

**MetroWest
Center For
Independent Living**

**People with Disabilities
Living in the Community**

Covid-19 Updates

Just when you think Americans should finally be understanding the best ways to stay safe, one sees another mind-boggling news report. People attending parties knowing that someone is infected, or opening Disney World in a state with 15,000 new cases in one day or the president and secretary of education insisting that students and teachers expose themselves to unsafe conditions does not make sense. Massachusetts has reopened many things, but *coronavirus is still here*, and everyone must protect themselves! Masks, social distancing, safe behavior and safe locations.

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

Photos by Paul Spooner:



Echinacea - Coneflower



Echinacea - Coneflower



Daylily



Echinacea - Coneflower

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

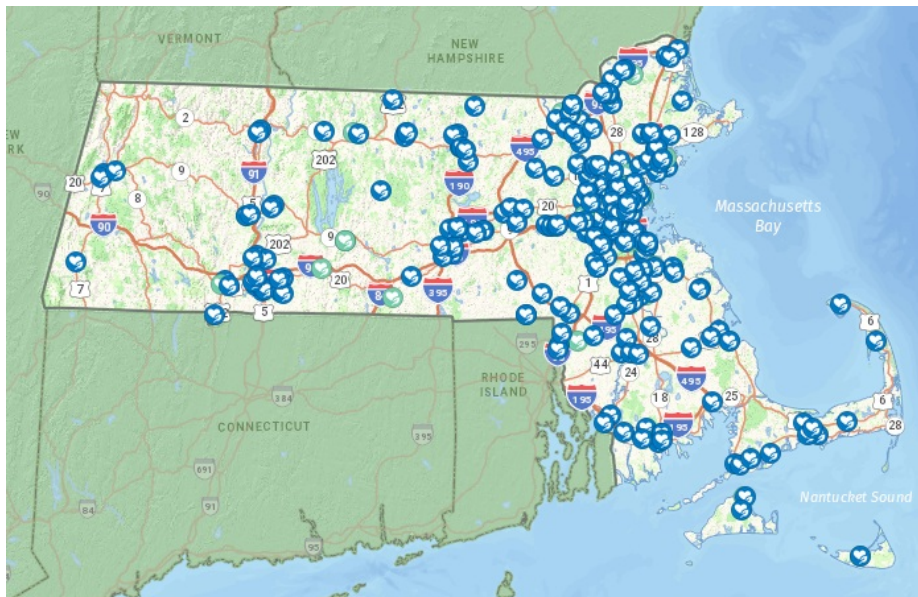
MetroWest Center for Independent Living has compiled information from most of our service area towns. This file is updated weekly:
[MWCIL Service area resources.pdf](#)

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

We are in Phase 3 state wide.

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.

Residents can submit workplace safety complaints to the Attorney General's webpage. <https://www.mass.gov/forms/report-unsafe-working-conditions-in-massachusetts-during-covid-19>

Governor Baker created a new webpage for worker safety complaints which directs employees to contact their local board of health. <https://www.mass.gov/forms/report-unsafe-working-conditions-in-massachusetts-during-covid-19>

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.](#)

REquipment Budget Slashed

The state is beginning to experience serious budget issues, with revenues way down and expenses increasing. While we can expect more cuts, REquipment is not expensive, and provides such a valuable service. Durable Medical Equipment is very expensive. *Providing free equipment to consumers should reduce expenses for the state!*

Please contact your legislators, and ask them to restore the budget through June 30, 2021.

Read more at dmereuse.org/effective-immediately-requipments-budget-is-cut-80/



Many patients who recover from Covid-19 are experiencing significant after effects. Read more about what a Dutch study found.

Report Suggests Some 'Mildly Symptomatic' Covid-19 Patients Endure Serious Long-Term Effects

from Forbes Magazine, June 13 by Joshua Cohen:

" ...In the [Netherlands](#), the Lung Foundation, together with the University of Maastricht and the CIRO group,* surveyed 1,622 Covid-19 patients who had reported a number of long-term effects from their illness. Ninety-one percent of the patients were not hospitalized, which indicates that the vast majority of the surveyed patients would fall under the category "mildly symptomatic." The average age of the patients surveyed was 53.

Nearly 88% of patients reported persistent intense fatigue, while almost three out of four had continued shortness of breath. Other enduring symptoms included, among other things, chest pressure (45% of patients), headache and muscle ache (40% and 36%, respectively), elevated pulse (30%), and dizziness (29%). Perhaps the most startling finding was that 85% of the surveyed patients considered themselves healthy prior to getting Covid-19. One or more months after getting the disease, only 6% consider themselves healthy... "

National Disability Voting Registration Week

The [REV UP Campaign](#) is coordinating National Disability Voter Registration Week (NDVRW) this week, July 13-17, 2020. With over 35 million eligible voters with disabilities, let's get our community registered to vote!

Join the **REV UP THE VOTE FESTIVAL** tonight, Thursday, July 16 at 7 p.m. Expected speakers include Michelle Obama, Senator Elizabeth Warren, Wesley Hamilton, Matthew Yanez, Allie Cannington and Jack Rosen! RSVP for the REV UP the Vote festival 7/16 at 7pm at docs.google.com/forms/. Or visit the Facebook page to attend the online event: <https://www.facebook.com/DisabilityPowered>

REV UP Massachusetts encourages all disabled people in Massachusetts to register to vote today.

You can register on-line, or contact your town clerk.

If you have a drivers license or state id, Register here: <https://www.sec.state.ma.us/ovr/>.

If you do not have a state id, and/or need help filling out the ballot, visit <https://register2vote.org/> . You fill out your info on-line, they mail you the filled out registration form, you sign it, and send it along in the stamped

addressed envelope that they provide.

Visit revupma.org or www.facebook.com/REVUPMA/ to stay in touch with MA voting information. Sign up at <http://revupma.org/wp/sign-up/> for timely email updates.

Tell Senators to Include Disabled People in Covid-19 Response

Message from the National Council on Independent Living:

"Congress returns to DC next week, and the Senate is already negotiating the next COVID-19 relief package. They are expected to release their bill shortly after returning to DC, but our Senators are home all this week. It is critical they hear from their constituents about the things that are most important to their disabled constituents!

Disabled people are disproportionately impacted by the COVID-19 pandemic. Many of us are at risk of severe symptoms and complications if exposed to the virus. We face significantly increased barriers and discrimination that are threatening our health, safety, and lives. It is unacceptable that our needs have not been addressed in the COVID-19 response!

The House of Representatives passed the [HEROES Act](#) back in May. This bill includes a lot of key disability community priorities, but the Senate will not be working from this to create their package. That makes it even more critical for them to hear from us about what needs to be included.

The Senate needs to hear from us again! They need to hear about the importance of including the needs of the disability community in their COVID-response. They need to hear about all the things that are important to include, but they especially need to hear why including additional funding for home and community based services (HCBS) is important. HCBS funding is critical to ensuring disabled people can stay in their own homes during the COVID-19 pandemic. Congregate settings have always been dangerous, but during the pandemic, they have become more dangerous than ever. HCBS funding is literally a matter of life and death, and our Senators need to hear that from us."

Download the entire message from NCIL which includes information on contacting senators and sample messaging.

[7-15-20 Contact Senators Today Regarding COVID Response.docx](#)

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

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](#). PCAs can order the masks online using the [1199SEIU 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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