



#### **CONTACT US**

Helping Our Women  
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Provincetown, MA  
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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.

#### **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.

#### **Greetings!**

As I write this message at the end of 2021, I'm curious about you, your reflections on the past year, and your thoughts about the year to come. Although I need to share news about covid precautions for the month of January that will limit opportunities for in person conversations, please consider joining us for a virtual coffee & conversation in January or February...or come on a Beech Forest walk one Thursday...or simply call the office to let us know how you're doing -- we are here for you and we look forward to hearing from you.

As you may know from an email we sent at the end of December, HOW has shifted our daily operations to a "High Precaution" phase in anticipation of an increased level of covid cases in the coming days and weeks. This means that entry to the office will be closed to everyone except staff and that half our team will be working remotely every day. Services will be available 9am-4pm, Monday-Friday, by phone, email, zoom, grab-n-go/pick-up at HOW, home delivery, or outside meetings with masks, as needed. This phase will continue until the end of January.

Our goal is to keep the office staffed during this current wave of the COVID-19 virus so that someone is present to address your requests "at the door" or by phone. You can read more about the thinking behind this decision on our website.

Here's to your health, well-being, and resiliency in 2022 -- together we will find our way forward, in community, supported by peers, recognized for our unique journey as well as our shared experience as humans. Thank you for being one of the many women in the HOW community.

**-Gwynne**

#### **Beech Forest Walk on Thursdays @ 11:30**



**Starting January 20th**, our small group walks will continue every Thursday at 11:30am at Beech Forest in Provincetown. Led by Joan Nagle, the first half of the walk will be in meditative silence and the second half invites conversation. Meet in parking lot by the picnic tables. If weather is stormy we will cancel, so call office to confirm. After our walk, join us at SKIP - Soup Kitchen in Provincetown - for a free hot meal!



**NEED HELP SIGNING UP  
FOR FOOD BENEFITS, NOW  
CALLED SNAP?**

Call Ella!

**QUESTIONS ABOUT RENT  
ASSISTANCE PROGRAMS?**

Call Ella to:

- learn more,
  - get help with an application,
  - get a referral to local housing support agencies.
- 508-487-4357

**Your Team at HOW**

**Mary Berry**

Office Manager

**Gwynne Guzzeau**

Executive Director

**Elise Huang**

Americorps VISTA  
Community Food Project  
Coordinator

**Ella Hunt**

Client Services Manager

**Annette Medina**

Pantry Manager

**Alex Nelson**

Communications &  
Development Manager

**Lisa Phillips**

Volunteer Coordinator

**\*\*Now Recruiting\*\***

Americorps VISTA  
Volunteer Resource  
Developer

## 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)

## Chowder Available at HOW

Thanks to the Cape Cod Commercial Fishermen's Alliance, HOW has a large supply of frozen Haddock Chowder available for our clients and community members. The chowder created by this program supports local fishermen and provides a nutritious meal – come pick up a container of this delicious chowder!

## Coffee & Conversation by Zoom - Wednesdays @ 10am

Drop-in for a quick hello or stay for a conversation! Join Ella and other HOW members for an informal on-line gathering. Call the office to get the zoom invitation. Starting on Wednesday January 12.

## Grief Support

In 2022, Sharing Kindness -- a grief support nonprofit here on Cape Cod -- will be hosting two 5-week grief groups for the HOW community. The first group will start on February 15 and meet on consecutive Tuesdays until March 15. This group will meet in the mornings in Wellfleet: location and exact time tbd. The second group will be in Provincetown in the spring.

Please call and let us know if you'd like to be on the list of people interested in attending the February group or the Spring group. The Sharing Kindness facilitator will call you to talk about the group and help you determine if it's a good fit for you. Participation is limited, so get your name on the list! HOW can provide transportation to and from the group meetings. We will offer additional grief groups in the fall of 2022 -- times/locations tbd.

## Not interested in a group at this time? Check out the grief resources

on the Sharing Kindness website: [sharingkindness.org/grief-support](https://sharingkindness.org/grief-support), including a video with simple yoga stretches to help support processing a loss.



### bell hooks d. 12-15-21

She insisted that the fight for women's rights had to take into account the diverse experiences of working-class women and Black women. And she deeply understood the power of community in regards to healing and recovery.

As a female-focused organization, we have bell hooks to thank for her tireless efforts around teaching intersectional feminism - a tenet which informs our mission to educate, empower, and support **all** women with chronic illness in whatever ways they need.