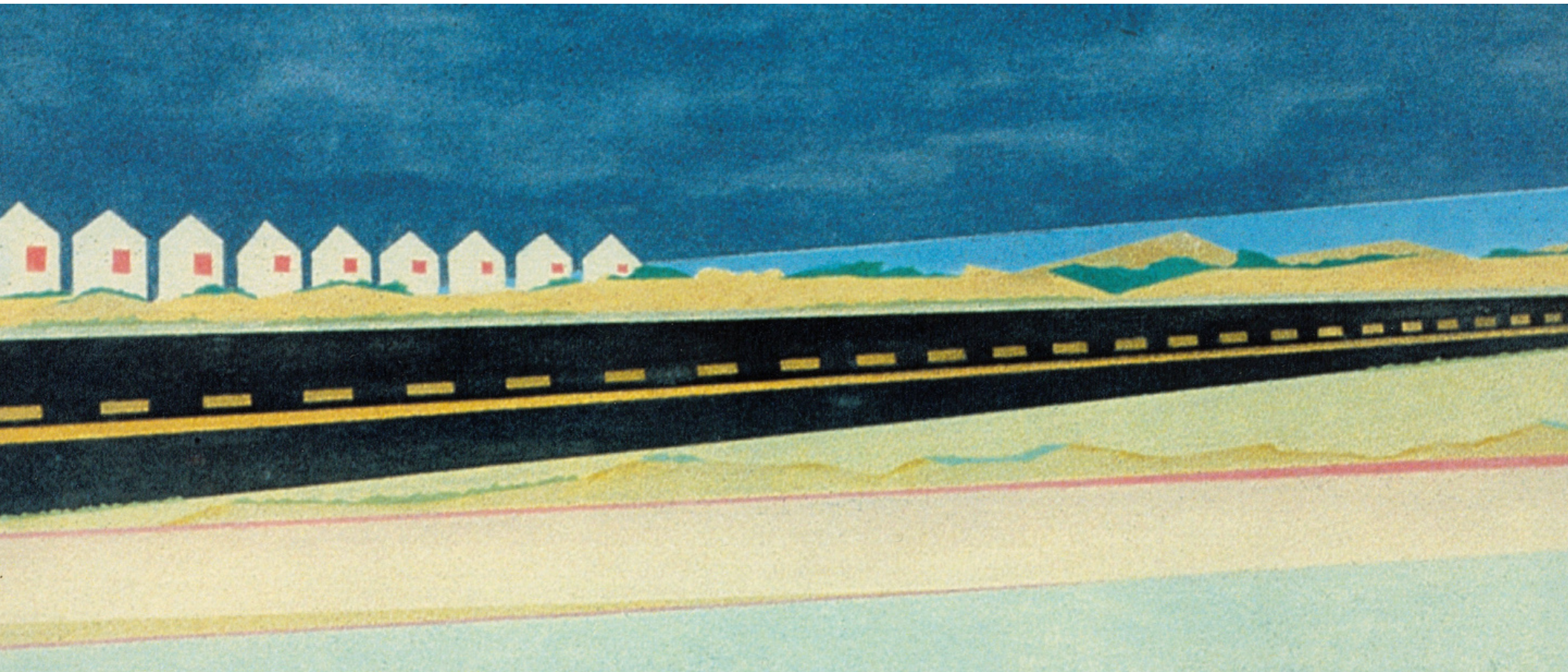


HOW

Helping Our Women

2019 ANNUAL REPORT



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Message from the Board

As we write to you during a time of public health and racial justice challenges, we want to assure you that the HOW community remains strong. Building on decades of growth, this report recognizes the achievements of 2019 and the work of a completely new team of staff members whose success was possible thanks to the support of the entire HOW community. **In 2019, your donations of time, talent and treasure contributed to a 37% increase in total services over the prior year.** We extended our outreach to more women in each of the four Outer Cape towns, providing a **47% increase in the total number of rides** to healthcare or related social support appointments.

