

## **CONTACT US**

Helping Our Women  
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Visit our website for news, events and more:

[www.helpingourwomen.org](http://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.

## **Nauset Schools**

Packages of 7 days of breakfast and lunch items are available every Wednesday at Nauset Middle School between 4-6pm outside the gymnasium entrance. Food is for anyone 0-18.

## **Greetings,**

HOW is updating our client records and we need your help! We are asking every client to fill out the attached Updated Intake Form and return it using the pre-stamped and addressed envelope. Gathering current information will allow us to serve you better. As always, please call if you have any questions. -

**Gwynne**



## **Stay Connected**

### **HOW's In Person and Virtual Support Groups**

- **LGBTQ Grief Group (Virtual):** Are you a member of the LGBTQ community living with a loss? Join a free, virtual Grief Group for the LGBTQ Community. Starting April 7, the group will meet 12:30-2PM for 8 weeks. Call 508-487-4357 to register.

- **Grief Support Group (In Person Outside):** An experienced facilitator will host a regular Grief Support Group in Eastham this spring. Call our office at 508-487-4357 for details.

- **Cancer Support Group (In Person Outside):** Join Ginny for the Cancer Support group at Grace Chapel on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month. Contact Ginny at [ginny.2000@hotmail.com](mailto:ginny.2000@hotmail.com) for details.

### **Virtual Coffee & Conversations: Friday, April 16 at 10am**

Join Gwynne for virtual coffee and conversation. Call HOW to register or email [katie@helpingourwomen.org](mailto:katie@helpingourwomen.org).



### **Join Katie for a walk in April!**

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

- **Thursday, April 8, 1PM** at the Beech Forest Bike Trail (Provincetown- Easy, Pavement)
- **Thursday, April 15, 1PM** at Atlantic White Cedar Swamp Trail (Wellfleet- Moderate, Boardwalk and Sand)
- **Tuesday, April 20, 1PM** at the Salt Pond Trail (Eastham- Moderate, Dirt Path)

We encourage wearing long pants to avoid ticks. **Masks are Required.** Please call our office at 508-487-4357 or email [katie@helpingourwomen.org](mailto:katie@helpingourwomen.org) to RSVP, request directions, or arrange transportation to Beech Forest.

### **Want a new smart phone with unlimited voice, text and data -- all for only \$27/month?**

HOW clients can access this program through T Mobile. You can keep your number, but HOW will pay the monthly bills, so if you receive a stipend this is one way you can make your monthly budget go further. We've tried out the T Mobile plan across the Outer Cape and the reception is good. Call the office if you're interested or want to learn more!

## Food Program Updates

“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](mailto: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](http://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

### HOW Food & Personal Care Pantry Will OPEN to Visitors in April

HOW's pantry will be open to visitors Monday-Friday, 10am-3pm. Visitors must wear a mask and answer COVID screening questions to enter.

### Jamaican Foods in the Pantry

HOW's Pantry will now stock an assortment of Grace Foods including Butter Beans, Cock Soup Mix, Callaloo, and more from the International Mini Mart in Dennis! Stop by our pantry to pick some up.

### 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](mailto:Lisa@HelpingOurWomen.org) to sign up.



## Other Updates

### Transportation Update



With volunteer drivers, HOW was able to continue driving clients to medical appointments throughout the pandemic. Ride requests are now on the rise and we want to make sure our clients have access to medical care.

At HOW we are fortunate to have received a grant to pay for taxi services to supplement the increase in ride requests, so **don't be surprised if a cab or a town car shows up to drive you to your next appointment**. There is no need to tip- this is courtesy of the Metropolitan Area Planning Council.

### THANK YOU, b\well!

Helping Our Women teamed up with b\well in March to host a personal care products drive. b\well has been an incredible partner on this project and has collected hundreds of items for your personal care products pantry. Thanks, b\well, for all that you have done to support our community!



### 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.



### Friendly Reminder for Stipend Recipients

If you haven't already, please update your income verification for 2021 as soon as possible. Mail or drop off your income verification at our office at 34 Conwell Street in Provincetown. Thanks to those who already have!