



CONTACT US

Helping Our Women
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Visit our website:
helpingourwomen.org

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.**

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

As of 7/27/22, the Barnstable County COVID19 Community Level is MEDIUM, so **we are not currently requiring masks in the office.**

Hello,** I hope this newsletter reaches you on one of our cooler summer days! If you get our email newsletter you know that HOW is opening a second office in Eastham at Main Street Mercantile in the fall. With offices in both Provincetown and Eastham we will be more accessible to all our members and we will have more space for YOU to gather, to drop in for coffee and conversation, a support group, a 1:1 meeting with HOW or a partner agency and more... We look forward to your input about what kinds of activities or services you hope to see offered in our new space, so stay tuned for an invitation to a tour and vision conversation this fall. In the meantime, stay cool and join us for one of the programs we're hosting in August & Sept.-**Gwynne

COVID-19 Update: The BA.5 Variant is Here



This new COVID-19 Variant is traveling quickly through the community, so here are five ways to safely ride this wave:

- **Get boosted!** Everyone is eligible for one booster. If you are older than 50, get your *second* booster at a local CVS or Stop & Shop. You *will* be able to get an Omicron booster this fall even if you get boosted now.
- **Take Paxlovid!** If you are high risk and have symptoms, ask your doctor about this oral anti-viral that is effective against severe disease. You must take it within 5 days of symptoms.
- **Mask up!** It's a powerful tool in crowded indoor spaces.
- **Increase ventilation!** Fresh and filtered air make a huge difference.
- **Test at home!** Stock up on tests from HOW for after a close contact or when you are experiencing symptoms.
 - *Did you get your 8 free tests from the federal government? Visit [USPS.com](https://www.usps.com) to have them shipped to your home!*

Outer Cape Covid reporting

The **Provincetown, Truro, and Wellfleet Health Departments** sponsor an online **COVID At Home Test reporting tool** to better understand how the virus is spreading in our communities. Results are confidential and anonymous and will only be used by Health Department staff for public health surveillance efforts. If you test positive for COVID-19 using a home test kit and live in or visited these towns, please submit the online form below. *To avoid duplication of test results, please do not report results of PCR testing that you have completed at healthcare or testing sites.*



forms.office.com/g/BkairaLRgu (*Capitalization does matter here!*)

ACCESSIBILITY TIP

Is there a website mentioned in this newsletter? Visit helpingourwomen.org/news to quickly find the links online!

CRISIS HOTLINE

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Services are available in English and Spanish with a special line dedicated to Veterans.

You don't need to be actively suicidal to use this resource - get support today!

Call or Text **988**

Chat at
988lifeline.org/chat



HOW Can We Help You? Resources Available



While HOW provides a variety of services - including referrals and advocacy for all community members - we recognize that we can't do it all. That's why the Team at HOW is always looking for programs and resources offered by other agencies that could be helpful to you.

Cape Organization for Rights of the Disabled (CORD)

CORD assists people living with disabilities on Cape Cod and the Islands. Like HOW, they help you navigate the process of obtaining benefits and services while on your journey to **living independently in the community**. Visit **cordcapecod.org** for more info.



Money Management



If you are 60 or older and feeling overwhelmed by your finances, the Money Management Program through Elder Services can help! Whether it's budgeting or balancing your checkbook, these **in-home services are totally free**.

Call **508-394-4630** for more information or to be referred to a Money Management assistant.

Food Pantry List



HOW's pantry is just meant to be supplemental, but did you know that Barnstable County keeps an updated list of **larger food pantries** across the Cape?

Visit **capecod.gov** and search for "**Food Access Resources**" or stop by the HOW office for a **printed list** of pantries on the Outer & Lower Cape.

Have MassHealth? -- Request PT-1 for a Free Ride



You can get free transportation to MassHealth covered services, including medical, counseling, and day habilitation appointments through the state. Ask your medical provider to fill out a PT-1 form online (*requested 3 days in advance at least*). Visit **mass.gov** and search "**Masshealth rides**" or ask Ella about this program.

E-Bike Incentive Program

Cape Light Compact is offering an E-Bike Incentive program for income-eligible year-round residents on the Cape & Vineyard! The Compact will issue vouchers that can be used at participating bike shops to cover:

- 75% of the cost of an e-bike up to \$1200
- \$125 towards the cost of bike accessories

Visit **capelightcompact.org/eBikeRebate** to see the income limits or fill out an application. Contact the Compact for assistance at **1-800-797-6699**.



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
Community Food Project
Coordinator

We will miss you, Elise!

This month marks the end of Elise Huang's Americorps VISTA year of service. Over 12 months, Elise has held two pantry fundraisers, organized various programs including the launch of our first drum circle, grew relationships with local partners, increased our monthly food access program, created dozens of social media posts, coordinated with numerous volunteers, and so much more. She has been an excellent colleague and team member and - while we are so sad to say goodbye - we are deeply grateful for Elise's time at Helping Our Women. **Good luck on your next adventure, Elise!**



Finding Community - Upcoming Programs

- ♥ **August 6, 10am - 12am (all day) - Jamaica's 60th Independence Anniversary behind Town Hall in Provincetown;** Celebrate Jamaica at this all day event! Free admission, food, drinks, bounce house, music, and games for adults and children. *Sponsored by Irie Eats & Kevin Hume.*
- ♥ **August 9, 4pm - 5pm - Free Talk by Maria Sirois, PsyD;** A master teacher, facilitator, author, Sirois is a positive psychologist and international consultant focused on the resilience of the human spirit when under pressure or during significant transition. *Sponsored by HOW and Cape Cod Institute with refreshments to follow. At Chapel In The Pines, Eastham*
- ♥ **Wednesdays; August 17 to September 7, 4:30 - 6pm;** Claire Willis, clinical social worker, will be facilitating a **4-week Grief Group on Zoom** this month. Open to all women who are grieving (clients and general public). This group is **free** but registration is required so please **call and let us know** if you'd like to attend this group. Participation is limited, so get your name on the list!
- ♥ **Mondays & Fridays, 2pm - 4pm - Frazzled Cafe at Joe Coffee in Provincetown;** Feeling stressed, lonely, or isolated? Frazzled Cafe meetups are a supportive community where you can come and talk in a safe, non-judgmental space about what is really going on for you. *This event is not sponsored by HOW but by a local volunteer.*

Stay tuned for another drum circle next month! Follow us on social media.

⚡ NEWS FLASH ⚡

*We're heading down the road to open a **SECOND** office in Eastham!*



Helping Our Women's Board of Directors is pleased to announce the purchase of a second office located in North Eastham.

With this expansion we will *bookend* our service area of Eastham-Provincetown, improving services for women living in the rural towns of the Outer Cape. While we continue to offer services at our 34 Conwell Street, Provincetown location, we are excited about this opportunity for growth and expansion.

The first step in this growth will be the opening of the Ann Maguire Women's Wellness Center -- a space for learning, social connection, and wellness programming.

The Eastham location will consist of 3 adjacent offices at 3 Main Street (aka Main Street Merchantile) in North Eastham, MA. We expect to take occupancy and begin offering services at our Eastham offices in Fall 2022.