Our success navigating the challenges of organizational transition in 2019 prepared us for the challenges of 2020. We remain confident in our ability to adapt and deliver on our mission to serve women living with chronic and life-threatening illnesses on the Outer Cape.

Nancy DeLuca
Chairperson of the Board

Gwynne Guzzeau
Executive Director



WE'RE ON A MISSION

Helping Our Women improves access to healthcare for women living with chronic or life threatening health conditions in the Outer Cape towns of Eastham, Wellfleet, Truro, and Provincetown. We maintain an open-door policy to provide education and referrals to all community members.



OUR WORK

All services increased by 37% in 2019, including our stipend program for low-income women that is designed to off-set the financial burden of living with a chronic health condition.

We ended the year with a holiday gift bag program! Volunteers gathered to create care packages for HOW's 230+ members who receive services.



Transportation

Boston Cancer Support provided additional funding for rides to support groups and treatment for cancer patients. Volunteers, local transit authority programs, and Cape Air passes continued as primary sources of transportation options for HOW members.



Wellness & Well-Being

We increased programming with grant funding from Cape & Islands United Way to provide two 8-week mindfulness training programs, and Seamen's Bank sponsored a two-part Money Matters program on financial well-being.



Food & Personal Products Pantry

Food drives, donations and partnering with other pantries supported the on-going growth of these popular programs. At year end, we received approval to create an Americorps/VISTA position for our food program.

OUR VOLUNTEERS

Every hour counts!

And makes life a little easier for women living with chronic illness on the Outer Cape.

76 volunteers

contributed to our success by helping in the office, food pantry, driving, running errands, sharing a special skill, or serving on the Board.

861 hours

of volunteer time to support our mission.

\$23,419

value of volunteer hours*

*independentsector.org/resource/vovt_details

Ginny Dutra: Stay Strong

After her own cancer diagnosis and treatment, Ginny initiated and continues to run the Stay Strong Women's Cancer Support Group.



"The oncologists at Beth Israel Deaconess were great, but I had so many questions. I really needed to talk to someone who was going through this experience too...getting the support group together was a struggle in the beginning. Helping Our Women has been a big help in getting the word out about our group and providing rides to our meetings. In our group, we talk, laugh, and cry together—we have created a welcoming environment by encouraging, comforting, learning from, and supporting each other."

Stay Strong Women's Cancer Support Group celebrated its 1-year anniversary in 2019 and continues meeting during the pandemic.

Statement of Financial Position as of 12/31/2019

*unaudited

Revenue: \$376,264

Expenses: \$352,795

70%*

of expenses went to programs (*estimate based on 2018 audited financial statement)

Net Income:

\$23,469

Assets	
Cash or cash equivalents	\$ 246,706
Investments	\$ 502,420
Fixed Assets	\$ <u>293,269</u>
TOTAL ASSETS	\$ 1,042,395

Liabilities	
Current liabilities	\$ 4,064
Equity	\$ <u>1,038,331</u>
TOTAL LIABILITIES	\$ 1,042,395

Statement of Activities

Income	
Dividends and interest	\$ 2,338
Contributions	\$ 203,633
Grants	\$ <u>89,900</u>
TOTAL INCOME	\$ 295,871

Expenses	
Client services	\$ 113,609
Fundraising	\$ 14,103
Administration and Operations	\$ 42,245
Occupancy	\$ 4,773
Personnel	\$ 171,392
TOTAL EXPENSES	\$ 346,122

NET OPERATING INCOME	-\$ 50,251
Other Income	\$ 80,393
Other Expenses	\$ <u>6,673</u>
Other Net Income	\$ 73,720
NET INCOME	\$ 23,469

OUR SUPPORTERS

We could not have done it without you!

We are blessed with a long list of supporters and volunteers. This year we converted to a new database, so if you notice an error, we apologize. Please let us know so we can correct any oversights.



