



## 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.

The season is upon us! As spring rolls on and our rural community gets busier, the HOW office is bustling. We're meeting with clients, scheduling community events, and planning for an exciting announcement next month. While things may feel busy in the office, we always love slowing down to welcome you for a pantry visit, a cup of tea, or just to say hello. - **The HOW Staff**

## **Income Verification for Stipends**

If you receive **financial assistance** from HOW or take part in our **monthly stipend** program, please submit your annual income verification. Drop it off at HOW during office hours or in the mail **before May 15.**

### Acceptable documents include:

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



This is required for all clients to continue receiving stipends and/or emergency financial assistance. **Without this information, you are at risk of losing this resource.** Call Mary with any questions or if you need to copy documents, etc.

## **Celebrate Volunteers at The HOWIES!**

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 - on Tuesday, May 24 at 3pm.



**Nominate a volunteer** who made a difference for you this year by calling Lisa, Ella, or Elise. To celebrate our volunteers on May 24, email Lisa for the Zoom link at [Lisa@helpingourwomen.org](mailto:Lisa@helpingourwomen.org).



## **Tech Support Hotline**

Have a question about your smartphone? Need assistance with buying a new tablet or computer? Senior Planet Tech Hotline has extended hours for support, now open from **9:00am – 8:00pm EST, Monday – Friday!**

Get your tech questions answered today; call **888-713-3495**



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

Call Ella!

**CLOTHING SWAP IS BACK**

Saturday, May 7, 9-11:30 am Eastham Methodist Church, Rt. 6.

Spring & summer children's clothes only. Look for details on the Facebook page of Cape Cod Children's Place.

**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

## 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**.



### 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 Sam Holmstock! Drums will be provided with **limited spots available**, so call or go on HOW's website to sign up today!  
*Preservation Hall's Backyard Garden, Wellfleet Tuesdays 2-3 pm from June 7 - 28*



### "Balancing Change, Navigating Life Transitions"

Join Gwynne for an **interactive workshop** where you'll learn some tools to manage the change events in your life so they **don't manage you!**



*Eastham Public Library  
Thursday, May 12; 10:30am - 12pm*

*Truro Public Library  
Thursday, May 19; 10:30am - 12pm*

### Black Women's Wellness - Free 1-Hour Consultation

Apply for a free **'Worthy of WELLness Session'**. WELL is an acronym for Wellness, Equity, Love, and Liberation. In individual Worthy of WELLness sessions, you will meet with Dr. Della Mosley for a one-hour WELLness consultation - focused on your holistic wellness through a Black feminist lens.



Within ten business days, you will be provided with your personalized WELLness Plan based on your session.

The WELLS Healing Center is a non-profit organization that provides workshops and training using counseling psychology and Black feminist principles. For more information, visit **[WellsHealing.podia.com](https://WellsHealing.podia.com)**.