



People with Disabilities Living in the Community

Covid-19 Updates

Phase 3 of Massachusetts re-opening feels like a paradigm shift! As we have said before, each person has to assess their personal situation and decide what risks to take. The virus may be less concentrated, but it remains invisible and has not gone away.

WBUR credits masks and distancing when MA did not experience a new surge after Phase 2 re-openings and protests: [Experts Feared COVID-19 Would Surge Back In Mass. After Protests, Businesses Reopening. It Hasn't.](#)

MetroWest Center has not yet begun to bring staff back into the office. We are fully staffed on-line and ready to work with all consumers. We will resolve as much as possible remotely to protect both our staff and consumers.

Visit our [Website Covid-19 page](#) and download our [Local Resources pdf](#).

Paul Spooner,
Executive Director



Covid-19? **NO** - *Milkweed flower!*



Sunflower



Full moon July 4 - Almost as good as fireworks!

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MetroWest Resources

MWCIL.org has a Covid-19 page with local and national resources, information on the disease, and more. Visit mwcil.org.

MetroWest Center for Independent Living has compiled information from most of our service area towns. This file is updated weekly:

[MWCIL Service area resources.pdf](#)

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

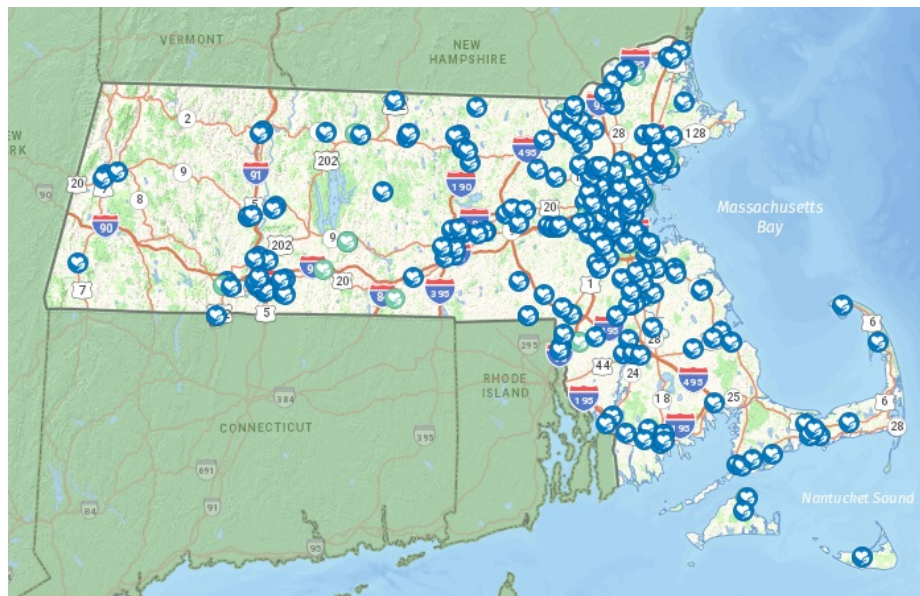
MWRTA has launched the "4 Grocery" shuttle to run hourly between 7 a.m. and 5 p.m. to carry shoppers from the Framingham hub to the Market Basket in Ashland, Roche Bros. in Natick, and the Wegman's at the Natick Mall. Read more at

www.mwrta.com/application/files/.

Testing Sites

Visit this interactive, online map to find testing sites statewide:

memamaps.maps.arcgis.com



Map of MA testing sites

Massachusetts Reopening

Phase 3 begins. Read about the highlights at MassLive.com.

"The success is due in no small part to the vigilance and dedication

that has been shown by the people of Massachusetts," Baker said.
"But we should not and cannot slow down or step back now."

The [third part](#) of the four-phase reopening plan, called the "vigilant phase," will last significantly longer than the other phases, the governor said, so officials can monitor the impact the move to Phase 3 will have on public health data.

Baker said the state won't move forward with Phase 4 [until a vaccine is available](#). "

Visit [Mass.gov](https://www.mass.gov) to learn the details of reopening, including workplace protocols, and business safety standards. *Know the risks, and your personal tolerance for risks, and set your own priorities!*

To gain some insights into the complexity of the reopening roadmaps, read this article by Juliette Kayyem for the Atlantic. [Reopening Schools was just an Afterthought. Americans found out the hard way that education is essential infrastructure.](#)

Airborne Transmission

Coronavirus: WHO rethinking how Covid-19 spreads in air

From the BBC, July 8, 2020:

This article does not discuss changing guidelines, however, if the airborne transmission proves to be true, the safety of some activities needs to be rethought. Indoors, airplanes, bars, movie theaters... should be approached with caution.

"The World Health Organization has acknowledged there is emerging evidence that the coronavirus can be spread by tiny particles suspended in the air."

"For months, the WHO has insisted that Covid-19 is transmitted via droplets emitted when people cough or sneeze. Droplets that do not linger in the air, but fall onto surfaces - that's why handwashing has been identified as a key prevention measure.

