DEAF, INC.’S MISSION IS TO INSPIRE PEOPLE TO ACHIEVE PERSONAL AND PROFESSIONAL GOALS THROUGH ACCESSIBLE PROGRAMS AND SERVICES. WE BUILD BRIDGES ACROSS COMMUNITIES BY INCREASING COMMUNICATION ACCESS AND AWARENESS.

Please join us for a webinar about:
EVERYDAY SCAMS & IDENTITY THEFT

Presented by
Tim Depin - Office of the Attorney General

Come learn:
• How to avoid being a victim of scams.
• What the Attorney General does.
• What’s the difference between scams and identity theft?
• Types of scams.
• How to report a scam.

Friday, July 10, 2020—1:30pm to 3:30pm
RESERVE ONLINE: forms.gle/W9x55DirTjm8hGiN7
No computer? RSVP to Front Desk at frontdesk@deafinconline.org or 617-505-4823

Sponsored by:
Deaf and Hard of Hearing Independent Living Services (DHILS)
DEAF, Inc.

Boston + Lawrence Offices now open on Tuesdays.

Appointment Required.
Masks Required Before Entering.

No walk-in. No frog services.

All staff will continue to provide services remotely Monday—Friday.

Want more information? Contact your IL staff.
Check out our vlog on Facebook.

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Real ID
Everyone will need a Real ID by October 1, 2021.

Watch our vlog for more information:
ADA Rally! (Virtual)
Wednesday, July 22, 1pm

Hosted by BCIL and the City of Boston Mayor’s Commission on Persons with Disabilities

(more information will come about how to access the event)

Guest speakers:
1. Judy Heumann, longtime disability rights activist
2. Governor Baker
3. Congresswoman Ayanna Pressley
4. Mayor Marty Walsh
5. Attorney General Maura Healey
   and more!

BCIL and the Mayor’s Commission on Persons with Disabilities are sending ADA 30 t-shirts and civil rights signs to people so they can show their t-shirts and signs on social media with the hashtag #ADA30Boston. To have a shirt sent to you (and your family), please fill out the form on this link: https://www.surveymonkey.com/r/ADA30BostonTshirts.
Get your shirt while supplies last.

CART and ASL will be available at the event.
For additional accommodation requests, email disability@boston.gov or contact Jessica Doonan at 617-635-3682.
# Chances of Transmission of COVID-19

<table>
<thead>
<tr>
<th>Chance of Transmission</th>
<th>Asymptomatic COVID-19 Carrier</th>
<th>Uninfected Person</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>VERY HIGH</td>
<td></td>
<td></td>
<td>If both people do not wear a mask, spreading COVID is VERY HIGH</td>
</tr>
<tr>
<td>HIGH</td>
<td></td>
<td></td>
<td>If an uninfected person wears a mask and an infected person does not, the risk of spreading COVID is HIGH.</td>
</tr>
<tr>
<td>MEDIUM</td>
<td></td>
<td></td>
<td>If the infected person wears a mask and the uninfected person does not, the risk is MEDIUM</td>
</tr>
<tr>
<td>LOW</td>
<td></td>
<td></td>
<td>If both people are wearing a mask, the risk of spreading COVID is LOW</td>
</tr>
<tr>
<td>VERY LOW</td>
<td><img src="image" alt="6+ feet" /></td>
<td></td>
<td>If both people are wearing a mask and social distancing, the risk is VERY LOW</td>
</tr>
<tr>
<td>VIRTUALLY NONE</td>
<td><img src="image" alt="6+ feet" /></td>
<td></td>
<td>If both people stay home, there is ALMOST NO RISK!</td>
</tr>
</tbody>
</table>

While Massachusetts is opening up through the 4 phases, it is still very important to **continue** to wear a mask and practice social distancing **even** if you have no symptoms.

Following the COVID-19 guidelines helps reduce the number of new infections.

**KEEP UP THE GOOD WORK EVERYONE.**
Use SNAP to Buy Food Online:

**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**
2. **Shop online for SNAP authorized foods**
3. **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
4. **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></td>
<td>Hand holding EBT card with phone screen (walmart &amp; Amazon logos on screen)</td>
<td></td>
</tr>
<tr>
<td>EBT Card Amazon</td>
<td>BUY FOOD ONLINE WITH SNAP</td>
<td>Alt'n 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></td>
<td>Hand holding EBT card with cell phone/ SNAP Amazon logo only (Coming soon)</td>
<td></td>
</tr>
<tr>
<td>SNAP Website</td>
<td>BUY FOOD ONLINE WITH SNAP</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></td>
<td>Food graphic mass.gov/SNAPonline DTA logo (Coming soon)</td>
<td></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>
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

Do each exercise for 25 seconds
Rest in between each exercise for 10 seconds
Repeat workout for 10 minutes maximum

1. Jumping jacks
2. High knees running to place
3. Squat
4. Wall sit
5. Lunge
6. Push-up and rotation
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: Allston • Hyannis • Lawrence • New Bedford • Salem • Taunton</th>
</tr>
</thead>
</table>

<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:Educarme@deafinconline.org">Educarme@deafinconline.org</a></td>
</tr>
<tr>
<td>VP 617-505-4823</td>
<td>VP/V 978-208-4591</td>
<td>Catarina Lima</td>
<td>VP/V 978-910-0041</td>
<td>Jean Healy</td>
</tr>
<tr>
<td>V 617-520-4433</td>
<td><a href="mailto:clima@deafinconline.org">clima@deafinconline.org</a></td>
<td>V 508-717-8809</td>
<td><a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
<td><a href="mailto:jhealy@deafinconline.org">jhealy@deafinconline.org</a></td>
</tr>
</tbody>
</table>

### State and Federal Contact Information

<table>
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<tr>
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</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>

<table>
<thead>
<tr>
<th>Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)</th>
<th>ASL Video: <a href="https://youtu.be/vTM5PSZiM3Q">https://youtu.be/vTM5PSZiM3Q</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Massachusetts Rehabilitation Commission (MRC)</td>
<td>Emergency line: 800-249-9949</td>
</tr>
<tr>
<td>Social Security Offices (SSI, SSA, SSDI)</td>
<td>Interpreters: <a href="https://www.mcdhh.net/request/">https://www.mcdhh.net/request/</a></td>
</tr>
<tr>
<td>Department of Unemployment Assistance (DUA)</td>
<td>Case Management: VP: 617-326-7546 / 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 / 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></td>
<td>617-204-3600</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mass.gov/orgs/massachusetts-rehabilitation-commission">www.mass.gov/orgs/massachusetts-rehabilitation-commission</a></td>
</tr>
<tr>
<td></td>
<td>1-800-772-1213 / 1-800-325-0778 (TTY)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mass.gov/service-details/check-eligibility-for-unemployment-benefits">www.mass.gov/service-details/check-eligibility-for-unemployment-benefits</a></td>
</tr>
</tbody>
</table>

### General COVID-19 Info

- Call 211
- https://mass211.org/
- Chat live online

### Sign up for statewide COVID-19 text alerts:

- Text COVIDMA to 888-777 to start receiving alerts

### Sign up for COVID-19 alerts from City of Boston

- Text BOSCOVID to 99411 to start receiving alerts
U.S. Census 2020

U.S Census 2020—ASL

https://youtu.be/1qMSlb1sbXw

REMINDER
Complete census form
Online or Paper
YOU COUNT

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

REMINDER
Complete census form
Online or Paper
YOU COUNT

U.S Census 2020—ASL

https://youtu.be/1qMSlb1sbXw

REMINDER
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