



## **CONTACT US**

Helping Our Women  
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Visit our website:  
[helpingourwomen.org](http://helpingourwomen.org)

## **HOW Services**

In addition to the rides and stipends we provide, **HOW has a food & personal care products pantry**; we also provide **free tablets and internet to anyone in the community without reliable internet.**

**Face masks & rapid COVID tests** remain available for pick-up or delivery.

**Financial assistance for fuel, gas, or electric heat** is still available - regardless if you rent or own.

## **REMINDER**

**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.

***It's hard to ask for help. I know this...*** from my own first-hand experiences from hip and knee replacement surgeries to help me move with greater ease, to ongoing psychotherapy to help me manage the ups and downs of life and practice self care, to the exercise and eating supports that I'm trying to figure out for myself this month as I recommit to caring for my body. I share this to let you know that I truly appreciate the self-awareness, vulnerability, and even courage that it takes when you call or stop by the office. Living with any kind of chronic health condition can be a challenge and HOW is here for you.

We understand that everyone needs a little help sometimes -- so from our own lived experiences, we invite you to reach out. We are ready to respond as best we can, we just need to know what you need. As one HOW member recently said to me: *"At HOW you make it easy to ask for help."* We hope so! - **Gwynne**

## **Income Verification for Stipends**

It's that time of year! If you receive **financial assistance** from HOW or take part in our **monthly stipend** program, please submit your annual income verification either in the mail or by dropping it off at HOW during office hours.

### **Acceptable documents include:**

- o Tax Return
- o Social Security Benefit Statement
- o W-2 or 1099 Forms
- o Letter from Employer
- o Paystubs or
- o Bank Statements

This is required for all clients to continue receiving stipends and/or emergency financial assistance. **Please submit your materials by May 15.** Call Mary with any questions or if you need to copy documents, etc.

## **HOW's Pantry is Getting Greener**

With the leadership of our Pantry Manager, Annette, our personal care products pantry is becoming more sustainable! We recently acquired TruEarth laundry strips - ultra concentrated laundry detergent sheets that dissolve quickly in water. We also now carry 'This is L' pads: a certified organic cotton product whose company focuses on improving menstruation product accessibility. Check it out!



**QUESTIONS ABOUT RENT ASSISTANCE PROGRAMS OR SNAP (FOOD BENEFITS)?**

Call Ella!

**BEECH FOREST WALKING CLUB ON THURSDAYS**

Join HOW community members at 11:30am at Beech Forest in Provincetown every Thursday for a meditative walk followed by a meal at SKIP (Soup Kitchen in Provincetown)!

**Your Team at HOW**

**Mary Berry**

Office Manager

**Gwynne Guzeau**

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

**Nominate a Volunteer for The HOWIES!**

As a HOW community member, you know our volunteers stay busy as drivers, shoppers, friendly faces, food distributors, and companions. Behind the scenes, they assemble the newsletter, send birthday cards, make phone calls, and arrange community resources.



To recognize our 2021 volunteers, we will be hosting our **2nd Annual Helping Our Women's Inspirational & Exceptional Supporters Celebration** - or **The HOWIES** for short - and we need YOUR help to do it!

**Nominate a volunteer** who made a difference for you this year by calling Lisa, Ella, or Elise in the office. You can also email [Elise@helpingourwomen.org](mailto:Elise@helpingourwomen.org).

**Grief Groups Starting In April**

Sharing Kindness -- a grief support nonprofit here on Cape Cod -- is hosting another 5-week grief group for the HOW community **starting on April 28**. This group will meet **Thursdays** from **10:30 am - 12 pm** at **St. Peter the Apostle in Provincetown**.

*Please call and let us know if you'd like to attend this 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. As always, participation is limited so get your name on the list!

HOW can provide transportation to and from these group meetings. We will offer additional grief groups in the fall of 2022 -- times and locations tbd.

Happy  
Spring



**More Free COVID Tests**

Through the federal government, households are now eligible to order a second set of 4 free COVID test kits through [covidtests.gov](https://www.covidtests.gov). If you haven't ordered your initial set, you can order both sets (8 kits in total).

Remember that only 8 kits may be sent to a single mailing address. If you're in need of additional tests, contact the HOW office.