2019 Board Retreat

Supporters

\$10,000+

Provincetown Community Compact
PATIO American Grill
Irma Ruckstuhl
Catherine D'Amato & Debbi Ford
Connie Frankino

\$5,000+

Janis Bettencourt
Bilezikian Family Foundation
Eleanor & Ro Pannesi
Town of Provincetown

\$3,000+

Sandra Junier
Provincetown Methodist Church
AIM Thrift Store
Ruthie's Boutique
Pilgrim Trot
John Cuomo & Dan Poth
Jason Sarnoff & Justin Chapple
Crowne Pointe Hotel & Spa
Town of Wellfleet

\$2,000+

Amelia Charamba & Maralyn Wheeler
Frank Potter & Linwood Gainey
Joseph Fava
Thomas Kraemer
Edward Lehman & David Kauha
Malcolm Gray
Cape Cod Healthcare
Cape & Islands United Way
Gravestar Foundation
Chapel of St. James the Fisherman
Paul Cunningham & Peter Kazon
Mario Pinho & Matthew Marcotte
Shippy Foundation
Town of Eastham
Town of Truro

\$1,000+

Denise Clements
Steven Roderick
Joy McNulty
Leonard Enos
Joel Reed
Johan Vastiau
Doug Cliggott & Annemette Cliggott-Perlt
Jack Hornor & Ron Skinn
Zakia Russo
The Atlantic House
Betsy Barbeau & Maria Cirino
Chris Enos
Gordon Gano
Karen Harper
Steven Dobbs
John Medeiros
Romaine Macomb & Ruth Feldman
Liza Walton

Kevin O'Shea & David Bowd
Peggy & Stephen Reilly
Ellen Rottersmann
Salt Hotels
Anastasia Sotnic & Ryan Joseph Premdas
Daniel Spring & Jean DeSilva
Patti McGraw
The Pilgrim House
Sally Rose & Joan Lenane
Kenneth C. Weiss & Michael Fernon

OUR SUPPORTERS

We could not have done it without you!



Supporters

\$500+

Scott Allegretti
Provincetown Inn
Barbara Knapp
Gian Tadini
Nancy De Luca
Victoria Shiebler
Janet LaTanzi
Mary Prasisto &
Patricia Connolly
Maureen Dooley-
Lawrence
Marianne Brennick
Deborah Paine
Kenneth DeCarlo
First Congregational
Church of Wellfleet
Truro Treasures
Jonathan Lupfer &
Susan Berseth
Elizabeth Gawron &
Katharine Bachman

Alexandra MacDonald
Anne Mahoney &
Diane Prideaux-Brune
Jon Salvador
Anne Paradis &
Maryjane Canavan
Katina Rodis
Beverly Serabian &
Pamela Romano
Cape Cod Five
Truro Vineyards
Stanley West
Diane Willcox &
Nancy Douthiel
Women's Inns of
Provincetown
The Underground Bar
Tito's Handmade Vodka
Montano's Restaurant
Wissy Wendt

\$300+

Kathleen Harrigan
Marsha Sirota & Carol
MacDonald
Susan Roderick
Bonnie Catena
Gwynne Guzneau
William Shay & James
Hood
Sandra Wonders
Edward Falla
John DeMello
Paul Silva
Pamela Drolsbaugh
Susan Grace
Carol Adelman & Barbara
Scarcella
Nicole Gelinas
David Agger & Sharon
Rule-Agger
Valerie & Jackie Fein-
Zachary

Diane Daren & Loretta
O'Connor
Seamen's Bank

\$200+

Mitchell Baker & Thom Egan
Sally Nadler
Andus Baker & Rowan Murphy
Family Fund
Atlantic Bay Sotheby's
International Realty
Marianne Clements
Thomas Coen
Laurie Delmolino & Susan
Trojan
Paul Fanizzi
Pamela French & Lyn Kratz
Lisa Grattan
Amy Graves & Anne Cowie
Cheryl Patterson & Lorraine Hart

OUR SUPPORTERS

We could not have done it without you!



