



CONTACT US

Helping Our Women
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Provincetown, MA
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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.

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!

I hope you all made it thru the storm without too much discomfort. Now that the omicron surge is waning, HOW's office has re-opened. We continue to require masks in the office, and we prefer that you make an appointment before you visit, although we will do our best to assist if you show up as a walk-in. I have to say that, for me, this past month was one of the hardest of the pandemic -- mostly because of the relentless nature of needing to adjust our lives to this virus. I have been trying to walk more and simply sit quietly (some might call it meditation) in order to give myself more energy and resilience. I wonder how you are taking care of yourself during these winter months in year two of the pandemic...feel free to call and let me or one of our team know how you're doing because **we are all in this together.** **-Gwynne**

Grief Support - *Whatever Your Loss, Whenever It Happened*

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 from 10:30-12 in Wellfleet at Preservation Hall. The second 5-week group will meet on Thursday mornings in Provincetown starting on April 28, time and location tbd.

Please call and let us know if you'd like to attend 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, including a video with simple yoga stretches to help support processing a loss.

Important Resource for Keeping the Heat and Lights On

The National Consumer Law Center (NCLC) has resources available for people who have a chronic health condition and have received a shutoff notice for their utilities. If you're struggling with utility expenses, please don't hesitate to call Ella at HOW and she will help you apply for these programs!

**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

Beech Forest Walk on Thursdays @ 11:30

Our small group walks will continue every Thursday at 11:30am at Beech Forest in Provincetown. Led by Joan Nagle, and one of the HOW team, 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...or there is too much snow on the ground then we will cancel, so call office to confirm.

SKIP Meal Deliveries from Elise

Sign up to receive a Friday meal from SKIP delivered to your home during the month of February. Call HOW at 487-4357 or email Elise@helpingourwomen.org

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.

Calling all SNAP beneficiaries!

HOW is running a trial Community Supported Agriculture program in partnership with Sustainable Cape. For those who sign up, fresh produce will be delivered to our clients and community members once a month in March and April. Produce will be supplied by J&E Produce, and the selection of produce will depend on the preference of those enrolled. This program is eligible for HIP reimbursement, meaning that the \$40.00 box purchased with SNAP benefits is eligible to be automatically reimbursed by MA's Healthy Incentives Program. If you have questions or would like to sign up for this program, please contact Elise by 2/14: elise@helpingourwomen.org

Wondering if you're eligible for SNAP or need help signing up? Contact Ella at ella@helpingourwomen.org so you too can take advantage of this program!

HOW has a small amount of rapid tests, and we can give out one package to clients in need. 1 package has 2 tests and we can give a package to clients who call or come by to get them. Tests available while supplies last.

You can also order free test kits from the US government by calling 1-800-232-0233

As we work through this wave of the pandemic, many of us are grappling with how to manage our fear and anxiety while still taking care of each other. We wanted to share this quote from writer Amanda Gorman:

*Fear can be love
trying its best in the
dark.*