

CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
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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.

PLEASE NOTE

We will be answering phones until 4pm each day. Calls that come in after 4pm will go to voicemail, so we can focus on the requests and needs of the day.

Happy November, HOW community!

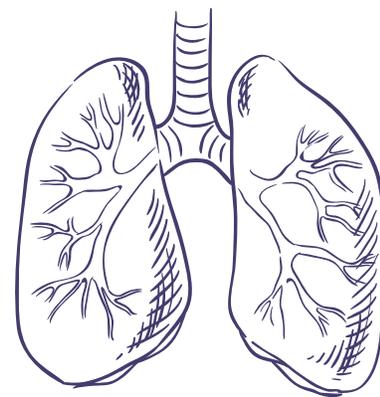
We hope you made it through the storm without too much trouble. We had a successful drive for personal care products to please visit the pantry to pick up a few items. Otherwise, autumn is in full swing, and we hope you're enjoying the crisp air and crunchy leaves.

Did you know November is Lung Cancer

Awareness Month? Here's how you can observe it:

1. Get screened – early detection can save lives.
2. Quit smoking – it's hard, but it's so worth it.
3. Be an advocate – share your story so others can find hope, too!

Become a part of the movement to conquer lung cancer. Use #LungCancerAwarenessMonth to post on social media.



Important Transportation Reminders

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. Also, please remember that we are able to meet most ride requests, but sometimes we can't find an available driver. We require a minimum of **4 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.*

As always, please call the office if you have any questions or need more information. *We always appreciate financial donations to our transportation program, as well as volunteering your time to be a driver for HOW.*

Beech Forest Walking Club : Thursdays Starting Nov. 11

HOW is starting up a walking group, which will meet every Thursday at 11:30am at Beech Forest in Provincetown. Led by Joan Nagle, the first half of the walk invites conversation and the second half will be in meditative silence. After our walk, join us at SKIP - Soup Kitchen in Provincetown - for a free hot meal! (See details about SKIP on the next page.) Meet at the picnic tables by parking lot.

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

Free Tai Chi on Zoom

Tai Chi for Arthritis and Fall Prevention is an evidence-based program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing everyday activities. There are three levels of the program, each offered twice a week for 60 minutes for eight weeks. **Tai Chi is all booked up for the fall season, but in December you can register** at trauma.stonybrookmedicine.edu/falls_programs for questions, please call HOW or email: kristi.ladowski@stonybrookmedicine.edu CLASSES ARE FREE! Advanced registration is required.

Are you signed up for SNAP?

In 2019, 1 in 9 people in Massachusetts benefited from SNAP (Supplemental Nutritional Assistance Program). If you are eligible for Mass Health, you automatically qualify for SNAP. The SNAP benefit amount increased by approximately 27% on October 1, 2021! Are you missing out on this benefit? 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 at elise@helpingourwomen.org.

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-session facilitated grief group for women on the Outer/Lower Cape with Lucy Carlsen, LICSW. This 5-session 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 November 5th. If you're interested call HOW at 508-487-4357 to register.

SKIP on over to the soup kitchen!

The Soup Kitchen in Provincetown (SKIP) will begin its 2021-22 season on Monday, November 1, 12:30 pm-1:30 pm, 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 on Shank Painter Road. With lots of vegan and gluten free options, bagged "to-go" meals will also be available for those who choose to forego indoor dining.