

25  
Years of  
Support

H  W  
Helping Our Women

**ANNUAL  
REPORT  
2017**

*A resource center for women with chronic, life threatening  
and disabling illnesses serving Provincetown, Truro, Wellfleet  
& Eastham on Cape Cod, Massachusetts*

Dear Friends,

2017 was a successful year for HOW in many respects, but also a year of losses. Our great friend, co-founder and long-time member of the Board of Directors, Betty Villari, passed away in August 2017. We miss her and are forever grateful for her steadfast commitment to HOW and its mission. HOW said goodbye to Donna Szeker, our Client Advocate/Office Administrator for more than five years. Donna was a very important member of our staff and is missed. We wished her well as she left HOW to serve seniors at the Provincetown Council on Aging in September of 2017.

***We are proud of the successes HOW has experienced over the past 25 years, serving women with chronic, life threatening or disabling health conditions, and providing information, referral and advocacy for all community members on the Outer Cape.***

Here are some of our accomplishments in 2017.

**Assisted more than 234 women**, including 22 new clients with help navigating the challenges of a new serious diagnosis or managing everyday life with a long term illness;

**Provided 170 rides for 48 individuals** for medical appointments, tests, treatments or other services using volunteer drivers, the Cape Cod Regional Transit Authority daily hospital van, or Cape Air flights between Provincetown and Boston;

**Distributed 1,121 financial assistance checks** on behalf of 120 individuals to cover expenses that most of us take for granted. These include medical or pharmacy co-pays, specialized food supplements or other therapies, and household expenses like heating, electricity and phone bills;

**Received 320 office visits** for services like the food and personal products **pantry (125 visits)**, visits for assistance with state or federal benefits, use of HOW office/computer/phone, coordinating small home repairs and legal referrals;

**Stocked our pantry** through the generosity of community donations by having two Stop & Shop Food Drives; and

**Created a new program called COMPASS** that is matching clients with volunteers, some who are clients themselves, for one-on-one support. We welcomed Kat Black to coordinate this program and lead all volunteer recruitment efforts.

Throughout the year, the women we serve expressed their gratitude for HOW's presence in the community. "Just knowing HOW is here, makes my life better." one woman said.

We are most grateful to the many individuals, businesses, and other organizations whose support makes HOW's work possible. We thank the members of the HOW Board of Directors for their dedication to our mission, the volunteer drivers eager to help make a medical trip a little easier, donors bringing food to our pantry, and other volunteers giving their time to HOW committees and events. In 2018, we welcomed Amy Howell as our new Client Advocacy Manager supporting our clients in every way possible. Amy replaced Cynthia Joy who brought much joy to our clients in her short stay but needed to leave to care for her family in New Jersey.

Looking forward, we believe that there are more women in need of HOW's services throughout our four-town region and there may be other ways that HOW can help. We will continue to reach out to increase awareness of HOW and to look for new approaches to serve our community.

Thank you for your interest and support of HOW and our community.

Sincerely,



Marianne Clements  
Chair - Board of Directors



Elizabeth Gawron  
Executive Director

234

Women from Eastham, Wellfleet, Truro and Provincetown served

170

Rides provided to doctor appointments, special treatments, pharmacies, grocery stores and places

1,121

Stipends sent on behalf of HOW 120 women for medically related and household expenses

320

Office visits from clients for pantry supplies, help with other benefits, use of office computer

**HOW's mission remains the same as when it started 25 years ago:**

***To provide direct services that improve the wellbeing and create more manageable lives for women with serious health conditions.***

## **BEGINNINGS**

*In 1992*, a few friends gathered in Provincetown to find a way to help their friend with a new cancer diagnosis. In response to the lack of services available, that same group began forming Helping Our Women (HOW).

*In 1993*, HOW opened a resource and referral center, acquired nonprofit status, and incorporated.

*In 1994*, HOW expanded the scope of services to include all women diagnosed with chronic, life threatening and/or disabling illness.

## **GOALS**

Create more manageable lifestyles for women with serious health conditions;

Improve access to health care, social services and benefits programs for women and all community members; and

Inspire and educate women to take control of their healthcare, well being, and diverse needs.

## **SERVICES**

**Transportation Program** provides rides to medical appointments whether on the Cape or in Boston and for other health related needs.

**Financial Assistance Program** provides monthly payments for clients in need to cover costs of medical, mental health, or dental expenses, prescriptions or special therapies, nutritional supplements, and utilities.

**A Food and Personal Care Pantry** is available to all clients and provides dry goods, personal care products, and a refrigerator with freezer for fresh or frozen produce. **Other services** include information and advocacy for state or federal benefits and fuel assistance and can use office space with computer and telephone for personal matters.

HOW has built a strong and supportive system of services to meet the needs of women with serious medical conditions living in the towns of Provincetown, Truro, Wellfleet and Eastham. HOW has had an open door policy to provide referrals, advocacy and benefit assistance to all community members.

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Donations listed in this report are for January 1, 2017 to December 31, 2017. Although we made every effort to ensure accuracy of the list of donors, we apologize in advance for any misspellings, omissions, or other errors. Please inform us of any errors by calling 508-487-4357 so we can correct our records.

Thank you for your generous support of Helping Our Women.

## Statement of Financial Position as of 12/31/2017

	Year 2017	Year 2016
Assets		
Cash or cash equivalents	\$324,505	\$163,472
Investments	\$363,834	\$318,150
Fixed Assets	\$301,964	\$301,964
<b>TOTAL ASSETS</b>	<b>\$990,303</b>	<b>\$783,585</b>
Liabilities		
Current liabilities	\$ 6,318	\$ 276
Long-Term liabilities	\$ 43,250	\$126,147
Equity	\$940,736	\$657,163
<b>TOTAL LIABILITIES</b>	<b>\$990,303</b>	<b>\$783,586</b>
Statement of Activities		
Income		
Dividends and interest	\$ 588	\$ 277
Contributions	\$404,452	\$211,256
Grants	\$100,063	\$ 95,750
<b>TOTAL INCOME</b>	<b>\$505,103</b>	<b>\$307,283</b>
Expenses		
Client services	\$ 66,603	\$ 66,763
Fundraising	\$ 25,995	\$ 12,752
Administration and Operations	\$ 38,470	\$ 42,800
Occupancy	\$ 6,958	\$ 8,588
Personnel	\$118,741	\$134,035
Other expenses	\$ 401	\$ 3,607
<b>TOTAL EXPENSES</b>	<b>\$257,168</b>	<b>\$268,545</b>
<b>NET OPERATING INCOME</b>	<b>\$247,935</b>	<b>\$ 38,737</b>
Other Income	\$ 40,723	\$ 19,094
Other Expenses	\$ 5,085	\$ 4,648
Other Net Income	\$ 35,638	\$ 14,446
<b>NET INCOME</b>	<b>\$283,573</b>	<b>\$ 53,184</b>

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