

## **CONTACT US**

Helping Our Women  
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Visit our website:  
[helpingourwomen.org](http://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**; we continue to provide **free tablets and internet to anyone in the community without reliable internet.**

**Face masks** remain available for pick-up or delivery.

**HOW's Herb Garden is back!**  
**Call 508-487-4357 for more info.**

Happy September, HOW community!

As the summer is beginning to wind down, we hope you're staying safe and enjoying the last of the summer season on the Outer Cape. This month we are busy with the Swim for Life, which helps raise money for HOW, and we are welcoming a second new VISTA aboard, Elise Huang, who will be helping with our food program!

## **Spotlight: Bunny's Meditation Garden**

Bunny Pearlman, a community member here at HOW, has offered to use her beautiful garden in Provincetown as a meditation space for groups no bigger than three people. If you are interested in stopping by, please call the office at 508-487-4357 and we will coordinate a time to go over for a visit!



## **Need a Ride?**

### **Remember: We Need 4 Days Advance Notice**

When you call for a ride, we do our best to arrange transportation to help you get to your appointment. We are able to meet most requests, but sometimes we can't find a volunteer to drive, a taxi that's available, or a paid driver who has time in their schedule. This year, even with funds to help pay for taxis from Cape Cab, they don't always have enough drivers in the area to meet a request (last minute or in advance). As you can see, it's important to ***request a ride at least 4 days prior to your appointment.***

Even then, sometimes we need to work with you to reschedule an appointment because the transportation challenge is real. Please remember that the CCRTA bus and the Peter Pan bus do have some options for Orleans or Hyannis area appointments so sometimes we may suggest that you take a bus one-way and get a ride from us for the other leg of the trip if we are running into problems arranging a round-trip ride from HOW.

*-Gwynne*

**HERE 4 U**  
**WOMR Radio Show** 3rd  
**Wednesday**  
**@ 12:30pm**

**Need help signing up  
for SNAP?**

Call 508-487-4357 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**  
Office Manager

**Gwynne Guzzeau**  
Executive Director

**Ella Hunt**  
Client Services Manager

**Alex Nelson**  
Americorps VISTA  
Volunteer Resource  
Developer

**Lisa Phillips**  
Transportation &  
Volunteer Coordinator

**September is National Self Care Awareness Month!**

Self-care is often neglected in our everyday lives. We all tend to put others needs before our own and it is crucial to remember, you can't pour from an empty cup!

True self-care is not selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, and speaking up for yourself.

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breath in the morning or standing outside for a few minutes to start your day. The kindness we show towards ourselves really does help keep us healthy!

**Free Community Acupuncture Program**

Medical acupuncture is now being offered by Margaret Tilton, MD, of Living Water Acupuncture in two locations:

**Healing Arts Collective at 47 Main Street, Orleans (by appointment)** offering whole body acupuncture for \$13.50 and ear acupuncture for \$5  
**FREE Clinic at Wellfleet Congregational Church (Tuesday afternoons by appointment)** offering ear acupuncture completely free of charge.

Acupuncture is a great method of self-care, and has been proven effective in managing stress, anxiety, chronic pain, and general wellness. The mission of Living Water Acupuncture is to promote self-healing and serve individuals in the community who need some extra support.

**HOW's COVID Safety 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.

The food and personal care product pantry is open! We ask that you [bring a grocery bag](#), knock on the door and wear a mask when you come in. **We are also asking that only one client comes into the pantry at a time.**

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.