Hello from Gwynne:
Welcome to March and the promise of springtime! We miss you and look forward to resuming outside meetings as the weather improves. We’ve been busy here at HOW working to update our database and thinking about how best to serve you and the other members of our HOW community. In April, we will send you a client census to get up-to-date information about you and your current health condition(s). Basically, we’ll be asking the kinds of questions that we ask new clients, as well as some questions such as: What makes you feel like you belong to the HOW community? OR What other kinds of services, help, or information would you like to receive from HOW?

Client Checklist
HOW has a few things we need from everyone over the next month, so we have decided to provide a checklist:

1. **Income Verification**: If you receive a monthly stipend from HOW, you will receive a request for income verification in the mail in March. Please follow instructions on the request to update your income verification for 2021.

2. **Join Katie for a walk**: OK, this one is optional. But as the weather gets warmer and outdoor social distancing becomes possible again, we’d like to encourage you all to join Katie for a walk this month and enjoy some fresh air, conversation, and all the beauty the Outer Cape has to offer. Details about this month’s walks are listed below.

3. **Client Census**: Expect to receive the client census form in April.

Join Katie for a March this March!
Katie will be leading more walks this month! Everyone is welcome to join Katie for the following walks:

- **Wednesday, March 10, 1PM** at the Beech Forest Bike Trail (Provincetown- Easy, Pavement)
- **Monday, March 15, 1PM** at Atlantic White Cedar Swamp Trail (Wellfleet- Moderate, Boardwalk and Sand)
- **Friday, March 26, 2PM** at the Salt Pond Trail (Eastham- Moderate, Dirt Path)

Meet in the parking lot of each trailhead and 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, request directions, or arrange transportation to Beech Forest.

Join HOW Staff for a Guided Tour of PAAM
Join HOW staff for a guided tour of Provincetown Art Association and Museum (PAAM) on Tuesday, March 16, at 11am. HOW has **10 spaces** available for clients who are interested in joining. Reserve your spot today by calling 508-487-4357.
“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.

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

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: Wednesday, March 10th at 2PM
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.

Farmers to Families Food Distribution in Eastham
Farmers to Families will continue to distribute food boxes every Monday from 2:30 to 4:30 until the end of March at the Elks Lodge in Eastham (10 McKoy Rd). To sign up, visit mmsfi.org/farmers-to-families. Those with difficulties picking up at that time can email Select Board Vice Chair Aimee Eckmann at aimeeeckman855@comcast.net for delivery.

Weekly Delivery from SKIP
HOW can deliver a meal from the Soup Kitchen in Provincetown (SKIP) to your home every Thursday. Call 508-487-4357 or email Lisa@HelpingOurWomen.org to sign up.

Transportation to Vaccine Appointments
If you have a scheduled COVID-19 vaccine appointment and are a MassHealth member or Health Safety Net patient, you may receive authorization (PT-1) for “Curb to Curb” transportation services to and from your vaccine appointment.

Call the MassHealth Customer Service Center at (800) 841-2900 or contact your health care provider for information about arranging a PT-1.

HOW can also provide transportation to COVID-19 Vaccine appointments. Call (508)487-4357 to request transportation.

Spiritual Series from the Unitarian Universalist Meeting House
Throughout the month of March, the UU Meeting House of Provincetown will be hosting a Spiritual Series over Zoom:
- **Evening Vespers** with Rev. Kate: March 2, 16, and 30th at 5PM. Email RevKate@uumh.org to register.
- **Being with Dying** with Dawn Walsh of the Lily House: March 3, 10, and 17th from 3:30 to 5PM. Email Dawn.Walsh@Gm.Slc.edu to register.
- **Opening to Grief** with Claire Willis: March 11 at 5PM. Email ClaireBWillis@gmail.com to register.

HOW Food & Personal Care Pantry Will Continue to be Closed in March - Pantry Packs Still Available!
Our pantry will continue to be closed to visitors in March due to high numbers 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/.

Take Some Time to Unwind with Coloring
Coloring can help reduce stress and anxiety by inducing a state similar to that of meditation. We all need to take time to relax; to help you do that, we have attached two pages from a coloring book. Enjoy!