



CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
02657
Ph: 508-487-4357
Fax: 508-487-4364

Visit our website:

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 October, HOW community!

Fall is officially here, and that means less traffic, cool breezes, less crowded beaches, and pumpkins! We here at HOW are excited for this new season and we hope you are doing well.

As you know, transportation to healthcare and wellness appointments has been at the heart of HOW's mission since we were founded in 1993. Before this year, we've relied on volunteers, as well as donations, to coordinate and support your transportation needs.

You may recall that we received a grant from the state to support taxi rides to appointments beyond Provincetown which has enabled us to meet nearly all the requests for rides that we've received in recent months; however, we quickly spent down the first allotment due to the very high cost of rides to off-Cape medical appointments, so we are now limiting the use of these taxi rides to on-Cape appointments.

In addition, we've reviewed and updated our transportation policy. As part of this review and update, we are requiring everyone who requests a ride after November 1, 2021 to complete the updated client information form that we sent to you earlier this year.

As always, please call the office if you have any questions or need more information.

Farmers' Market Meetup

Come meet Elise (HOW's Community Food Project Coordinator/AmeriCorps Vista) at the PTown Farmers' Market on Oct. 16!

The PTown Farmers' Market is held at Ryder Street every Saturday from 9am-1pm until Oct. 30. Elise will be there at 9am to guide you through using your SNAP benefits at the market! Come check out the local vendors and connect with HOW!

Reminder: 4 Days Advance Notice for Rides

When you call for a ride, we do our best to arrange transportation to help you get to your appointments. We are able to meet most requests, but sometimes we can't find an available driver. We require a minimum of **4 - 5 days' notice for any ride, and we understand that is not always possible.**

**If you would like a copy of the policy, please contact the office at 508-487-4357.*

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 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

Elise Huang
Americorps VISTA
Community Food Project
Coordinator

Alex Nelson
Americorps VISTA
Volunteer Resource
Developer

Does Your Home Need Repairs?

There is funding available to help you! Applications for Housing Rehabilitation Program are now open. Click the buttons below for more information. Income-eligible households can receive a loan of up to \$40,000 to make necessary home repairs. Housing Rehabilitation funds can provide a 0% interest, deferred, forgivable loan to make critical home repairs. The program is designed to improve the housing conditions of income qualified households. Funds up to \$40,000 are available to eligible residents to pay for critical home repairs. Contact Ella here at HOW (774-538-7142) for more information on this program.



Sign up for SNAP benefits!

In 2019, 1 in 9 people in Massachusetts benefited from SNAP (Supplemental Nutritional Assistance Program). The SNAP benefit amount is increasing by approximately 27% on October 1, 2021! Are you missing out on this benefit? Using SNAP at your local farmers' market benefits the local economy, and local farmers' market programs will increase the benefit amount! Even if you don't need help paying for groceries, qualifying for SNAP means you can put your grocery money towards paying down a credit card bill or even add it to your savings (potentially more than \$2,000 a year!). If you're interested in seeing if you qualify for SNAP or if you'd like help signing up, email Elise here at HOW.

Serenity Brewster Apartments

The Town of Brewster is pleased to announce the opening of Serenity Brewster. The Town has worked with Elevation Financial through a zoning variance process to rehabilitate the former Wingate assisted living and nursing home. Phase One of Serenity is now open and Phase Two, which will include 27 affordable deed restricted units through the Local Action Unit process, will open in the summer of 2022. A total of 132 new rental units will be added through this private/public partnership.

SKIP on over to the soup kitchen!

The Soup Kitchen in Provincetown (SKIP) will begin its 2021-22 season on Monday, November 1, with a new executive chef and initiatives focused on volunteer operations and community outreach. If current COVID regulations remain unchanged, indoor dining will resume at SKIP's home in the Provincetown United Methodist Church (PUMC) on Shank Painter Road. Bagged "to-go" meals will once again be available for those who choose to forego indoor dining.

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Tech Time

Want to learn how to request library material through CLAMS? Or how to download ebooks & audiobooks? Or use Kanopy for streaming movies? Or learn tips & tricks for smooth Zooming? Email araff@clamsnet.org or call 487-7094 ext. 216 to set up a time.

There is also a free **Computer Essentials class** being held by the Provincetown Council on Aging! Stop by and learn about basic computer functions, internet safety, and more.

Dates: October 20th-November 22nd, 2021

Time: 11:00 a.m. - 12:30 noon

Location: Veteran's Memorial Community Center, 2 Mayflower St., Provincetown MA.



Vaccine Info

It's that time of year! As it's starting to get colder, the team at HOW wants to remind you to get your influenza and shingles vaccines!

Vaccines are a critical part of staying healthy all year, but especially during the winter.

We also encourage you to follow CDC guidelines, and to reach out to your doctor to see if a COVID-19 booster shot is right for you!

Grief Group

Are you a woman living with a broken heart from the death of a friend, family member, partner or spouse? If so, please join our FREE, in person grief group for women held in Eastham, MA.

Helping Our Women will be hosting a 5-week facilitated grief group for women on the Outer/Lower Cape with Lucy Carlsen, LICSW.

This 5-week group offers support from the facilitator and other group members, as well as education about grief and loss designed to help you process thoughts and feelings.

This grief group will meet on Fridays, 9:30 AM - 11:00 AM starting in November 5th.

If you're interested call HOW at 508-487-4357 to register.