May 4, 2023

Center for Living & Working

Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?

SAFE SPACE LGBTQIA

D H I L S

Deaf and Hard of Hearing Independent Living Services

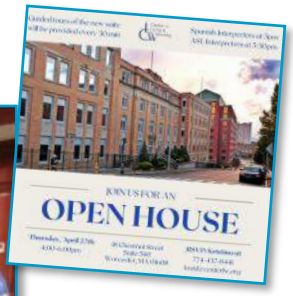
CLW Open House a Success!

On Thursday, April 28th, Center for Living & Working, Inc. (CLW) hosted an Open House in our new office space. Many people attended including consumers, other service providers and community members. Light appetizers and refreshments were served in the *Paul Revere Room* and people were able to chat with each other and CLW staff members.

There were several tours of the new suite including some with ASL interpreters and Spanish speaking staff. Many people commented about how large, bright and open our office is.

Thank you to all who attended!









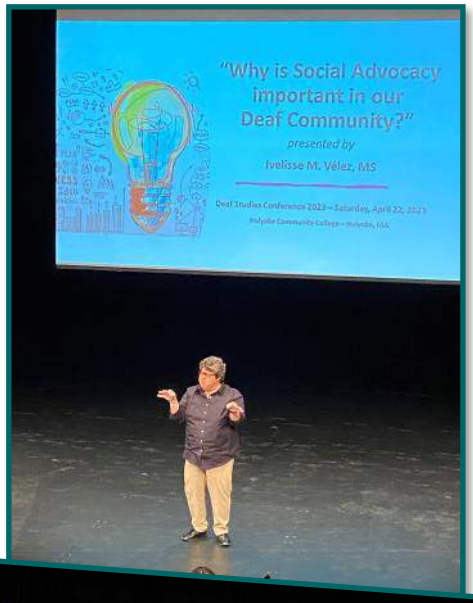


Holyoke Community College—*Deaf Studies Conference*

On Saturday, April 22nd, DHILS joined the conference for *"An Afternoon Celebration of Deaf Culture"*. DHILS had a table along with other exhibitors, including: Sorenson, Viability, T-Mobile, Hamilton Relay, and Willie Ross School for the Deaf. There were great programs by Ivy Velez who talked about social advocacy and a panel that shared their personal experiences with working. After a wonderful lunch, Janis Cole took the stage and performed *Vision Through Deaf Eyes — Past, Present, Future*. It was amazing!

This conference was hosted by: Baystate Deaf Senior Citizens, New England Deaf Senior Citizens and HCC Deaf Studies Program & ASL Club.









Deaf and Hard of Hearing Night at the WooSox

On Friday, April 28th, for the 3rd year, DHILS participated in *Deaf and Hard of Hearing Night* at Polar Park in Worcester. The national anthem, game announcements and 7th Inning Stretch were all interpreted in ASL and interpreters were at different places throughout the park for communication access. It was a little chilly, but staff stayed warm and took turns at the table giving away CLW baseball hats, pens, cell phone holders and other goodies. Many Deaf and hard of hearing community members were there. We look forward to next year!



