

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.

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.

Stay Connected

HOW's In-Person Support Groups

- **Grief Support Group (In Person Outside):** An experienced facilitator will host this free, in-person Grief Group for women starting May 20. This group will meet outdoors at a private location in Eastham on Thursdays from 10-11:30am. To register, call HOW at 508-487-4357.
- **Cancer Support Group (In Person):** Join Ginny for the Cancer Support group at Grace Chapel on the 2nd and 4th Wednesday of the month. Contact Ginny at ginny.2000@hotmail.com for details.

Virtual Coffee & Conversations: Thursday, May 20 at 10am

Join Gwynne for virtual coffee and conversation. Call HOW or email katie@helpingourwomen.org to register.



Join Katie for a walk in May!

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

- **Tuesday, May 11, 1PM** at the Wellfleet Town Pier across from Mac's Seafoods (Wellfleet- Easy, Pavement with benches)
- **Friday, May 21, 1PM** at the Salt Pond Trail-Meet outside the visitor's center. (Eastham-Moderate, Dirt Path)
- **Thursday, May 27, 1PM** at Beech Forest Trail- (Provincetown, Moderate, Boardwalk and Sand)

We encourage wearing long pants to avoid ticks. **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.

Emergency Broadband Benefit

The Emergency Broadband Benefit Program will provide a discount of up to \$50 per month towards broadband (internet) service. Comcast, Verizon, T-Mobile, AT&T, and more providers are participating. Visit www.fcc.gov/broadbandbenefit for eligibility information and how to sign up.

Tablets are Available

Contact HOW at 508-487-4357 to request a tablet with free internet. Tech support and education is available to tablet recipients.



**HERE 4 U on the 3rd
Wednesday of the
month at 12:30**

Prepare for Surgery,
Heal Faster Interview
will run on May 3 at
12:30

**Need Help Signing up
for SNAP?**

Call (508) 487-4357 or
email
[katie@helpingourwo
men.org](mailto:katie@helpingourwomen.org) to request
help applying for SNAP
benefits.

**HOW's Herb Garden is
back!**

Call (508) 487-4357
for more info.

**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 Guzeau
Executive Director

Lisa Phillips
Volunteer Coordinator

Katie Brandon
Food Project
Coordinator
AmeriCorps VISTA

Food Updates

Sustainable Cape Fruit and Vegetable Rx Program

Sustainable Cape will have a Fruit and Vegetable Prescription Pilot program this summer for seniors with cardiometabolic (cardiovascular and diabetes) disease with both Medicare and Medicaid. Call Wellfleet's Outer Cape Health office at (508) 349-3131 to leave your email with a patient navigator for more information.

SKIP's Season is Ending, but No-Cost Food is Still Available:

- **Helping Our Women's Food and Personal Care Products Pantry:** Food and personal care products are open to visitors Monday-Friday, 10am-3pm. Visitors must wear a mask and answer COVID-19 screening questions to enter.
- **Truro Community Kitchen:** Free meals are available for delivery every Tuesday to Truro residents. Contact TruroCommunityKitchen@gmail.com or call Eli at 973-868-7526 to register.
- **Lower Cape Outreach Council Food Pantries:**
 - o *Orleans* open Tuesdays 10am-12pm at Orleans Methodist Church, 73 Main St, Orleans, MA
 - o *Wellfleet* open Mondays 3pm – 6pm and Thursdays 10am – 12pm at Grace Chapel, corner of Lieutenant Island Rd and Route 6 in South Wellfleet.
 - o *Provincetown* open Wednesdays 10am – 2pm and Thursdays 10am – 12pm at the Provincetown Methodist Church, 20 Shank Painter Rd, Provincetown. 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.
- **Provincetown Council on Aging Pantry:** Open to all ages. Call 508-487-7080 for delivery or pickup Monday through Thursday 8-5 and Friday 8-12 at 2 Mayflower St.



Other Updates

Client Services Policy Update

As of May 1, 2021, HOW will not be able to purchase or deliver alcohol for or on behalf of any of our clients. We can continue to assist all clients as usual, however after the annual review of our insurance policies we need to make this adjustment to our services.

Friendly Reminder to Return Updated Intake Forms

If you haven't already, please return your updated intake forms that were sent with the April newsletter to our office using the pre-stamped envelope or by dropping them off.