

CONTACT US

Helping Our Women
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**info@helpingour
women.org**

Visit our website for
news, events and
more:

**www.helpingour
women.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 Provincetown
resident.



Open Enrollment in Health Insurance

Open enrollment in health insurance started November 1, 2020 and runs through January 23, 2021. Visit mahealthconnector.org to apply for or renew your health insurance.

If you're someone in need of health insurance, Community Action Committee of Cape Cod & Islands can help. Community Action works with the

[Health Connector](#), a Massachusetts state agency and health insurance marketplace to help Massachusetts resident sign up.

Community Action Committee's Navigators can assist any Massachusetts resident during open enrollment. Call 508-771-1727 for assistance.

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

Our pantry will continue to be close to visitors in January 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/>.

Libraries offer these FREE online programs

Kanopy: Get free access to thousands of movies with your library card; you can start watching by signing up with a valid public library card number and password.

Libby by Overdrive: Borrow and read ebooks and audiobooks from your local public library for free using your library card.



More Online Learning Opportunities:

Winter Whenevers from the Provincetown Rec Department registration begins January 4; visit winterwednesdays.org to register.

The Museum of Modern Art (MOMA) is offering free online art classes; learn more at coursera.org/moma.

Twenty Summers in Provincetown just released their Season 6 programs for viewing at 20summers.org/videos.

Virtual Coffee & Conversations

Thursday, January 21, 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.

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 Guzneau
Executive Director

Lisa Phillips
Volunteer Coordinator

Katie Brandon
Food Project
Coordinator
AmeriCorps VISTA

Senior Days at the RMV in January

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in January at 17 RMV Service Centers, including South Yarmouth, to serve these customers. Reservation is required. Call the RMV at 857-368-8005 or email for assistance at MassDOTRMVSeniors@dot.state.ma



Join Katie for a Walk!

Katie will be leading regular walks this month! Anyone is welcome to join for the first walk on **January 13, 12PM**; meet at the place where we walk (address) 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 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.

Three Ways to Request Help from a Tech Volunteer

HOW volunteers offer tech support on - Tues and Thurs from 11 AM-1 PM. Please contact HOW to schedule 508-487-4357.



Galen Malicoat and Courtney Francis **with the Truro Public Library** offer Client Tech Support. They can be contacted at 508-487-1125. Amy Raff **with the Provincetown Public Library** also offers Client Tech support. She can be contacted at 508-487-7094. All volunteers offering Tech Support have the same tablet as our tablet recipients.

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 508-240-0694).

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.

