

CONTACT US

Helping Our Women
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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.

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.



Dear HOW Community,

Thank you all for an incredible year of service! I moved to the Cape at the beginning of the pandemic, expecting to spend an indefinite amount of time in isolation. Instead, I joined HOW, and was welcomed into one of the most engaging, kindhearted, and vibrant communities I have had the chance to be a part of.

I am so grateful for my time here, for those of you I have had the chance to meet and know, and for everyone else who makes the HOW community what it is. Thank you!
-Katie

Final Call for Income Verification

If you receive a stipend and have not already returned your income verification, please submit by the end of June. We need this verification to continue providing your stipend; if we do not receive your income verification, **you will not receive a stipend as of July 1.**

Services Available

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 to sign up.

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.

Farmers' Market Hours

- **Provincetown Farmers' Market:** Saturdays, 9am to 1pm, May 22 to October 30, 2021 at Ryder St, Provincetown
- **Truro Farmers' Market:** Mondays, 8am to noon, June 14 to September 13, 2021 at 20 Truro Center Rd, Truro
- **Wellfleet Farmers' Market:** Wednesdays, 8am to noon, May 12 to October 6, 2021 at 200 Main St, Wellfleet
- **Orleans Farmers' Market:** Saturdays, 11am to 1pm, May to November, 2021 at 21 Old Colony Way, Orleans

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

**Need Help Signing up
for SNAP?**

Call (508) 487-4357 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
Client Services
Manager

Gwynne Guzneau
Executive Director

Lisa Phillips
Volunteer Coordinator

Katie Brandon
Food Project
Coordinator
AmeriCorps VISTA

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.

Tech Time with the Provincetown Library

Want to learn how to request library materials through CLAMS? Or how to download ebooks & audiobooks? Or learn tips & tricks for using Zoom? Email araff@clamsnet.org or call 487-7094 ext. 216 to schedule an appointment.

DHCD's Emergency Rental Assistance Program (ERAP)

ERAP can help eligible renters and landlords receive up to 12 months of assistance with past due rent and up to 3 months of future rent. Renters may also receive up to \$1500 for overdue utilities accrued after March 13, 2020. Call 211 or connect with Housing Assistance Corporation by calling 508-771-5400 for eligibility information and to apply.

Congratulations to Sue Roderick!

Susan Roderick to Receive Betty Villari Award

Sue Roderick is being recognized by Helping Our Women with the Betty Villari Community Service Award. She has served on the Board of HOW since 2003.

Sue's Story of Joining the HOW Community:



In 2002, I had a patient that needed help in obtaining housing, health insurance, transportation to medical appointments up Cape and in Boston, as well as emotional support. In the span of a 15-minute appointment, I only had time to focus on her immediate health concerns.

I called Helping Our Women and Irene Rabinowitz (former HOW Executive Director) came to the clinic and brought my patient to the HOW office. With Irene's assistance, my patient got help for all those important needs.

The next week I saw my patient in the clinic. She walked in to my office with her head held high and shoulders back, as she now had a caring and supportive friend at HOW.

It was then that I decided to give back to HOW, because of their advocacy and support of my patients. I felt that I wanted to be part of the HOW community and work with Irene, as she had answered my panicked phone call that day.

Roderick has worked for over 41 years at Outer Cape Health in Provincetown. Roderick's first-hand experience working in Women's Health cultivated her awareness of women's needs during difficult health experiences. She states, "I have made wonderful friends at HOW. I like to give back to my community and this has allowed me to do this - It's great for my soul and has been part of who I am."