But 239 scientists from 32 countries don't agree: they say there is also strong evidence to suggest the virus can also spread in the air: through much tinier particles that float around for hours after people talk, or breathe out.

Today the WHO admitted there was evidence to suggest this was possible in specific settings, such as enclosed and crowded spaces."

Activity Risks

Texas has been in the spotlight as their cases of coronavirus are on the rise after reopening too quickly. The Texas Medical Association has put together a chart of the risk levels for different activities. The chart has some subjective components (500? at church), and with many of the activities, you can minimize or increase your risk with your personal behavior, but the chart gives an idea of the relative risk of various activities.

Read more about the risks, and view the chart. [What's More Risky? Going to a Bar or Opening the Mail?](#)

We have reproduced the chart below. Risk goes from 1 (Least Risky) to 9 (Most Risky)

Low Risk

- 1 - Opening the mail
- 2 - Getting restaurant takeout
- 2 - Pumping gasoline
- 2 - Playing tennis
- 2 - Going camping

Moderate - Low

- 3 - Grocery Shopping
- 3 - Going for a walk, run or bike ride with others
- 3 - Playing golf
- 4 - Staying at a hotel for 2 nights
- 4 - Sitting in a doctor's waiting room
- 4 - Going to a library or museum
- 4 - Eating in a restaurant outside
- 4 - Walking in a busy downtown
- 4 - Spending an hour at a playground

Moderate

- 5 - Having dinner at someone else's house
- 5 - Attending a backyard barbecue
- 5 - Going to a beach
- 5 - Shopping at a mall
- 6 - Sending kids to school, camp or day care
- 6 - Working a week in an office building
- 6 - Swimming in a public pool
- 6 - Visiting an elderly relative or friend in their home

Moderate - High

- 7 - Going to a hair salon or barbershop
- 7 - Eating in a restaurant inside
- 7 - Attending a wedding or a funeral
- 7 - Traveling by plane

- 7 - Playing basketball
- 7 - Playing football
- 7 - Hugging or shaking hands when greeting a friend

High Risk

- 8 - Eating at a buffet
- 8 - Working out at a gym
- 8 - Going to an amusement park
- 8 - Going to a movie theater
- 9 - Attending a large music concert
- 9 - Going to a sports stadium
- 9 - Attending a religious service with 500+ worshipers
- 9 - Going to a bar

2020 - 30 Years after the signing of the ADA

ADA Celebration: Join the City of Boston Mayor's Commission for Persons with Disabilities and the Boston Center for Independent Living for a virtual event to discuss how far we have come and what the future of disability rights looks like with a focus on diversity, equity, and inclusion. The event is Wednesday, July 22 1-2:30. We will hear from leaders in disability rights, consumers, and elected officials.

<https://bostoncil.org/event/ada-30-march-rally-for-disability-rights/>

Webinar from United Spinal Association: Hosting free webinar on July 15 to highlight the 30 years of progress since the signing of the Americans with Disabilities Act and how advocacy will continue to play a role in strengthening disability rights as we navigate new challenges due to the Covid-19 pandemic.

https://us02web.zoom.us/webinar/register/WN_R90GZXilRRKBz2822tiHog

More Work to be Done 42 Years after Gang of 19 Protest

[ADA: History from Rocky Mountain PBS](#)

by Julie Jackson, July 6, 2020

The ADA at 30

from <https://www.newmobility.com/2020/07/the-ada-at-30/>

by mqadmin, July 1, 2020



Start of 2015 ADA March in Boston

Phone App for MWRTA

METROWEST REGIONAL TRANSIT AUTHORITY Releases Its First Ever Phone Application - CATCH

On June 1, 2020, MWRTA launched its first ever phone application known as **CATCH**. The phone application gives riders access to

- improved real-time bus tracking
- all MWRTA Fixed Route schedules
- a live chat window with dispatch
- a place to provide feedback on MWRTA service.

The live-chat feature will allow riders to directly notify MWRTA dispatch of late train arrivals and ask and receive timely responses to questions.

MWRTA will be able to adjust Commuter Shuttle schedules as needed to accommodate late trains, and will provide assurance to riders of last mile trip performance.

App users can allow push notifications to be sent to their mobile device, which will enable them to receive important MWRTA service announcements regarding the buses/shuttles during events such as inclement weather.

As we move through COVID-19 and the Governor's re-opening plans, riders will be able to utilize the phone app to easily access service announcements and keep up-to-date with our bus routes and ongoing revisions.

Through the improved live tracking feature, riders will also have the option to track the Commuter Rail or Green Line train associated with the bus route they are on, or looking to connect to, as well as track any MWRTA

Fixed Route bus in real time.

The feedback portion of the app will give riders access to provide feedback directly to MWRTA on Fixed Route and Commuter Shuttle performance. Feedback is extremely important to MWRTA operations, and is taken into account to improve upon its services.

