

CONTACT US

Helping Our Women
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Visit our website for news, events and more:

www.helpingourwomen.org

HOW Services

In addition to the rides and stipends we provide as our core services, **HOW has a food and personal care products pantry.**

Face masks remain available for pick-up or delivery.

Grab & Go Bags from our pantry continue to be available!

Call or email us to request a bag and we will arrange a time for a **contactless** pick-up or delivery.



Join us at the HOWIES to Celebrate our Volunteers!

As a HOW community member, you know our volunteers as drivers, shoppers, friendly faces, food distributors, listeners, companions, organizers and warm voices that reach out to others. Behind the scenes, they also assemble the newsletter, send birthday cards, answer the phones, arrange community resources, stock the food pantry shelves, and distribute food.

To recognize our volunteers for 2020, we are hosting the 1st Annual **Helping Our Women's Inspirational & Exceptional Supporters Celebration!** The HOWIES, for short. This is a virtual celebration of our volunteers featuring fun and heartfelt superlatives that show our appreciation for their work.

Join us on **Thursday, November 19 at 10AM** in celebrating our amazing volunteers over Zoom! You can access this on Zoom using this [Meeting ID: 870 6098 9154](#) and [Passcode: 506793](#). Or, we will be sending out the Zoom link via email to our Client & Volunteer list the week of the event! Call 508-487-4357 or email chloe@helpingourwomen.org if you need help accessing Zoom.

HOW Food & Personal Care Pantry Will Remain Open with Updated COVID-19 Safety Precautions

Our pantry will remain open on **Mondays & Thursdays**. Clients are encouraged to sign up in advance. **We are now only scheduling one appointment per day.** One person will be welcomed into the Pantry for up to a 30 minute visit. **Available times are 1pm, 2pm or 3pm.**

Clients must wear a mask and gloves (provided) and will be asked to sign in. [Before coming to the Pantry, we will ask:](#)

- Do you currently have a fever?
- Do you feel sick with symptoms of: chills, cough, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell, headache, body aches, or nausea?
- Have you traveled out of state in the past 2 weeks?
- Have you been with someone who was sick or tested positive for COVID-19 in the past 2 weeks?

Email katie@helpingourwomen.org or call 508-487-4357 to reserve your spot.



Do You "Heart" HOW? Let Us Know!

We're making a HOW Community video! **Snap a photo of yourself making a heart with your hands**, like the woman in this photo, and send it to us! Call 508-487-4357 if you want assistance uploading a photo and emailing it to us at chloe@helpingourwomen.org.

Here 4U is HOW's radio program on WOMR 91.3 or 92.1 at 12:30 pm every other Wednesday.

Lower Cape Ambulance Association Food & Fund Drive

Thank you to everyone who donated! HOW will receive a portion of the proceeds and food collected to help grow our food program!

Eviction Prevention Program

Call 211 or visit www.mass.gov/covid-19-getting-help-with-housing-costs to receive help applying for rental assistance.

The Team at HOW

Mary Berry
Client Services
Manager

Gwynne Guzneau
Executive Director

Lisa Phillips
Volunteer Coordinator

Chloe Heidepriem
Volunteer Resource
Developer
AmeriCorps VISTA

Katie Brandon
Food Project
Coordinator
AmeriCorps VISTA



Art from the Heart is a grassroots fundraiser launched by Provincetown and HOW is the 2020 beneficiary! Over 50 artists have transformed old cigar boxes into art that you can view on our website or in person at The Provincetown Commons from November 2-30. Call 508-257-1748 if you have questions about viewing in person.



Service Highlight: Family Pantry of Cape Cod
The Family Pantry in Harwich has a large selection of healthy foods including meats, cheese, eggs, and fresh produce. Their clients can visit every two weeks. **Due to COVID-19, they have opened registration to anyone, regardless of income.** Call the pantry at 508-432-6519 to sign up and access healthy food today.

Need help signing up for SNAP (Food Stamps)? Call us!

Call (508) 487-4357 or email katie@helpingourwomen.org to request help applying for SNAP benefits.

Request Help from a Tech Volunteer

Do you need help with your cell phone or tablet? Are you trying to get the hang of Zoom? Contact us to request assistance with your basic tech needs! Our volunteers are happy to schedule a time to help you out. Call 508-487-4357 or email chloe@helpingourwomen.org to receive help from a Tech Volunteer.



Soup Kitchen in Provincetown

Reopening Monday, November 2. Lunches will be boxed, bagged, and placed in your car trunks or backseat. No registration is necessary. **Stay tuned later this month for an online tour of how to visit SKIP with Chloe and Katie!**

Board Member Spotlight: Sue's Story of Joining the HOW Community:

In 2002, I had a patient that needed help in obtaining housing, health insurance, transportation to medical appointments up Cape and in Boston, as well as emotional support. In the span of a 15-minute appointment, I only had time to focus on her immediate health concerns. I called Helping Our Women and Irene Rabinowitz (former HOW Executive Director) came to the clinic and brought my patient to the HOW office.

With Irene's assistance, my patient got help for all those important needs. The next week I saw my patient in the clinic. She walked into my office with her head held high and shoulders back, as she now had a caring and supportive friend at HOW. It was then that I decided to give back to HOW, because of their advocacy and support of my patients. I felt that I wanted to be part of the HOW community and work with Irene, as she had answered my panicked phone call that day.

