

## **CONTACT US**

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

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.**

## **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 December, HOW community!**

Happy holidays! We at HOW hope you are faring well now that the weather is starting to get colder and the days are shorter. November and December are full of holidays, which can be restorative and warm, but they can also be lonely or stressful! HOW is here to help. We are having a holiday open house on December 15th! Come by and enjoy a cup of tea or coffee, shop our personal care products and food pantry, and grab a holiday gift bag from the team at HOW. We have received many sets of hand-made beaded earrings created by a volunteer for you or for you to choose as a gift for someone in your life. You can choose a pair at the holiday open house or in the office after Dec 15.

## **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 and **ask for Mary, as she is now coordinating rides.***

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 on Thursdays**

The walking club is in full swing despite the chilly weather! We walk 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.

## **Free Tech Help at Provincetown Library**

Tech Time at the Provincetown Library is available on the 3rd Wednesday of each month @11:00 am.

If this isn't convenient for you, we're happy to set up another time! For more info contact Amy at: [araff@clamsnet.org](mailto:araff@clamsnet.org) or call 487-7094, ext. 216.

**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

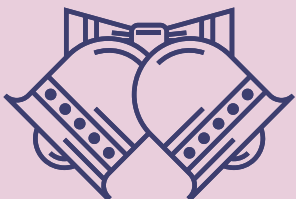
**Gwynne Guzzeau**  
Executive Director

**Ella Hunt**  
Client Services Manager

**Lisa Phillips**  
Volunteer Coordinator

**Elise Huang**  
Americorps VISTA  
Community Food Project  
Coordinator

**Alex Nelson**  
Americorps VISTA  
Volunteer Resource  
Developer



## **Ella Full-Time Starting in January**

Ella, our Client Services Manager, will be increasing her hours here from 9-2 to 9-5, so she will have more time to serve you! Ella is here to provide personalized case management services, home visits, therapeutic support, and help with things like SNAP, fuel assistance, and social security.

***Pictured left to right: Elise (VISTA), Ella (client services manager), Chloe (former VISTA and volunteer)***



## **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](mailto:elise@helpingourwomen.org).

## **Grief Group**

In early 2022, we will be offering a grief group with Sharing Kindness -- a grief support nonprofit here on Cape Cod --so please call and let us know if you'd like to be on the list of people interested in attending and your preferred meeting time of day. We will be sharing this information with the Sharing Kindness team and the final time will be set based on the facilitator's availability and the general preferences expressed by the HOW community. In the meantime, check out the grief resources on the Sharing Kindness website [sharingkindness.org](http://sharingkindness.org)

## **SKIP Meal Deliveries from Elise**

Sign up to receive a Friday meal from SKIP delivered to your home during the month of January. Call HOW at 487-4357 or email [Elise@helpingourwomen.org](mailto:Elise@helpingourwomen.org)



## **Free Lunches Daily at the Soup Kitchen**

The Soup Kitchen in Provincetown (SKIP) is up and running, 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. **Our client services manager, Ella, will be at SKIP on Wednesdays from 12:30 to 1:30 for questions about HOW, or if you just need a lunch buddy!**