

ANNUAL REPORT 2015



**A resource center for women with chronic,
life threatening and/or disabling illness**

*serving Provincetown, Truro, Wellfleet & Eastham on
Cape Cod, Massachusetts*

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Elizabeth Gawron

Executive Director

Donna Szeker,

Office Administrator/Client Advocate

Dear Friends and Supporters,

In 2015, 35 new women were added to the HOW client list making the number of women served last year more than 230. These are women with chronic or life threatening illnesses and disabilities who now can receive free, confidential and compassionate help navigating the challenges of serious health problems. HOW also helps all community members with information, referral and advocacy assistance.

According to our clients, the financial support, rides to medical appointments, client support groups, food pantry, and advocacy "make all the difference in the world."

In addition to HOW's core services, Outer Cape HomeShare was started to identify affordable housing for people on the lower and outer Cape. It made progress with two successful home matches including for one HOW client; more matches are in process in 2016.

All we do at HOW is made possible by the generous support of year round residents, local businesses and organizations, seasonal friends, and grants from towns and private foundations. On behalf of the HOW Board of Directors and the clients that we serve, we thank every one of you for your financial help and your continued confidence in the work that HOW does every day.

We want to personally thank the hard working volunteer members of the HOW Board of Directors. We continue to be amazed at the energy of this group of busy people and their dedication to our clients. In May of 2015, the Board conducted a thoughtful strategic planning retreat that resulted in a renewed commitment to HOW's mission and outlined strategies to guide HOW in the coming years. These include: increased outreach to assist more women and other community members in the towns that HOW serves (Eastham, Wellfleet, Truro, and Provincetown), updated policies and procedures, and improved management resources such as electronic client data storage and review of services.

We also want to thank the many volunteers who assist clients with transportation, reading, light cleaning and those who help support HOW at our various fundraising activities. Finally, we especially want to recognize HOW Office Administrator and Client Advocate, Donna Szeker, for her thoughtful and caring work providing confidential direct services to the women most in need in our region.

As you can see, 2015 was a busy and exciting year for HOW. We all look forward to 2016 as HOW continues to seek ways to ensure HOW services are available and relevant to more people in our community, to create new workshops and support group opportunities, and to recruit new Board members and supporters throughout Provincetown, Truro, Wellfleet and Eastham.



Susan Roderick, CFNP, Chair
Board of Directors



Elizabeth Gawron
Executive Director

Helping Our Women (HOW) was formed in Provincetown, Massachusetts in 1992 as a response to the lack of services available to women with chronic and life threatening illness. In 1993, HOW opened a resource and referral center, acquired non-profit 501(c)3 status and incorporated. HOW's original focus was serving women with cancer, but in 1994, was expanded to include all women diagnosed with chronic and life threatening illness.

HOW was an all volunteer organization until August, 1993, when HOW began to staff the office on a part-time basis. This position became full time in January 1997. HOW now has a full-time Executive Director and a full-time Office Administrator/Client Advocate. These two paid positions combined with a corps of volunteers work together to achieve the following goals:

- Provide direct services to women with chronic, life threatening and/or disabling illness that assist in creating a more manageable life style;
- Provide clients and community members with referrals and advocacy that improves access to health care, social services, and benefit programs;
- Develop and implement programs that empower and educate women on issues related to health care and well-being and that are inclusive of diverse needs.

HOW also has an open door policy to provide referrals, advocacy and benefit assistance to all community members regardless of gender and identification.

Client Services

All HOW clients are eligible for non-financial services which include:

- Support groups and/or special workshops;
- Social services advocacy and referrals;
- Transportation to medical and social service appointments and assistance with errands (i.e. grocery shopping, banking, etc.);
- Assistance in accessing and applying for benefit programs.

Financial assistance is provided to low-income clients in the form of monthly stipends that may be used for medical, mental health, and dental services, alternative or complementary therapies and other services related to clients' health and well-being. Financial assistance may also be used for utilities such as heat and electricity or for prescriptions.

Support Groups

Periodic support groups for women with chronic and life threatening/disabling illness are held at the HOW office, 34 Conwell St. Provincetown.

Statement of Financial Position as of 12/31/2015

	Year 2015	Year 2014
Assets		
Cash or cash equivalents	\$144,163	\$178,398
Pledges receivable		
Investments	\$303,704	\$257,885
Fixed assets	<u>\$317,885</u>	<u>\$317,885</u>
TOTAL ASSETS	\$765,752	\$754,218
Liabilities		
Current liabilities	\$ 0	\$ 472
Long-Term liabilities	\$152,387	\$221,845
Net Income	\$ 81,464	\$ 78,465
Equity	<u>\$531,901</u>	<u>\$453,436</u>
TOTAL LIABILITIES	\$765,752	\$754,218
 Statement of Activities		
Income		
Contributions	\$221,296	\$ 02,079
Grants	\$112,475	\$127,590
Dividends and interest	<u>\$ 277</u>	<u>\$ 499</u>
TOTAL INCOME	\$334,048	\$330,169
Expenses		
Client services	\$ 67,954	\$ 78,497
Fundraising	\$ 12,436	\$ 12,652
Administration and Operations	\$ 26,038	\$ 35,934
Occupancy	\$ 10,405	\$ 12,876
Personnel	\$ 113,129	\$ 107,500
Other expenses	<u>\$ 18,892</u>	<u>\$ 12,130</u>
TOTAL EXPENSES	\$ 248,854	\$ 259,589
NET OPERATING INCOME	<u>\$ 85,194</u>	<u>\$ 70,579</u>
Other Income	\$ 1,012	\$ 10,571
Other Expenses	<u>\$ 4,441</u>	<u>\$ 2,686</u>
Other Net Income	\$ -3,429	\$ 7,885
NET INCOME	<u>\$ 81,765</u>	<u>\$ 78,465</u>

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