Money Matters - Financial Well-Being Program

Supporters

\$200+

JoAnn Heiser
Sarah Ireland & Rita
Paradise
Sue Jungi
Angel Foods
Genevieve Martin
David J. McChesney &
Thomas G. Roberts
Nancy Noonan
Nikki Rickard
Lori & Mark Roux
Paula Sperry
Geraldine Spinella &
Bridget Cahill
George Nemeth
Hazel Warner & Klaus
Betten
Brian Cabral
Leslie Parsons
Rachel St. Germain

John Paul Hebert
Kathleen Bower & Carol
Sestito
Martha Hassell
Carol Bergen & Judy
Jalbert
Barbara Matteson
Marie & Harold McKinney
Daniel Mullin
Cathy O'Neill
Janice Radway
Elizabeth Smith
Jill Stauffer
Elizabeth Theriault
Carol Warshawsky
Lisa Weissmann &
Deborah Shapiro
Mary Martin
Barbara Wood & Jay
Vivian
Lawrence Yahn

\$100+

Priscilla Jackett
Bernadette Mainz &
Marguerite Van Doren
Byllye Avery & Ngina
Lythcott
Robert O'Malley
Marjorie Charney
Susan Jungi
Teri Lambrou
Bertram & Marla Perkel
Linda Simon
Ann Maguire & Harriet
Gordon
Chris Mathieson
Dermot Meagher &
Renato Celluci
Frank Vasello
Donna Vaillancourt &
Robin Reid
Walt Winnowski & John
Gilbride

Michelle Axelson
Kyle Takakjian
David Valacer
Mary Abt & Ave Gaffney
Eleanor Acheson & Emily
Hewitt
Martha & Leland Adams
Helen Addison
Arlene Arado
Lee Ash
Paul & Patricia Benatti
Kathryn MacNutt
Geraldine Brennan &
Barbara Prato
Carola Cadley
Michael Tasha &
Halycone Tasha
Robert & Elizabeth
Capstick
Karen Connelly
Graham Coppin

Kathleen Cote & Kim
Cromwell
John Crane
Cynthia Enloe
April Evans
Paula Finn
Karen Friedman
Janice Gray & Daniel
Silverman
Steven Gulrich & Mary
White
Elizabeth Hammann
Sheldon Schwartz &
Devorah Landa
Joe & Marsha Trovato
Linda Johnson
Melissa Jones
Nancy Covell
Donna Kirchhoffer
Lacey MacLellan
Stephen Magliocco

OUR SUPPORTERS

We could not have done it without you!



Rachel St. Germain VISTA Volunteer 2018-2019

Supporters

\$100+

Judith Martin &
Barbara Tromer
Sherry Medeiros
Joerg & Helga
Meixner
Lisa Molodec
Jay Murphy
Cathy Nagorski
Karen Neff
Joe Haley & Eric
Tingdahl
Tanya Ocnos
Deb Parsons
Susan Peskin
Molly Ross
Heidi Schmidt
Joni Seager
Linda Serafini
Diane Sidorowicz &
Lourdes Rodriguez-
Nogues
Paul & Karen Silva
Beatrice Smith
Sid Snow

Brooks Thayer
Richard McCarthy
Sonia Vallianos &
Nicola Vichert
Jeanne Washington
Peter & Ronney Weiss
Beth Wood
East End Market

\$50+

Jane Corbin & Ken
Oxtoby
Julie Grande
Gerri Demitrio
Lorena Gorski
Margaret Jablonski
David Mayo
Teri Nezbeth & Renee
O'Banks
Shawn Nightingale
Carolyn Rogers
Connie Tavanis
Barbara Yates

Lee Bartell
Lynne Brandon
Barbara Buloff
Rita Burke
Joyce Carreiro
Karen Caswell
Jewel Christy
Heather Davis
Gail Douglas
Belkys Feeney
Alycia Goody
Richard & Liane
Gowen
Thomas Harvey
Carol Karlmann
Jane Lea & Jennifer
Shannon
Jill and Howie Lester
Paul & Victoria
Mendes
Mary Moore
Adele Nazarian
Susan Stinson

