

**MetroWest  
Center For  
Independent Living**

**People with Disabilities  
Living in the Community**

## **Coronavirus Updates**

MWCIL continues to be staffed and ready to work with you on any important issues. We will try to resolve as much as possible remotely to protect both our staff and consumers. We understand that most services and safety nets have been disrupted, and we will try to help.

We hope you are able to stay safe and isolated. New national guidelines now advise that masks be worn whenever you are outside of your own home, while still remaining 6 feet away from others. While the masks vary in effectiveness, they all will help. If you cannot find masks to buy, there are many homemade versions on the internet. One no-sew version is made from a bandana and 2 hair elastics! Here are no-sew [Youtube.com](https://www.youtube.com/watch?v=...) directions!

Paul Spooner,  
Executive Director



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### ***MetroWest Resources***

We recommend Senate President Karen Spilka's page of resources available for MetroWest residents. Visit <https://karenspilka.com/covid>.

MWCIL.org has a Covid-19 page with local and national resources, information on the disease, and more. Visit [mwcil.org](http://mwcil.org).

MetroWest Center for Independent Living has compiled information from most of our service area towns. You can download this file:  
[MWCIL Service area resources.pdf](#)

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### ***Mass.gov Resources***

**Main information page** on the Coronavirus:

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

## Mass Health:

- **Long Term Supports and Services including PCA information:**  
<https://www.mass.gov/doc/ltss-provider-updates-for-covid-19>

[19/download](#)

- Expansion of **Home Health Aide Services:** [MassOptions.org](http://MassOptions.org).  
**MassOptions hotline** at 1-844-422-6277
- **Consumer Information:** <https://www.mass.gov/info-details/masshealth-coronavirus-disease-2019-covid-19-applicants-and-members-0>
- **General MassHealth Information:** [www.mass.gov/coronavirus-disease-covid-19-and-masshealth](http://www.mass.gov/coronavirus-disease-covid-19-and-masshealth)
- **90 Day Supplies of Medication for MassHealth Members:**[www.mass.gov/doc/pharmacy-facts-141-march-12-2020-0/download](http://www.mass.gov/doc/pharmacy-facts-141-march-12-2020-0/download)

**Attorney General:** <https://www.mass.gov/guides/resources-during-covid-19>

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## *Unemployment*

Mass.gov has an online, virtual town hall that will teach you how to sign up for unemployment. Visit [www.mass.gov/forms/massachusetts-department-of-unemployment-assistance-dua-virtual-town-halls](http://www.mass.gov/forms/massachusetts-department-of-unemployment-assistance-dua-virtual-town-halls).

Or visit the State Unemployment Insurance page for online application forms, as well as links to rules and exceptions during the Covid-19 pandemic. [www.mass.gov/unemployment-insurance-ui-online](http://www.mass.gov/unemployment-insurance-ui-online).

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## *Food*

Visit [foodpantries.org](http://foodpantries.org) to see all of the food pantries in MA.

Senate President Karen Spilka's MetroWest Resource page has many local food sources: [karenspilka.com/updates/2020/3/13/metrowest-covid-19-resources](http://karenspilka.com/updates/2020/3/13/metrowest-covid-19-resources)

Project Bread has additional food sources: [www.projectbread.org/get-help](http://www.projectbread.org/get-help).

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## *Housing*

Department of Community and Housing Development (DHCD) has information including updates for Residential Assistance for Families in Transition (RAFT) Program - [www.mass.gov/info-details/covid-19-dhcd-website#residential-assistance-for-families-in-transition-\(raft\)-program-and-covid-19-state-of-emergency-](http://www.mass.gov/info-details/covid-19-dhcd-website#residential-assistance-for-families-in-transition-(raft)-program-and-covid-19-state-of-emergency-)

As the COVID-19 situation rapidly evolves, CHAPA is adapting their operations and policy priorities. COVID-19 Affordable Housing Resources: [www.chapa.org](http://www.chapa.org)

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## ***MWRTA***

MWRTA has made some changes to help keep riders and drivers safe. Read this update by Emily Van Dewoestine:

"MWRTA's COVID-19 has quickly made an impact on everyone's lives. MWRTA is doing everything we can to keep all of our drivers and passengers safe. MWRTA is disinfecting all vehicles every night, and additionally during the day as needed, as well as providing drivers with disposable gloves, bottles of hand sanitizer, and, when requested, face masks. MWRTA has increased cleaning and disinfecting measures throughout the entire building, and is not allowing any non-essential visitors. Here is a little positivity: Hang in there. Your rainbow is on its way! Stay safe and healthy!

To continue our approach and focus on keeping all drivers and passengers as safe as possible, MWRTA will not be enforcing the fare policy beginning on Monday, April 6, 2020. Additionally, we have closed off every other seat in the Fixed Route buses to ensure that passengers are sitting a safe distance from one another. We ask that passengers only take public transportation for essential travel, including grocery stores, pharmacies, and work. If you feel sick please stay home. MWRTA is focused on staying up-to-date with information on COVID-19 and taking all measures necessary to ensure a safe and clean ride for all. MWRTA would like to thank our extremely dedicated employees who are committed to coming into work everyday to take people where they need to go. We understand that this is a challenging time for everyone, and your dedication and commitment to your jobs and to serving the public have not gone unnoticed. If you have any questions or concerns regarding bus service, please call (508) 935-2222. Riders can find service updates at [www.MWRTA.com](http://www.MWRTA.com) or on Twitter @MWRTA.

