

June/July 2025



Empowering Independence

CENTER FOR LIVING & WORKING, INC.

WHAT'S UP?



Deaf and Hard of Hearing Independent Living Services

CLW Celebrates 50 Years!

On Friday, May 9th, Center for Living & Working, Inc. [CLW] celebrated a milestone **50** years at the *AC Hotel Worcester* with staff, partners, and community members. Appetizers and desserts were served as Meg Coffin, CLW CEO, talked about the history and continued mission of the organization. Senator Robin Kennedy, paid tribute to our staff and work. Joe Petty, Mayor of Worcester, awarded CLW a Key to the City of Worcester and declared May 9th as **Center for Living & Working Day**. **See pictures on page 2.**



Left to Right: Rosemary Moreira, Priscilla Langone, Deanna Emberley-Handricken, Ellen Perkins, Joan Philip, Kim White and Sam Cuddy.

Deaf, Deaf, World at CLW



Can you imagine a world where **American Sign Language** [ASL] is the primary language? That's what happened on May 15th at CLW. As part of CLW staff's in-service training, the DHILS department of CLW hosted "It's a Deaf, Deaf World" where it was a "voices off" environment in which staff had to visit different stations: *DTA* (Department of Transitional Assistance), *MassHealth*, and more. Staff were presented with a situation/scenario, which they needed to communicate to DHILS staff and volunteers using only ASL, gestures, writing, or whatever worked. If they got caught talking, they were taken to jail!

During our group discussion at the end, CLW staff shared their hardest and easiest stations, jail experiences, and whether or not they understood the emergency announcements. Thank you to all of our volunteers who came and helped make this such an impactful and successful in-service! **See pictures on page 3.**

CLW's 50th Anniversary



Mayor of Worcester, Joseph Petty;
CLW Board President, Nancy Garr-Colzie;
CLW CEO, Meg Coffin



Meg Coffin, CLW CEO, and
Senator Robyn Kennedy



Senator Michael Moore and
Mayor Joseph Petty



Consumers, community partners and CLW staff watch the presentations and awards ceremony.



“It’s a Deaf, Deaf World” at CLW



All CLW staff and volunteers at “It’s a Deaf, Deaf World”.





BEWARE OF SCAMS

Visit [Medicare.gov/fraud](https://www.Medicare.gov/fraud)
Call 1-800-MEDICARE

Medicare
.gov

It's important to know the signs of a Medicare scam so you can protect yourself. To get your personal information, like your Medicare number, **scammers may call, text and email saying things like:**

- "You need to activate or renew your Medicare card."
- "We'd like to send you a free genetic testing kit."
- "Medicare has authorized us to send you a free (knee, back or elbow) brace."
- "You qualify for a refund on your Medicare costs."

Remember, **never give your Medicare card or number to anyone** except your doctor or people you know should have it.



Summer Sunscreen Survival Guide

3 Sunscreen Keys



1 Broad Spectrum
Choose a sunscreen that protects from both Ultraviolet A (UVA) and Ultraviolet B (UVB) rays.

2 SPF 30 or higher
SPF 30 blocks 97 percent of the sun's rays. Higher SPFs block slightly more, but *no sunscreen will block 100 percent of rays.*

— For every 2 hours of sun exposed skin, use **1 ounce** of sunscreen.



3 Water resistant

Water resistant: Up to 40 minutes

Very water resistant: Up to 80 minutes



Types of Sunscreens

Gels and foams are great for hairy areas and for people who want a quick-drying sunscreen.



Sticks are good for the eyes and lips.



Sprays are a quick way to protect the extremities and trunk, but *they should not be used on the face.*



Titanium dioxide or zinc oxide-based sunscreens are better for sensitive skin.

Creams are best for dry skin and the face.



Help from Your Closet



— A wide-brimmed hat can cover your ears and face.

— Avoid baseball caps and visors, which don't protect your ears and back of the neck.

— Choose **synthetic fabrics**, such as polyester, Lycra and nylon, over cotton.





Understanding the Unhealthy Heat Threshold

What is it? When temperatures are 85°F or higher for 3 days straight. When this happens, there is an increase in heat-related Emergency Room (ER) visits.

What does the DPH's Unhealthy Heat Forecast page do?

Helps people prepare to stay safe from the heat with real-time temperature forecasts, and when high temperatures pose a higher risk for vulnerable groups like children, older adults, and people with chronic medical conditions.

The alert also helps healthcare professionals, local governments, organizations, and residents take action to prepare for a heat wave.

