At other ATMs, the ATM will charge a fee plus the card charges $2 after the first withdrawal.
- Transfer the funds to your bank, prepaid or mobile payment account through the app or online. You may need to contact the provider of your other account to obtain the routing and account number. You can transfer up to $2,500 per day.
- Go to the teller window at almost any bank or credit union. The first withdrawal, which can be up to $2,500, is free. Additional teller withdrawals cost $5.
- Ask for cash back from a supermarket or big box store.
- Call 800.240.8100 to request a free Money Network Check, which you can make out to anyone (i.e., a landlord, yourself). But you'll have to wait for it in the mail, and you must log into your account to get a number to activate the check, so the other options may be easier.

What to Do if You Threw Out the Card: Call 800.240.8100. The first replacement card is now free (you can ask for a refund if you were charged) but expedited processing costs $17.

Keep the Card Even After It is Empty. You may be able to use it to quickly receive additional payments if Congress passes another stimulus bill.

For more information, watch CFPB's video explainer on EIP prepaid debit cards.
Buy Food Online Using SNAP

Attention MA residents: You can now use SNAP benefits to buy food online at Amazon and Walmart.

How It Works

1. Add your SNAP EBT card to your Amazon and/or Walmart account
   - Shop online for SNAP authorized foods
   - Look for “SNAP EBT eligible” on Amazon

2. Checkout using your EBT PIN:
   - You cannot use cash benefits on an EBT card to pay
   - SNAP benefits cannot be used to pay for shipping or delivery fees

3. Schedule your delivery
   - Available with Amazon and some Walmart locations

To learn more or apply for Supplemental Nutrition Assistance Program (SNAP):
www.Mass.gov/SNAPonline

May 2020

Massachusetts SNAP Online Purchasing Program
Suggested Social Media Posts

<table>
<thead>
<tr>
<th>Theme</th>
<th>Graphic</th>
<th>Social Copy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coming soon</td>
<td>BUY FOOD ONLINE WITH SNAP</td>
<td>Did you know that you can now use your #SNAP benefits to buy food online? Buy groceries online at Amazon &amp; Walmart! More: mass.gov/SNAPonline.</td>
</tr>
<tr>
<td>EBT Card Amazon</td>
<td>BUY FOOD ONLINE WITH SNAP Hand holding EBT card with cell phone/ SNAP Amazon logo only (Coming soon)</td>
<td>Attn #MA residents: you can now buy food online with your #SNAP benefits at Amazon. Spend $35 or more &amp; get free delivery to your home. More: <a href="http://www.mass.gov/SNAPonline">www.mass.gov/SNAPonline</a>.</td>
</tr>
<tr>
<td>SNAP Website</td>
<td>BUY FOOD ONLINE WITH SNAP Food graphic mass.gov/SNAPonline DTA logo (Coming soon)</td>
<td>Starting May 29, #SNAP recipients can use their benefits to buy groceries online! Looking for more info? Visit mass.gov/SNAPonline to download @DTA_Listen’s FAQ in English and Spanish.</td>
</tr>
<tr>
<td>EBT Card - Walmart</td>
<td>BUY FOOD ONLINE WITH SNAP</td>
<td>Starting May 29, #SNAP recipients can now use their benefits to buy groceries online at #Walmart! Visit mass.gov/SNAPonline for more</td>
</tr>
</tbody>
</table>
**Food Pantry Information**

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

- **Community Servings** [https://www.servings.org/](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/](http://www.projectbread.org/get-help/)
  - Call free hunger helpline at 1-800-645-8333
  - Has list of [free meal pick-up locations](http://www.projectbread.org/get-help/) for children & families

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**Office Locations:**
- Allston
- Hyannis
- Lawrence
- New Bedford
- Salem
- Taunton

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**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)

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**Restaurant Delivery:**
Support your local restaurants

- **DoorDash:** [www.doordash.com](http://www.doordash.com)
- **Postmates:** [www.postmates.com](http://www.postmates.com)
- **GrubHub:** [www.grubhub.com](http://www.grubhub.com)
- **UberEats:** [www.ubereats.com](http://www.ubereats.com)
COVID-19 Dashboards  
For Boston and Massachusetts  
Last updated on 6/10/2020  
Click link for more up-to-date information

<table>
<thead>
<tr>
<th>City</th>
<th>Total Cases</th>
<th>Recovered Cases</th>
<th>Deaths</th>
<th>Total Cases Over Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston</td>
<td>13,074</td>
<td>7,893</td>
<td>671</td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>↑ 33</td>
<td>↑ 76</td>
<td>↑ 2</td>
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</tbody>
</table>

### Massachusetts

<table>
<thead>
<tr>
<th>Total MA Cases</th>
<th>MA Hospitalizations</th>
<th>MA Deaths</th>
<th>MA Total Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>104,156</td>
<td>10,582</td>
<td>7,454</td>
<td>672,090</td>
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</table>

### United States

<table>
<thead>
<tr>
<th>Total U.S. Cases</th>
<th>U.S. Hospitalizations</th>
<th>U.S. Deaths</th>
<th>U.S. Total Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000,464</td>
<td>220,602</td>
<td>112,924</td>
<td>21,467,820</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**

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 been in contact with coronavirus.
# DEAF, Inc. Contact Information

<table>
<thead>
<tr>
<th>Office Locations:</th>
<th>Allston</th>
<th>▪</th>
<th>Hyannis</th>
<th>▪</th>
<th>Lawrence</th>
<th>▪</th>
<th>New Bedford</th>
<th>Taunton</th>
<th>▪</th>
<th>Salem</th>
<th>▪</th>
<th>DBCAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston Front Desk</td>
<td>Marie Desrosiers</td>
<td>Matthew Castiglione</td>
<td>Elaine Ducharme</td>
<td></td>
<td>Marie Desrosiers</td>
<td></td>
<td>Catarina Lima</td>
<td></td>
<td>Matthew Castiglione</td>
<td></td>
<td>Jean Healy</td>
<td></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>
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<td></td>
<td><a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
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<tr>
<td>V 617-520-4433</td>
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</tbody>
</table>

## State and Federal Contact Information

| Department of Transitional Assistance (DTA) | (877) 382-2363 / [www.DTAConnect.com](http://www.dtacommunications.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](mailto:Shannon.Silvestri@mass.gov) |
| | **Email:** [Karran.Larson@mass.gov](mailto:Karran.Larson@mass.gov) | **Deaf Recovery Coaches** |
| | **VP:** 413-347-4094 / **Text:** 857-488-5440 | **VP:** 617-204-3600 |
| 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) |

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**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!

U.S. Census 2020—ASL

https://youtu.be/1qMSlb1sbXw

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

Sheroes: LGBTQIA

DEAF inc

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