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## ***Visual Informational Posters***

These three graphical posters will clarify some of the confusing aspects of Covid-19.

- Coping with Stress and Fear from Covid-19: [Coping-Flyer-HQP.pdf](#)
  - Social Distancing: [Soc-Dist-Flyer-GenAud.pdf](#)
  - Stop the Spread: [Stop-The-Spread.pdf](#)
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## ***Disability Rights and Healthcare***

We have heard threats and warnings that healthcare may need to be rationed, and that "someone" may have to decide who gets treated and who does not. These warnings are especially frightening for people with disabilities who may feel undervalued. [The Disability Rights and Education Fund](#) has compiled information on this topic.

You can download the pdf document: [Preventing Discrimination in the Treatment of COVID-19 Patients: The Illegality of Medical Rationing on the Basis of Disability.pdf](#).

Alice Wong wrote "**I'm disabled and need a ventilator to live. Am I expendable during this pandemic?**" for [Vox.com](#).

Ariella Barker shared "**Those with disabilities have a right to survive the coronavirus pandemic**" for the [Boston Globe](#).

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### ***Free Time***

If you have time to spare, check out our videos of people with disabilities living independently in Massachusetts at [MATalesOfIndependence.net](#). Get to know our own rock stars!



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### ***2020 Census***

You should have received one or two mailings from the Census Bureau on how to fill out your census information online. This information is completely confidential. Please let us know if you have questions. Visit the [Revupma.org page](#) on the Census.

#### **From Marlene Sallo, Executive Director of Disability Law Center**

"On April 1, 2019 elected officials, nonprofit workers, and the public gathered at Nevins Hall in Framingham to kick off the state's 2020 census. This event marked the one-year countdown to the National Census Day (April 1, 2020).

The census is mandated by our Constitution and aims to include every

person living in the United States. Census data provides the basis for distributing more than \$675 billion in federal funds every year to support states, counties and community programs, such as housing, education, transportation, employment, and health care.

During the 2020 Census, households will be able to self-respond in three ways: Internet, Telephone or Paper Questionnaire. The Census Bureau has indicated that the online questionnaire and telephone contact centers will all be fully accessible to people with disabilities and that the paper questionnaire will be available to download in both braille and large print. Completing the 2020 Census form ensures that neighborhood schools, health centers, and other vital parts of our communities are adequately funded.

Please make sure to participate in the upcoming census. Find out more at [www.censuscounts.org](http://www.censuscounts.org).

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## Activist Resources and Directories

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### *National Contact Information*

[Directory of House of Representatives](#)

[Directory of Senators](#)

#### **Senator Edward J. Markey**

Address:

255 Dirksen Senate Office Building  
Washington DC 20510

Phone:

(202) 224-2742

Contact:

[www.markey.senate.gov/contact](http://www.markey.senate.gov/contact)

Website:

<http://www.markey.senate.gov/>

#### **Senator Elizabeth Warren**

Address:

317 Hart Senate Office Building  
Washington DC 20510

Phone:

(202) 224-4543

Contact:

<https://www.warren.senate.gov/contact/shareyouropinion>

Website:

<http://www.warren.senate.gov/>

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## ***State Government Contact Information***

[Directories of State Senators and Representatives](#)

[Contact Governor Baker](#)

[WhereDoIVoteMa.com](#) - Enter your address, and get a list of all of your elected officials.

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## ***National Resources***

**Save My Care** - a movement to bring together families, advocates and health care providers to protect the health and financial security of all Americans. [Visit the website.](#)

**National Council on Independent Living** has Action Alerts for issues on the table in Washington. [Visit the Advocacy Monitor webpage.](#)

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**Join REV UP** - Make the disability vote count!

For more information, visit [www.revupma.org](http://www.revupma.org).

And follow our [Face Book page!](#)

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## ***Disability Pride Toolkit***

[NCIL](#) (National Council on Independent Living) has compiled a [Disability Pride Toolkit and Resource Guide](#).

This guide delves into what Disability Pride is, and why it is so important. The difference between the Medical Model and the Independent Living paradigm offer a framework of the disparities between how society works and how it should work.

The guide also offers many resources and ideas on how to advance the discussion and how to educate others. *We highly recommend this toolkit and resource guide for anyone who wants to be active in the*

## ***MA Tales of Independence***

**Visit our video projects at:** [www.matalesofindependence.net](http://www.matalesofindependence.net).

The concept and history of Independent Living are complex. MA Tales of Independence is a collection of videos by people who are successfully living independently. Each person tells their story including things like: how they achieved independence, why independence is important to them and what barriers they had to overcome. Some of our videos have historical information about the struggle and others are about growing up today. Most have college degrees, jobs and families.



2020 Staff

### **MetroWest Center for Independent Living**

**Website:** [www.mwcil.org](http://www.mwcil.org)

**Email:** [info@mwcil.org](mailto:info@mwcil.org)

**Phone:** (508)875-7853

**Address:** 280 Irving Street, Framingham, MA 01702

**Facebook:** 

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