Amy Parker
Sophia Parker
Susan & Richard Perel
Janet Prolman
Irene Rabinowitz
Lauren Richmond &
Bruce Deely
Catherine Roland
Cindy Rosenbaum &
Rebecca Bruyn
Cesar Gerena
Ellen Rubenstein
Martha Silva
Megan Tabor
The Flying Fish Cafe
Mary Utt
Victor DePoalo
Jane Winter
Connie's Bakery
Joni Rappaport
Ruth Ostenson &
Joann Eldridge

\$25+

Michelle Magid
Beverley Ferreira
Paul Kingston
Tracy Pease
Claire Breen
Carol Dansky
Joan Holt
Jane Horowiec
Wendy Jolles
Marlene DeFrancesco
Betsy Fitter
Cheryl Codair
Sandra Anderson
Rosemary Audette
Roberta Balsam &
June Cipressi
Hilary Bamford
Danielle Barzykowski
Mary Ellen Bombard
Roberta Brown

OUR SUPPORTERS

We could not have done it without you!



The Crowne Pointe Dinner Hosts

Supporters

\$25+

Francesca Busalacchi
Barbara Clivio
Michael & Lisa Coco
Diane Conrad
Mary DeRocco
Judith Ellis
Carolynn Fischel
Samuel Gotoff
Deborah & Larry Hartung
Margaret Hartwell
Sheryl Jaffe
Terri & David Johnson
Lynne & Patricia Kane-Wood
Jacqueline Lapidus
Arline Longo
Wendy Martin
Dorene Menezes
Marianne Morrison
Adlai Neubauer
Marge Piercy & Ira Wood

Mary Rose Quaglino
Berta Romano
Shira Sands
Gail Shapiro & Gil Wolin
Barbara Solomon
Patricia Stewart
Nancy Tarvers
Tommy Thompson
Dina Walker
Darlene Weeks

\$10+

Ellen Anthony
Mary & Eric Beck
Thalia Verros
Fayette Watkis
Dorothy & Bernardo Ribiero
Dylan Steven
Meredith Flynn

Volunteers

*indicates Board Member

Jan Allen
Patricia Aurigemma
Susan Avellar
Krasimira Banova
Lana Barbaro
Katherine Black
Sharon Bunn
Jeanne Burke
Leigh Burroughs
Bonnie Catena
Marianne Clements*
Doug Cliggott
Annemette Cliggott-Perlt*
Mia Cliggott-Perlt
Elise Cozzi
Denise Davies
Nancy DeLuca*
Rebecca Dinger
Maureen Dooley-Lawrence*
Pamela Drolsbaugh*
Ginny Dutra
Janine Evers

Brian Fitzpatrick
Grace Freundlich
Elizabeth Gawron
Nicole Gelinas*
Beth Goldstein
Susan Grace*
Jordan Halley-Gillach
Jack Hornor
Priscilla Jackett
Jody Johnson
Margot Kent
Barbara Knapp*
Carol MacDonald
Lee Maglott
Ann Maguire*
Judy Marsh
Genevieve Martin
Chris Mathieson
Joy McNulty*
Lori Meads*
Annette Medina
Amanda Morris*
Charlotta Mrazik

Sally Nadler
Maureen O'Connor
Linnea Olson
Todd Phillips
Tracey Primavera
Gail Gibbs
George Remien
Michelle Rice
Steven Roderick
Susan Roderick*
Lourdes Rodriguez-Nogues
Carolyn Rogers
Ellen Rottersman
Mary Jane Samuel
David Schropfer
Sarah Scott
Jayne Sheehan
Deborah Shell
Diane Sidorowicz
Marsha Sirota
Bernice Steisel
Penny Sutter
Debbie Todd

Marianne Thomas
Carol White
Barbara Wood
Beth Wood
Rachel Zukes



HOW

Helping Our Women

Gwynne Guzzeau, Executive Director

Mary Berry, Client Services Manager

Lisa Phillips, Volunteer & Transportation Coordinator

Chloe Heidipriem, VISTA Volunteer Resource Developer (2019-2020)

Katie Brandon, VISTA Food Program Developer (2020-2021)