

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.

Live in Provincetown?

Call the Council on Aging at **508-487-7080** to receive a free **Emergency "Go Bag."**

These bags contain supplies for a power outage, sheltering event, or evacuation and are available to any P-Town resident.



Dear HOW Community,

Thank you for an outstanding AmeriCorps VISTA service year! It has truly been an honor and a pleasure to work at Helping Our Women for this past year. From working with volunteers, to helping clients, to developing relationships with community partners, it has been a joy to get to know everyone and contribute to the community in which I grew up.

I want to thank Gwynne, Lisa, and Mary for being such strong and caring mentors in this job- you have all shown me what it is like to be part of a team that values empathy, collaboration, and strives for improvement, sharing the struggles and celebrating the small joys along the way. Being able to work with Katie, who is also an AmeriCorps VISTA, has been a big highlight of my service year. We have so much fun together and I feel lucky to have gained a good friend, in addition to a fantastic coworker. I will miss working at HOW, but I am so glad that I had the opportunity to be here! Sending love and good wishes to everyone in the HOW Community! **-Chloe Heidepriem** 😊

HOW Food & Personal Care Pantry Will Close to Visitors in December- Pantry Packs Still Available!

Our pantry will close to visitors in December due to the rising COVID-19 cases in our community. Grab & Go Bags from our pantry continue to be available. Email katie@helpingourwomen.org or call 508-487-4357 to request a bag and we will arrange a time for a contactless pick-up or delivery. You can also request a pantry pack on our website at <https://helpingourwomen.org/covid19resources/>.



Thank You For Joining Us at the HOWIES!

Our first annual HOWIES (Helping Our Women's Inspirational and Exceptional Supporters) event was an incredible success! It was a treat to see so many members of our community and to share our appreciation for a few of our amazing volunteers. Thank you to everyone who joined us and **check out our website soon to see video clips from the festivities!**

Virtual Coffee & Conversations

Thursday, December 10th, 1pm and Monday, December 21st, 10am

Join us on Zoom for a HOW community check-in with Gwynne! We miss seeing everyone at the office and want to provide an opportunity for a casual virtual meeting, to catch-up with each other and see how everyone is doing. Call 508-487-4357 or email katie@helpingourwomen.org to RSVP and receive the Zoom link.

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

"Warm Lines" are open to provide social support:

The Provincetown Warm Line is open 12-7 daily at 508-309-5848;

The Wellfleet Warm Line is open at 508-514-1633.

You do not need to be a resident of either of these towns to utilize the Warm Lines.

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 Guzzeau
Executive Director

Lisa Phillips
Volunteer Coordinator

Chloe Heidepriem
Volunteer Resource Developer
AmeriCorps VISTA

Katie Brandon
Food Project Coordinator
AmeriCorps VISTA



Thank You to Art from the Heart

Thank you to the incredible artists who put together the first annual Art From the Heart event this year. HOW is honored to be the first beneficiary for this fundraiser that displayed so many beautiful pieces created by our local artists.



Join Katie for a Walk!

Katie will be leading regular walks this month! Anyone is welcome to join for the first walk on **Wednesday, 12/16, at 12PM**; meet at the Beech Forest Parking Lot (36 Race Point Road) for a 0.8 mile Beech Forest Trail walk.

Remember to:

- Dress warmly
- Wear comfortable shoes
- Bring water and a snack
- **Masks are Required.**

Please call our office at 508-487-4357 or email katie@helpingourwomen.org to RSVP so we can keep you updated on changes due to weather and unexpected events! All community members are welcome.

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.



Check Your Mailbox for a Winter Surprise!

HOW is sending beautiful locally-crafted cards with well-wishes from our volunteers to everyone this month to brighten your winter. Be on the lookout for a card from us in your mailbox!

Volunteer Spotlight: Marianne Thomas Awarded HOW's 2020 Volunteer of the Year

During our 1st Annual HOWIES Celebration, the HOW community honored Marianne Thomas as our 2020 Volunteer of the Year. During a year in which we all faced the challenges of a global pandemic, Marianne continued to show up for the HOW community in so many different ways, and for that we cannot thank her enough.

Marianne drove clients to essential medical appointments, frequently going beyond just the ride to spend quality social time with clients. Marianne took the initiative to connect with HOW members in deeply meaningful ways. She delivered care packages and drove back and forth so that two partners, who had not been apart in years, could see each other while one was in the hospital. Marianne also served as a companion to a client during the end of their life, providing much-needed comfort and compassion. One HOW member remarked, "Marianne gives me sunshine every time I see her." In a time when we could all use a little more sunshine, we are grateful for Marianne.