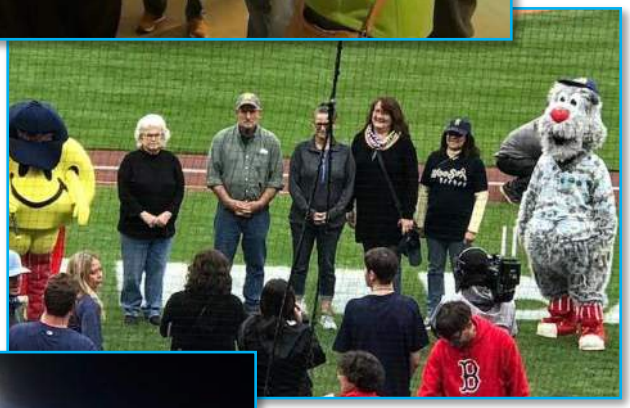














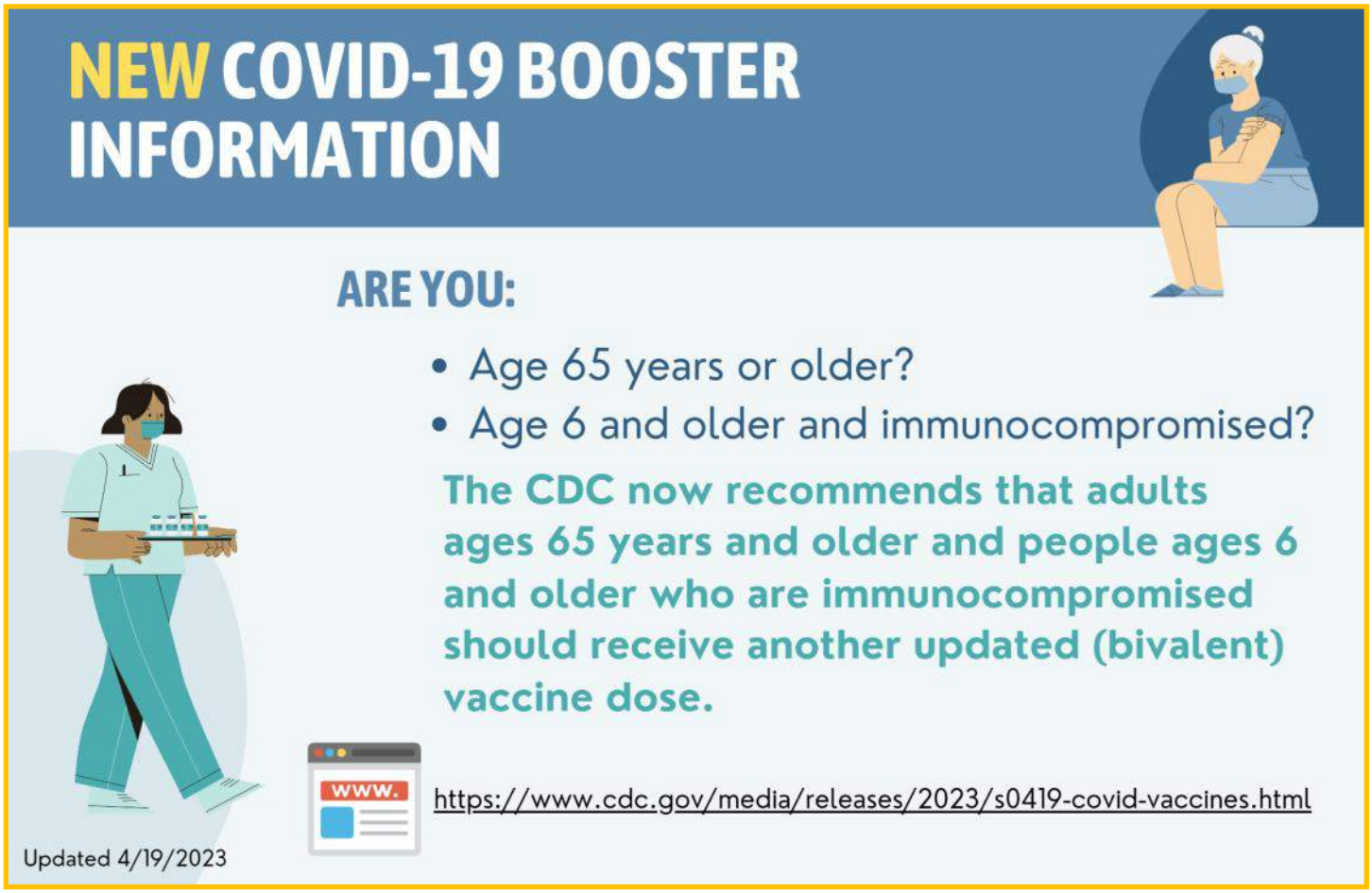




COVID-19 Updates

United States at a Glance





https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

ZERO FARE COALITION

The Worcester Regional Transit Authority voted last Thursday to continue the suspension of bus fares **until the end of June, 2024**!!

This is one of the longest running full, fare-free regional transit systems in the nation!

MCDHH News

Staffing Updates



Heather Daley

Heather Daley has accepted MCDHH's offer to become the *Executive Assistant* to the Commissioner. Her first day will be Monday, May 8th, 2023. Heather will support the Office of the Commissioner by coordinating and over-seeing day-to-day activities.

Lori Siedman and **Salatiel Pineda** have both accepted offers to become *MCDHH Referral Specialists*. Lori Siedman's first day will be Monday, May 1st. Salatiel Pineda's first day will be Monday, May 22nd.



Lori Siedman



Salatiel Pineda



Rex Macapinlac

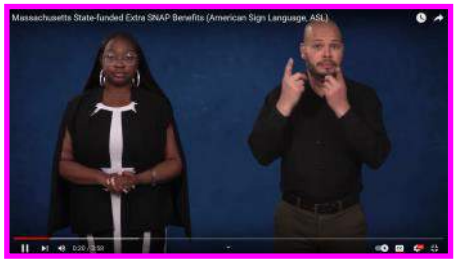
Rex Macapinlac has started as the *Social Media and Digital Content Specialist*.

VLOGS

Important updated benefit information from the *Department of Transitional Assistance*.

