



CONTACT US

Helping Our Women
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HOW SERVICES

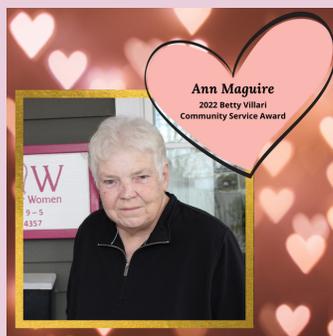
In addition to the rides and stipends we provide, **HOW has a food & personal care products pantry**; we also provide **free tablets and internet to anyone in the community without reliable internet.**

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

As of 5/31/22, the Barnstable County COVID19 Community Level remains HIGH, so **we continue to require masks and ask you to knock before entering the office.**

Greetings! Here's hoping that this newsletter finds you well and enjoying some time outside this spring. You don't have to go to the beach or on a hike: simply step outside and pause for a few moments to look around and take in the beauty of the outdoors. When I wake I usually turn on the tea kettle, then open my kitchen door to step outside and simply stand there looking at the sky and the trees by my driveway (along with the weeds already popping up). Turns out, as long as you're in a location where you feel safe, exposure to nature can improve your physical and mental health. For me, it's a tried and true way to shift my energy or mood. Or maybe you'll join me at the Wellfleet Drum Circle one Tuesday this month for some fun self-care. Let us know where you like to go for your Nature Rx remedy! - **Gwynne**

Join the HOW Community at our Annual Meeting!



Congratulations to Ann Maguire for receiving the **Betty Villari Community Service Award**. This is an honor given to someone who serves the HOW community with kindness, a drive to make change, and generosity.

We'll be celebrating Ann at our Annual Meeting on **June 30, 2022 at Provincetown Inn**. Join us from **5:30 – 7pm** for appetizers, drinks (cash bar), and to hear about HOW's accomplishments during the 2021 year.

Fun Nights Out! Consider joining us at the following events:

- ♥ June 7th @ 7pm at the Crown & Anchor for Sisters In the Name of Love Drag Show to benefit HOW & AIDS Support Group (\$10 cover)
- ♥ July 6th @ 6pm at Herring Cove Beach for Sarah Burrill (free) & we'll bring snacks and non-alcoholic drinks for HOW members like you!

COVID-19 Tests Widely Available! The best ways to prevent COVID-19:

- Getting vaccinated and staying up to date with boosters
- Staying home when you are sick
- Wearing a mask
- ... and **taking a COVID-19 test** if you have any symptom!

The HOW office has free tests available for pick up or delivery. In this newsletter, you will also find a **flyer** about testing.

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

Call Ella!

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.

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

Earn Money for Your CoA; Enter to Win a Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is coming back!

The challenge runs from May 1 to October 31, 2022. In that time, as you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card . . . and for each person who completes their challenge, your Council on Aging gets an entry to win up to \$1000 for use with fitness programming. The more who walk, the better their chances!



Register at walkmachallenge.com or go online for more information.

Wellfleet Drum Circle



Open for **free to HOW community members** or with a \$5 suggested donation for the general public, come have fun, reduce stress, and build community with drummer, Sam Holmstock! Drums will be provided with **limited spots available**, so call or visit helpingourwomen.org/news to reserve yours today!

*Preservation Hall's
Backyard Garden, Wellfleet
Join us for one or more Tuesday 2-3 pm
from June 7 to 28*

Have Your Voice Heard: Take the Survey

Barnstable County has partnered with the Health Departments in Wellfleet, Truro, and Provincetown and they want to hear from YOU.

If you live in one of those three towns, we're asking that you **take this 5-10 minute survey** called a **Community Needs Assessment**. This data helps our local government determine what health and wellness programs are successful and where they could do better.



This is your chance to make a difference in your community... and it only takes a few minutes! The more people that participate, the better these towns can support their residents. To take the survey, **scan the QR code** with a camera on a smart phone/tablet OR visit helpingourwomen.org/news .

Keep Testing to Keep Your Community Safe!



Rapid test kits for COVID-19 are FREE, quick, and easy to use.

You can get them at local pharmacies and free distribution sites - *including HOW!*

You can get 8 rapid test kits a month (any brand!) through your health insurance.

Try to keep test kits in your home to use when you need them.

It only takes 5 minutes to swab and 10-15 minutes for results!



How do I get my 8 free COVID-19 tests per month?

Mass Health (Medicaid)

- Bring your insurance card to any pharmacy.
- Pick out your rapid tests.
- Bring tests to the pharmacy counter to check out.
- Let the clerk know you are using Mass Health to pay.
- You can also use an online pharmacy if included in your plan.

Medicare

- CVS, Walgreens, Rite Aid, Hannaford, Stop n' Shop, and Walmart will accept Medicare for rapid tests.
- To find other pharmacies call **1-800-MEDICARE**.
- Bring your red, white, and blue Medicare card to the pharmacy.
- Pick out your rapid tests and bring them to the pharmacy counter to check out.
- Let the clerk know you are using Medicare to pay.

Private or Employer Health Insurance

- Check with your insurance company.
- Look for information on Over the Counter (OTC) Covid Test Coverage.
- Many insurers will cover them in online and in-person pharmacies.
- Some provide reimbursement. Most insurers have detailed information on their websites.

When should you use a rapid test?

1. If you are not feeling well or have any cold-like symptoms.
2. If you were in contact with someone who has COVID-19.
3. Before attending larger events or public gatherings.
4. If you are visiting someone outside of your home who is high-risk.



What do I do if I test positive?

If you are at **high risk** for severe infection from COVID-19 infection, call your doctor or visit an urgent care center immediately to talk about treatment options.

Tell your close contacts. You can spread COVID-19 2 days before you have symptoms or test positive. Telling close contacts they may have been exposed helps to protect everyone.

Avoid contact with anyone who is **high risk** for 10 days.

Stay home for 5 days. On day 6, you can resume activities, but should wear a mask until day 10.

High Risk Populations

- People over 65
- People with certain health conditions:
 - » Cancer
 - » Kidney disease
 - » Liver disease
 - » Lung diseases like Asthma and COPD
 - » Cystic Fibrosis
 - » Diabetes
 - » Heart conditions
 - » Immune deficiency diseases
 - » Tuberculosis
 - » Those who have had a stroke
- People who are obese and those who are not physically active
- People who are pregnant
- People who are current smokers or a former heavy smoker
- People with Substance Use Disorders (such as alcohol, opioids, cocaine)



Some tests work for longer than they say on the box!

Expiration dates have been extended for many tests.

Google your test brand and check their website.

Most have the expiration date information on the homepage.



SPECIFIC LOCAL TESTING ACCESS INFORMATION:

Helping Our Women has COVID-19 tests available for pick-up or delivery. Stop by the office at 34 Conwell Street in Provincetown on any weekday between 10am - 4pm or call the office at 508-487-4357.