

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.**

Frozen Chowder

Thanks to the Cape Cod Fisherman's Alliance, HOW has a large supply of frozen Haddock Chowder available for our clients and community members. Call 508-487-4357 or email katie@helpingourwomen.org to pick up.



HOW is Here for Support

Happy February, everyone! We have included an additional page in this month's newsletter with a message from Gwynne and some resources about vaccine roll-out. **If you need transportation** when a vaccine is available to you, call HOW at 508-487-4357. You can also contact our office if you need to print or copy any forms in preparation for an appointment.

HOW Food & Personal Care Pantry Will Continue to be Closed in February - Pantry Packs Still Available!

Our pantry will continue to be closed to visitors in February 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/>.

Farmers to Families in Eastham

Farmers to Families will distribute food boxes **every Monday starting Feb. 8 from 2:30 to 4:30** at the Elks Lodge in Eastham (10 McKoy Rd). Those with difficulties picking up at that time can message the Town of Eastham on Facebook, text 508-237-9724, or email Select Board Vice Chair Aimee Eckmann at aimeeeckman855@comcast.net to coordinate a delivery.



How to Borrow from the Library during COVID-19

Eastham Public Library: Curbside pickup of books, DVDs, and CDs is available on Tuesdays, Thursdays, and Saturdays. Visit easthamlibrary.org or call the library at 508-240-5950 for more info.

Wellfleet Public Library: Curbside pickup of library materials is available through clamsnet.org or by calling the library at 508-349-0310. The library will then contact you to arrange pick up time.

Truro Public Library: Curbside pick up of library materials is available. Call 508-487-1125 or email trurocurbside@gmail.com to schedule a curbside pickup.

Provincetown Public Library: Library staff is available for curbside pickup, help with tech resources, printing and more. Email pplstreetside@gmail.com, place a hold through clamsnet.org, or call 508-487-7094 during business hours to request curbside pickup and other services.

Income Verification for Stipend Recipients

If you receive a monthly stipend from HOW, you will receive a request for income verification in the mail later this month. Follow the instructions in the request to update your income verification for 2021.



Face masks remain available for pick-up or delivery.

“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

Katie Brandon
Food Project
Coordinator
AmeriCorps VISTA

Virtual Coffee & Conversations: Thursday, February 11, 1PM

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.



Join Katie for a Walk!

Katie will be leading another walk this month! Everyone is welcome to join for the first walk on **February 10, 1PM**; meet at the Beech Forest Parking Lot for a distance 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 or arrange transportation to Beech Forest, which is available to any HOW clients.

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.

Local Food Resources

Soup Kitchen in Provincetown: Meals available Monday-Friday to all, 12:30 to 1:30 at the Methodist Church. **Call HOW for delivery available Mondays and Thursdays.**

Truro Community Kitchen: Free meals available for delivery every Tuesday to Truro residents. Contact TruroCommunityKitchen@gmail.com or call Eli at 973-868-7526 to register.

Fox and Crow Common Table: Meals available Monday-Friday, 8-9:30am to Eastham, Wellfleet, and Truro community members. Email commontable6@gmail.com to sign up.

Lower Cape Outreach Council Food Pantry:

- *Orleans* open Mondays 1-3 at 19 Brewster Cross Rd; Tuesdays 10-12 at Orleans Methodist Church

- *Wellfleet* open Mondays 3-6 at Grace Chapel

- *Provincetown* open Wednesday 10-2 at the Methodist Church (Provincetown clients must call Nicola at 516-974-1524).

Family Pantry: Open Tuesday 10-3:30, Wednesday 10-12, Thursday 10-3 and 5-7, and Saturday 10-12 at 133 Queen Ann Rd in Harwich.

Provincetown Crop Swap: Provincetown’s Produce Swap Shop offers FREE uncut produce to the public. Produce can be found outside the library’s Commercial St entrance during library hours when available.



“Winter WhenEVERS” Session 2

Session 2 of Provincetown’s “Winter WhenEVERS,” the 2021 virtual version of Winter Wednesdays, will run from March 1- April 11. **Registration for session 2 opens February 15.** Courses in session 1 filled up fast, so don’t wait to sign up! Register at winterwednesdays.org/register.



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Executive Director: Gwynne Guzzeau
Client Services Manager: Mary Berry

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February 2, 2021

Greetings! It's hard to believe that we are nearly one year into this pandemic and the related restrictions on our daily lives. Thankfully, vaccines have been developed but the supply is currently limited.

With time, everyone who wants a vaccine will get one. From our work with local agencies, we've learned that everyone is experiencing frustration with the current situation related to vaccine supply, as well as the process for making appointments to get a vaccine. Given the lack of appointments, we can provide you a ride to and from your appointment, but the HOW staff is not able to assist you in making an appointment at this time.

Below are some suggested actions for navigating the vaccine supply issues. Hang in there! **-Your Team @ HOW**

STATE: The state controls the supply of vaccines, therefore:

- Check mimmunizations.org to find out where and when vaccine appointments are available, and to make an appointment if you are fortunate to log-on when a group of new appointments is posted.
- Sign-up for Alerts MA for Residents. It's a tool the Commonwealth of MA is using to communicate with residents about #COVID-19 and other community info. <https://zcu.io/KNGq>
- Check the state website to learn when a Phone Registration program will be launched later this month.
- Check the map/zip code search at <https://www.mass.gov/info-details/covid-19-vaccination-locations#find-a-location-using-the-map> Yet not all Barnstable County sponsored locations appear.
- Individuals 75 and older: visit mass.gov/doc/update-on-covid-19-vaccine-for-individuals-ages-75-and-older/download.

COUNTY: We are one of the only regions in MA that has a County Health Department, which hopefully will work to our advantage as far as infrastructure to hold more vaccine distribution clinics once the supply improves.

- You can check the County website for information and updates <https://www.barnstablecountyhealth.org/covid-19-important-news-and-updates>
- Call their COVID-19 Help Line: (774) 330-3001 with questions – this is staffed by volunteers and *it is not a place to make a vaccine appointment*.

TOWNS: Register for your town's Code Red or Emergency Alert system. Towns are likely to use this system to alert residents about vaccine availability – at least that's what the Town of Eastham has pledged to do.

- If you are eligible to receive services from the Council on Aging (COA) in your town (usually 60+), then call your COA and ask to be notified whenever they receive information or updates.
- As you know, as of Feb. 1, people 75+ are eligible to receive a vaccine as part of Phase 2, so if you are in this group, you should definitely call your COA.

LOCAL PHARMACIES: The limited supply impacts even private providers of vaccines so you will need to check these websites on a regular basis to secure an appointment. Many people have spent a lot of time, including myself, trying to make appointments on these websites only to be told that no vaccines are actually available.

When can I get a COVID-19 vaccine in MA?



PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- First responders (EMS, Fire, Police)
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



PHASE TWO

In order of priority

- Individuals 75+
- Individuals 65+, Individuals with 2+ comorbidities (those that are at increased risk for severe illness)
- Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Individuals with one comorbidity



PHASE THREE

Vaccine available to general public

December - February

Estimated timeframes

February - April

April - June



For more information on vaccine distribution visit [Mass.gov/COVIDvaccine](https://www.mass.gov/COVIDvaccine)