

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.

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. In addition, 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 Loge 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.



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)