

HOW

Helping Our Women

Newsletter July 2022



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Facebook: [Helping Our Women](https://www.facebook.com/helpingourwomen)
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HOW SERVICES

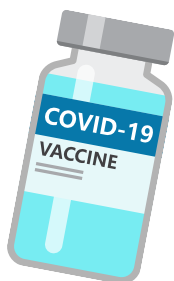
In addition to the rides and stipends we provide, **HOW has a food & personal care products pantry**; we also provide **free tablets and internet to anyone in the community without reliable internet**.

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

As of 6/20/22, the Barnstable County COVID19 Community Level is LOW, so **we are not currently requiring masks in the office**.

Greetings! I'm writing to you just a few days after the latest news from the Supreme Court. While there may be different points of view in this community about abortion, we want to be clear that HOW will continue advocating for the rights of women like you to make independent, healthcare decisions about their bodies. In the meantime, we hope you will seek out community and connection at one of programs and events happening this month. See you soon, - **Gwynne**

Stay Healthy; Get Vaccinated!



The Outer Cape has one of the highest COVID-19 vaccination rates in the state, so let's keep it up! Vaccines are widely available to anyone 5 years and older, regardless of insurance or immigration status. If you are in need of a vaccine or a booster shot, you can easily schedule an appointment online at all **CVS and Stop & Shop locations in Provincetown or Orleans**. HOW is here to help with scheduling or transportation.

Have Your Voice Heard: Take the Survey

If you live in Wellfleet, Truro, or Provincetown, we're asking that you **take this brief survey** called a **Community Needs Assessment**. This data helps our communities determine what health and wellness programs are successful and where they could do better.



This is your chance to make a difference in your town... and it only takes a few minutes! The more people that participate, the better we can all support its residents. To take the survey, **scan the QR code** with a camera on a smart phone/tablet OR visit helpingourwomen.org/news. Call the office for a paper copy of this assessment.

Need Help Applying for US Citizenship?



Massachusetts Immigrant & Refugee Advocacy (MIRA) Coalition is hosting a **Citizenship Application Assistance clinic on July 8** in their Boston office. Interested? Contact HOW for transportation assistance. *MIRA also offers application fee waivers for those in need and provides free US Citizenship application assistance by phone, video conferencing and email.*

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 Anderson

Client Services Manager

Annette Medina

Pantry Manager

Alex Nelson

Communications &
Development Manager

Lisa Phillips

Volunteer Coordinator

****Now Recruiting****

Americorps VISTA
Volunteer Resource
Developer



HOW Can We Help You?
Resources Available



Financial Support

Feeling the pinch in your pocketbook recently? Reach out to Ella and see if you qualify for financial assistance! HOW can either provide you with direct resources or help you apply for reduced electric or internet rates. Not sure what we can do? Meet with Ella to find out!

Stop & Shop Gift Cards

Through a partnership with Soup Kitchen in Provincetown (SKIP), we are giving away \$25 Stop & Shop gift cards weekly to any community member in need. Stop by HOW and get yours today!

One gift card a week per person.



Finding Community - Upcoming Programs

- ♥ **July 6, 4 - 5pm - "Softening the Barriers to Love - A Zen Perspective";** Free talk led by T. Flint Sparks, PhD - Zen Priest and Clinical Psychologist. Sponsored by HOW and Cape Cod Institute at **St Mary's of the Harbor in Provincetown.** Refreshments to follow.
- ♥ **July 6, 6:30pm** - Join HOW community members for a fun free night out, listening to the **Sarah Burrill Band** at **Herring Cove Beach** in Provincetown. As part of the "Far Land on the Beach" concert series, we'll bring free snacks and non-alcoholic drinks for HOW members like you! *(Additional concessions- cash only).*
- ♥ **July 7, 11am - 12:30pm** - Are you recovering from a traumatic event? Do you struggle with anxiety? Ella and Deb Shell, LICSW, are facilitating a FREE therapeutic treatment group on Zoom every Thursday until September 8th. Learn healthy coping strategies, mindfulness skills and therapeutic techniques to feel safer in your day to day life. Call Ella for more details.
- ♥ **2nd & 4th Fridays, 10:00AM -11:30 AM - Caregiver Group & Companion Group at Provincetown COA;** Alzheimer's Family Support Center offers numerous remote and in-person support groups for Caregivers and Companions of people living with cognitive loss. Preregistration required; call AFSC 508-896-5170 to reserve your spot or learn more about these groups. *Another group will begin meeting in Eastham this September.*

