



See more pictures on page 2.

Chair Yoga Recap

Monday, June 22nd, DHILS hosted a second Chair Yoga workshop showing different poses. *Thank you Paula Sheehan for volunteering your time to lead us again!* We look forward to the next session in July (see the flier for more details).

Chair Yoga | All Levels | Deaf Yoga

<https://www.youtube.com/watch?v=14NEUAJejTA>



Deaf Self Care: Raymonda on 5 Simple Poses

<https://www.youtube.com/watch?v=S5GVh66bgxU>



Introducing DHILS' New Deaf Skills Trainer

Hello! My name is Calvin Calandra, and I am a Deaf Skills trainer with Your Access Advocates (YAA). I am excited to be part of the team and to support Deaf and Hard-of-hearing individuals in achieving their goals and increasing their independence.

I was born in New York City and moved to Massachusetts in 2005.

I am an active member of the Deaf community and communicate using America Sign Language (ASL). I have a passion for helping others access information, resources, and opportunities. Before joining YAA, I worked in education, supporting Deaf and hard-of-hearing students and families.

I enjoy traveling and exploring new places. I have traveled throughout the United States, visited several countries in Europe, explored Japan, and enjoyed cruises throughout the Caribbean. Traveling has allowed me to experience different cultures and meet people from many backgrounds.

My goal is to empower Deaf and hard-of-hearing individuals to live independently and confidently while accessing the services and supports they need. I look forward to meeting and working with you!



A resource and advocacy center for independent living serving people with disabilities and the Deaf & hard of hearing in Central Massachusetts.

Voice: (508) 798-0350 • Toll Free: (800) 570-4020 • VP: (508) 762-1164 • TTY: (508) 755-1003 • Fax: (508) 797-4015
18 Chestnut St. Suite 540, Worcester, MA 01608 • Website: youraccessadvocates.org

Walden Community Services Update



We Are Scheduling New Patients!

- Framingham and Springfield Locations! -

Outpatient Clinic: Psychotherapy services for adults and children, conducted entirely in American Sign Language (available).

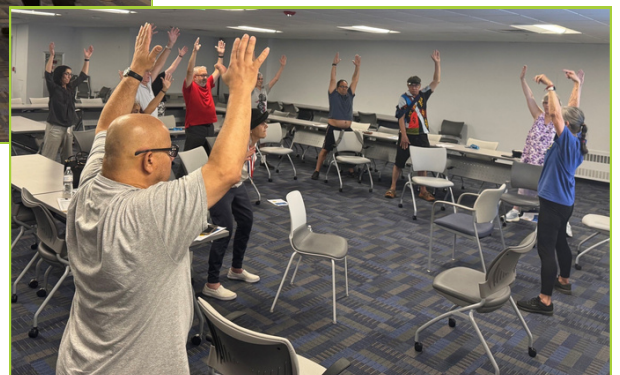
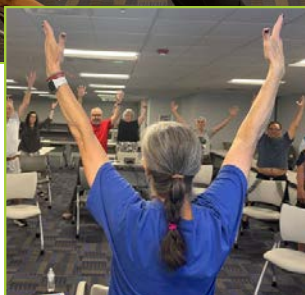
Therapeutic Mentoring: Voluntary caregiver-led service in which a Therapeutic Mentor visits the youth on a weekly basis and works on goals to help youth develop skills such as interpersonal skills, independent living skills, etc. (8 openings)

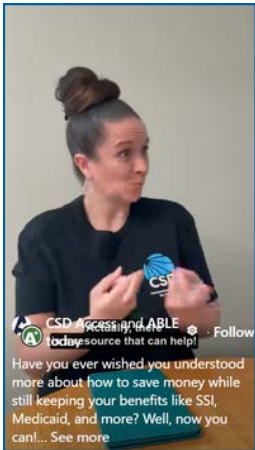
Wraparound/Intensive Care Coordination: Voluntary caregiver-led service in which an Intensive Care Coordinator and a Family Partner support the family in assembling an interdisciplinary team of professional and natural supports to best support their child in their time of need. (5 openings)

In-Home Therapy: Voluntary caregiver-led service in which an in-home therapist and paraprofessional work with the family in developing therapeutic goals to support family dynamics in the home and to help families develop stronger bonds, attachment, and behaviors. (5 openings)

To learn more, call our office at 508-875-9529, or fill out an [inquiry form](#).