Questions? Email **Alana.Davidson@mass.gov**

ASL Video is here: https://youtu.be/Zi8u8kKR6ao





MassHealth Redeterminations Process vlog!
https://www.youtube.com/watch?v=hnr91RwW6Pc

NOTE: This will also be posted soon to the resources section of MassHealth's redeterminations website: https://www.mass.gov/masshealth-eligibility-redeterminations

May is MENTAL HEALTH MONTH

Every year **1 in 5** U.S. adults experience mental illness; **LESS THAN HALF** receive treatment.

Self care IS NOT Selfish

LET'S TALK ABOUT MENTAL HEALTH

ASKING FOR HELP IS OK

Ask your doctor or someone else you trust!

IMPORTANT NUMBERS

- Text START to 741-741
- Crisis Line (VP): 321-800-DEAF

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org → 988 SUICIDE & CRISIS LIFELINE

THINGS YOU CAN DO



Be physically active



Breathe deeply



Eat healthy



Get lots of sleep

Educate yourself



Journal about your feelings



Be kind to yourself



Talk with family and friends

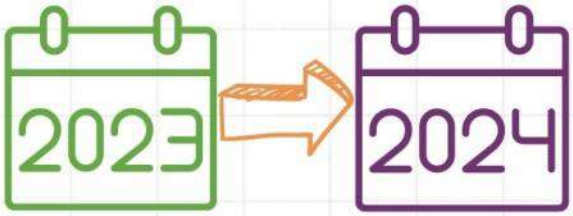


Center for Living & Working

Phase 2
MassHealth Redeterminations

STARTING APRIL 1, 2023

- **ALL** members will be renewed
- Renewal will be between:
  April 1, 2023 - March 31, 2024



UPDATE YOUR INFORMATION

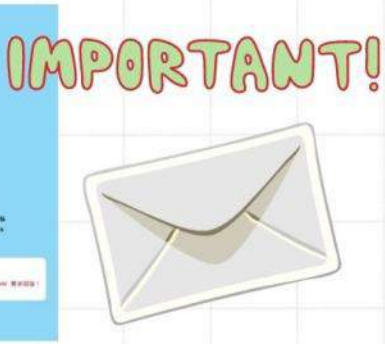
- **Make sure *MassHealth* has your correct:**
  - address
  - phone number
  - email



READ ALL YOUR MAIL

- *MassHealth* renewal notice will be sent in a **BLUE** envelope
- Other important forms may be sent in white envelopes





REPLY BEFORE THE DEADLINE

- Renewal forms will have a **deadline**
- Fill out and send the forms ***before*** the deadline



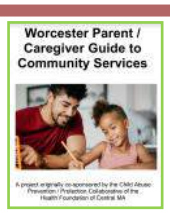
Center for Living & Working

Center for Living & Working, Inc.
18 Chestnut Street, Suite 540
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DHILS
Deaf and Hard of Hearing Independent Living Services

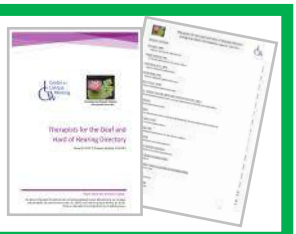
Worcester Parent Guide to Community Resources

CLICK HERE FOR ENGLISH GUIDE



Updated *Therapists for the Deaf and Hard of Hearing Directory*

Click here: https://drive.google.com/file/d/1mRNQIKYYNjM4vYpRX7OECQkiW-PQlu62/view?usp=sharing





MISSED A *WHAT'S UP* NEWSLETTER?

Past issues of newsletters are on our website!

VISIT: HTTPS://WWW.CENTERLW.ORG/2022/07/WHATS-UP-NEWSLETTER/

NOTE: Contact your Skills Trainer with questions.

Questions about this Newsletter?

Need a website address from your printed newsletter? *Contact your Skills Trainer!*

Joan Philip	*DHILS Director*	508-762-1165 (VP)
Denise Paro	*Administrative Assistant*	508-556-1600 (VP)
Ellen Perkins	*DHILS Asst. Manager/Hard of Hearing Skills Trainer*	508-502-7576 (Voice); 508-762-1354 (VP)
VACANT	*Deaf Skills Trainer (Part-time)*	508-762-1021 (VP)
Rosemary Moreira	*Deaf Skills Trainer (Full-time)*	508-762-1166 (VP)
Jonathan Vanderschrick	*Deaf Skills Trainer (Full-time)*	508-762-1350 (VP)
Kim White	*Staff Interpreter*	508-755-1042 (Voice); 508-283-1036 (VP)

Contact Us!

DHILS

Deaf and Hard of Hearing Independent Living Services

Center for Living & Working, Inc.

Deaf and Hard of Hearing Independent Living Services Department

Videophone: 508-762-1164

Voice/TTY: 508-755-1003

www.CenterLW.org

CLW: https://www.facebook.com/CenterForLivingAndWorking

DHILS Group: https://www.facebook.com/groups/469192334303776