MWRTA believes that First/Last mile service is an extremely important component of public transportation, and by utilizing this application, we will be able to build a stronger, more trustworthy relationship with commuters, creating a better and more efficient service for all.

For more information on CATCH, visit www.MWRTA.com/CATCH and download it today!



Ed Carr drove the accessible bus to Boston for the 25th ADA Celebration

Face Masks for PCAs

Thank you to the Disability Policy Consortium for this information:

Consumers of the Massachusetts PCA program can get **free masks and gloves delivered for PCAs** from their union, [1199SEIU](http://1199SEIU.org). PCAs can order the masks online using the [1199SEIU order form](http://1199SEIU.org/order-form).

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/download>
- Expansion of **Home Health Aide Services:** [MassOptions.org](https://www.mass.gov/doc/home-health-aide-services-for-covid-19/download).
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
- **90 Day Supplies of Medication for MassHealth Members:** www.mass.gov/doc/pharmacy-facts-141-march-12-2020-0/download

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

Housing

The state is implementing a temporary moratorium on evictions and foreclosures due to Covid 19. If you are having trouble making rent, talk to your landlord and get everything in writing for proof of conversations later on.

- **Detailed information** (a little tough to navigate) - www.mass.gov/lists/moratorium-on-evictions-and-foreclosures-forms-and-other-resources
- **RESIDENTIAL TENANTS:** In order to avoid having to pay late fees or receiving a negative credit report, the law requires tenants to send a form of hardship notice to their landlord within 30 days of every missed rent payment. That means if a tenant missed paying rent due April 1, the tenant must send the form by April 30 (3 days from now). One form must be filled out for each month of missed payment. If a tenant is unable to fill out and transmit the form, they can also email or post a letter to the landlord with the same information. Direct link to form: www.mass.gov/doc/form-of-notice-and-documentation-covid-19-hardship-residential-tenant/download
- **HOMEOWNERS:** The Division of Banks has also put out a Frequently Asked Questions document regarding the moratorium on foreclosures. Direct link here: www.mass.gov/doc/chapter-65-dob-faq
- **SMALL BUSINESS TENANTS:** Similar to residential tenants, small businesses are also not subject to late fees or negative credit bureau

reporting if they submit a form of notice to their landlord within 30 days of missed rent payment. Small businesses must submit two forms:

- A certification of hardship:
www.mass.gov/doc/form-of-notice-covid-19-hardship-small-business-tenant
- Back up documentation: www.mass.gov/doc/documentation-of-financial-hardship-small-business-tenant
- **LANDLORDS:** The law allows the landlord to use last month's rent to pay for certain expenses including, but not limited to, mortgage payments, utilities, repairs and required upkeep. However the landlord must send a form of notice to the tenant when doing so. The form is here: www.mass.gov/doc/notice-to-tenant-use-of-advance-rent-payment
- **Help with Rent**
 - List of regional agencies, see www.masshousinginfo.org/regional-agencies.
 - Additional information about resources for tenants is available at www.mhp.net/news/2020/resources-for-tenants-during-covid-19-pandemic.
- You will not be subject to late fees or a negative report to a credit bureau if you certify to your landlord in writing within 30 days from the missed payment that your non-payment of rent is due to a financial impact from COVID-19. If possible, you should use the approved form at: <https://www.mass.gov/lists/moratorium-on-evictions-and-foreclosures-forms-and-other-resources>. If you cannot access the form on this website, you can ask your landlord to provide the form to you. You may also send a letter or email so long as it contains a detailed explanation of your household loss in income or increase in expenses due to COVID-19.

Department of Community and Housing Development (DHCD)

- 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)
- [RAFT Policy Changes during COVID-19.php](http://www.mass.gov/info-details/covid-19-dhcd-website#raft-policy-changes-during-covid-19)

CHAPA has adapted operations and policy priorities. COVID-19 Affordable Housing Resources: www.chapa.org

Housing Consumer Education Centers - Download the [Covid-19-Housing-Resources.pdf flyer](#).

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.

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.

Food

Visit 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

Project Bread has additional food sources: www.projectbread.org/get-help.

Massachusetts residents can use SNAP benefits to purchase groceries online via Walmart and Amazon, with more grocery retailers hopefully joining the program soon. Visit Mass.gov for more information. The state's Online Purchasing Program Outreach Flyers are now available in Spanish.

MassHealth Food Assistance Flyers

- [Food Assistance.php](#) - English
 - [Asistencia alimentaria durante la emergencia por COVID-19.php](#)
Spanish
-

2020 Census

Complete your census! This information is completely confidential. Please let us know if you have questions.

Visit the Revupma.org page for more information and resources about the Census.

To participate in the upcoming census, visit www.censuscounts.org.

Activist Resources and Directories

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

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/>

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.

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.](#)

Join REV UP - Make the disability vote count!

For more information, visit www.revupma.org.

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



MA Tales of Independence

Visit our video projects at: 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 (visit the [staff page](#) for more info!)

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