Pictures from Chair Yoga [June 22, 2026]





Renca Dunn (Deaf) Provides Information in ASL about CSD Access Program with Able Today Program

See VLOG here: <https://www.facebook.com/reel/966283392837950>

This resource is from the partnership with *ABLE today* and CSD Access together bringing information and support related to ABLE accounts, financial empowerment, and accessible communication for Deaf and disabled communities. Helpful resources include:

- [Explore ABLE NRC Resources](#)
- <https://www.abletoday.org> --link takes you to the ASL Chat. At the far right under the black webpage bar there's a green ASL CHAT button
- [CSD Access Services](#) --link for the ASL chat button is at the bottom, far right on the CSD Access Services web page with a text chat option.

The ABLE National Resource Center explains that ABLE accounts are tax-advantaged savings accounts designed to help eligible people with disabilities save money for qualified disability expenses without losing certain public benefits like SSI or Medicaid. The history behind this, <https://www.ablenrc.org/what-is-able/history-of-the-able-act/>

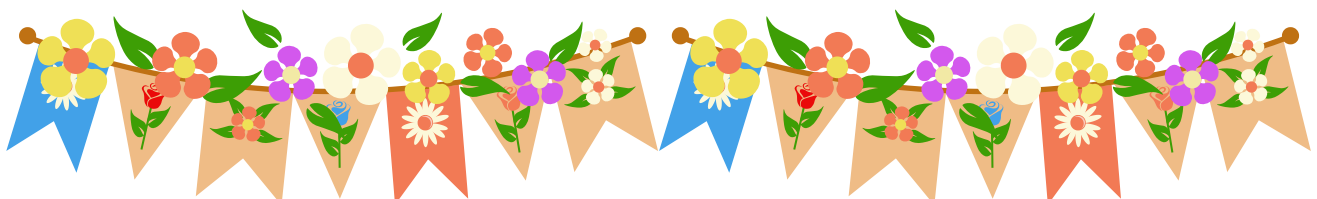
2026 Resources for Unhealthy Heat/Summer Events



Need a cool place? Call 2-1-1 or check local resources for cooling centers, libraries, senior centers, splash pads, pools, and other places to cool off during a heat wave.

Hydration matters during unhealthy heat. Drink more fluids (water or electrolyte replacement drinks), even if you don't feel thirsty. Avoid drinks with alcohol, caffeine, and sugar.

<https://www.mass.gov/extremeheat> #BeatTheHeat



July Awareness Days



4th Independence Day

- The Declaration of Independence was signed on July 4, 1776.
- July 4, 2026 is the 250th Anniversary!
- Held since 1785, the Bristol Fourth of July Parade in Rhode Island, is the oldest continuous Independence Day celebration in the United States.

10th National Kitten Day

- Spaying and neutering pets (including cats) is important for their health and to lower the number of strays.
- Encourages adoptions from shelters.



16th National Cherry Day



- Michigan is the cherry capital of the world, growing over 70% of all cherries eaten in the U.S.
- An average cherry tree can grow up to 7,000 cherries, which is enough to make about 28 pies!
- There are two main types of cherries - sweet and tart.

24th National Amelia Earhart Day

- Amelia Earhart was the first woman to fly solo across the Atlantic Ocean in 1932.



28th National Waterpark Day

- Almost every state has a waterpark.
- The largest indoor park in America is in Round Rock, Texas.



Job Opening: ASL Instructor



Teaching Requirements:

- ✓ In-person staff ASL classes at Worcester Recovery Center and Hospital (WRCH)
- ✓ Weekly 1:00PM (1 ½ - 2 hour sessions)
- ✓ ASL Curriculum:
 - ✓ Basic
 - ✓ Medical & mental health
 - ✓ Activities of Daily Living (ADLs)]



Email your resume to:
Joan Philip, *DHILS* Director
jphilip@youraccessadvocates.org



YAA: www.facebook.com/YourAccessAdvocates
DHILS Group: <https://www.facebook.com/groups/yaa.dhils/>



Worcester Parent Guide to Community Resources

[CLICK HERE FOR ENGLISH GUIDE](#)



Missed a Newsletter? Past issues are on our website!

[CLICK HERE](#)

Updated Therapists for the Deaf and Hard of Hearing Directory

[CLICK HERE](#)



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)
Rosemary Moreira	Senior Deaf Skills Trainer (Full-time)	508-762-1166 (VP)
Denise Paro	Deaf Skills Trainer (Part-time)	508-762-1021 (VP)
Calvin Calandra	Deaf Skills Trainer (Part-time)	508-762-1350 (VP)
Vacant	Deaf Skills Trainer (Part-time)	
Kim White	Staff Interpreter	508-755-1042 (Voice); 508-283-1036 (VP)

**Contact
Us**

Videophone: 508-762-1164

TTY: 508-755-1003

www.youraccessadvocates.org



YAA: www.facebook.com/YourAccessAdvocates

DHILS Group: <https://www.facebook.com/groups/yaa.dhils/>

