

CONTACT US

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

www.helpingourwomen.org

HOW NEEDS YOU!

Please help support our on-line auction and fundraising efforts by sharing the link to our auction with your friends and family!

www.bidpal.net/HOW

You can also help support us by sharing our social media posts on Instagram (@helpingourwomen) and Facebook.

Face masks remain available for pick-up or delivery.

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

Greetings,

It is hard to believe we are already in August! The team at HOW hopes you're keeping cool and enjoying the beautiful sunny weather.

We're excited to welcome a new AmeriCorps VISTA volunteer this month, Alex Nelson! Originally from Orleans, Alex comes to us from Chicago after most recently teaching elementary music in the public schools. With additional experience in arts administration and mental health advocacy, she is looking forward to supporting HOW's growth over the next year.



Who do I ask for when I call HOW?

- Stipend Program or Tablet Program? Call **Mary** as she will continue to administer these programs.
- Transportation to Healthcare Appointments? Call **Lisa** as she will continue as our Volunteer & Transportation Coordinator.
- All other requests for assistance? Call **Ella** and she will work with you and our team to respond to your needs.

COVID Cases Spiking in Provincetown: Resources and Support

As you may have seen, we are experiencing a surge of COVID-19 cases here in Provincetown. The team at HOW is here for you! Stop into our food and personal care products pantry to stock up on hand sanitizer and personal protective equipment like masks. We are also here to help get you to medical appointments, coordinate a vaccine appointment, or get to a COVID test.

Policies are changing day by day, but as of now, **masks are mandated indoors in all buildings in Provincetown.**

As of this morning, the good news is that positivity rates continue to decrease.

Need Help Signing up for SNAP?

Call Ella at 774-538-7142 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 to receive help applying for rental assistance.

The Team at HOW

Mary Berry

Office Manager

Gwynne Guzzeau

Executive Director

Ella Hunt

Client Services Manager

Lisa Phillips

Transportation & Volunteer Coordinator

Alex Nelson

AmeriCorps VISTA, Volunteer Resource Developer

Stipend Program Update

Our stipend program, which provides low-income women a monthly stipend of \$65, is still up and running! Stipends are paid directly to a third party for: an alternative healthcare treatment, a utility bill, additional food expenses, or other non-rent expenses that support your daily needs. If you feel like you need this financial help, please call HOW and ask for Mary.

Refresher on Our Re-Opening Policies & Procedures

While we are meeting with clients in the HOW office or on the patio, we are maintaining the following procedures:

Masks will continue to be worn inside the HOW office.

When you arrive at HOW please knock and someone will greet you and ask you how you are feeling today; then ask you to complete the sign-in sheet.

If you are feeling under the weather, please call HOW instead of coming in.

Did you know?

August is National Immunization Awareness Month!

This August in particular, we are celebrating the importance of immunizations. Vaccines are studied intensively by the FDA, the CDC and many other organizations that keep watch over existing vaccines. Take time to get educated, get empowered, and if you haven't already, get vaccinated!

Transportation Update

If you need a ride to an appointment, call Lisa for help and she will do her best to find a volunteer, or arrange for a paid driver or a taxi. She will also help you connect with some of the following rides:

- For Boston appointments, the Hospital bus is running again and we will pay for your ride, as well as a taxi to the bus stop in Wellfleet.
- For residents over 60, the COAs are providing rides on the following days:
 - Provincetown is running their in-town shuttle on Tuesdays, so call by Monday afternoon to arrange a pick-up.
 - Truro is providing transportation to appointments in Barnstable

Pantry Update

The food and personal care product pantry is open with new hours! We ask that you knock on the door and wear a mask when you come in. The hours are:

- Tuesday 11:00 A.M. – 3:00 P.M.
- Wednesday 11:00 A.M. – 3:00 P.M.
- Thursday 11:00 A.M. – 3:00 P.M.