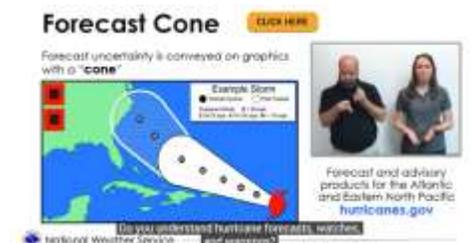
Where do I find this tool? www.mass.gov/info-details/massachusetts-unhealthy-heat-forecast



Hurricane Awareness - Forecasts, Watches & Warnings

Watch video with ASL and captions:

<https://youtu.be/xKdkYigVAXy?si=R2dNba9HoqiH8tcM>



UMass Memorial Health Ronald McDonald Care Mobile

Providing medical and dental care in the community

Proporcionando atención médica y dental a la comunidad

To make an appointment please call: **(508) 334-6073**
 Para hacer una cita favor de llamar al



July & August 2025

All events 9 am to 3 pm

DATE	TYPE	LOCATION
Tuesday, July 1	Medical/Dental	Friendly House, 36 Wall St., Worcester, MA 01604
Wednesday, July 2	Medical/Dental	Plumley Village, 34 Laurel St., Worcester, MA 01608
Wednesday, July 16	Medical/Dental	Clinton Public Schools, 150 School St., Clinton, MA 01510
Thursday, July 17	Medical/Dental	Worcester Public Library (behind building), 3 Salem St., Worcester, MA 01608
Wednesday, July 23	Medical/Dental	UMass Memorial Health – Marlborough Hospital, 157 Union St., Marlborough, MA 01752
Thursday, July 24	Medical/Dental	Worcester Youth Center, 326 Chandler St., Worcester, MA 01602
Tuesday, July 29	Medical/Dental	Our Lady of Loreto Church, 33 Massasoit Rd., Worcester, MA 01604
Wednesday, July 30	Medical/Dental	Autumn Woods Apartments, 15 Upland Gardens Dr., Worcester, MA 01607
Thursday, July 31	Medical/Dental	Worcester Public Library (behind building), 3 Salem St., Worcester, MA 01608
Wednesday, August 6	Medical/Dental	Clinton Public Schools, 150 School St., Clinton, MA 01510
Thursday, August 7	Medical/Dental	Clinton Public Schools, 150 School St., Clinton, MA 01510
Wednesday, August 13	Medical/Dental	UMass Memorial Health – Marlborough Hospital, 157 Union St., Marlborough, MA 01752
Thursday, August 14	Medical/Dental	Friendly House, 36 Wall St., Worcester, MA 01604
Wednesday, August 20	Medical/Dental	Plumley Village, 34 Laurel St., Worcester, MA 01608
Thursday, August 21	Medical/Dental	Worcester Public Library (behind building), 3 Salem St., Worcester, MA 01608
Tuesday, August 26	Medical/Dental	Our Lady of Loreto Church, 33 Massasoit Rd., Worcester, MA 01604
Wednesday, August 27	Medical/Dental	South Worcester Neighborhood Center, 47 Camp St., Worcester, MA 01603
Thursday, August 28	Medical/Dental	Worcester Public Library (behind building), 3 Salem St., Worcester, MA 01608

Interpreter services available. *Servicios de interpretación disponibles.*



Scan here for more info about the Ronald McDonald Care Mobile

For questions, contact Nardy Vega,
 Outreach Liaison: 508-341-9416 or
 nardy.vega@umassmemorial.org.



Ronald McDonald House Charities
 New England



JUNE AWARENESS

June is Pride Month!

This month celebrates and empowers LGBTQIA+ people!

June 6th – National Donut Day

This holiday is celebrated by donut lovers nationwide! What is your favorite donut?



June 14 – Flag Day

Flag Day commemorates the adoption of the current U.S. flag in 1777.



June 19 – Juneteenth

Juneteenth marks the day in 1865 that enslaved people were finally free in the westernmost confederate state, Texas.



June 20 – Summer Solstice

The summer solstice is the point when Earth's axis is tilted most towards the sun and is the "longest day of the year."



JULY AWARENESS

July 4th

July 4th is **Independence Day**. It marks the day the Declaration of Independence was signed and the U.S.A. became its own country.



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July 12th

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July 12 is **Malala Day**. Malala Yousafzai is a Pakistani activist who is the youngest person to win the Nobel Peace Prize for advocating for girls' education.

July 17th

July 17th is **World Emoji Day**. Emojis are often used in text communication and can brighten a conversation. What is your favorite emoji?



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July 26th

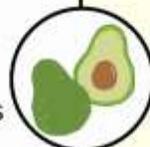
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July 26th is **National Disability Independence Day**. It celebrates Disability Pride and the signing of the Americans with Disabilities Act, or ADA, in 1990.

July 31st

July 31 is **National Avocado Day**. Avocados are used in all kinds of recipes. You can celebrate with a bowl of guacamole! What is your favorite avocado recipe?



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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/](https://www.centerlw.org/2022/07/whats-up-newsletter/)

Questions? Contact your Skills Trainer

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

Contact Us!

Center for Living & Working, Inc.
Deaf and Hard of Hearing Independent Living Services Department

Videophone: 508-762-1164

TTY: 508-755-1003

www.CenterLW.org



Deaf and Hard of Hearing Independent Living Services



CLW: www.facebook.com/CenterForLivingAndWorking

DHILS Group: www.facebook.com/groups/clw.dhils