



CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
02657

Ph: 508-487-4357
Fax: 508-487-4364

Visit our website:
helpingourwomen.org

Facebook Helping Our Women
Instagram @helpingourwomen

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 9/21/22, the Barnstable County COVID19 Community Level is MEDIUM, so **we are not currently requiring masks in the office.**

All our services are free, thanks to donors and grant funding. We do accept donations for rides.

***Hello,** We are hosting a number of events in October so I hope to see you sometime soon! For me, the information we're sharing with you about Mental Health America is a critical resource given the recent recommendation that all adults 65 and under get screened by their health care provider for anxiety due to the impact of COVID, the loneliness epidemic, and the economy. For this reason, we've included a copy of the form that most healthcare providers will use for an anxiety screening so that you have time to review and self-assess how anxiety may show up in your life. You can call Ella with questions about the form and your responses or simply to get help advocating with your healthcare team. In this newsletter, we've also included an update about Alex's new role as our community partner -- we'll miss her many contributions to HOW including her focus on bringing many parts of our volunteer program on-line, as well as social media and event expertise! -Gwynne*

Want help paying for heat this winter? Ask Ella!

HOW is a Fuel Assistance partner agency, which means we can help you apply for financial assistance to heat your home this winter. The program accepts applications after November 1st, so **get started on your application now!** Contact Ella if you would like to enroll or if you have questions about this program. Please bring in your ID and a copy of your heating bill. *Additional documentation may be required.*



Attention Property Owners in Eastham, Truro, & Provincetown!



Does your home need critical repairs? The Housing Rehab Program through TRI - The Resource Inc. - can help pay for up to \$50,000 for some projects! This income-eligible program is a 15-year 0% interest, deferred, forgivable loan with no monthly payments. Find the pre-application at helpingourwomen.org/news or call TRI - The Resource Inc. directly at **508-694-6521**.



Mental Health America: An Online Resource

We all experience ups and downs with our mental health. If you are looking for a private resource to explore on your own, visit mhanational.org/finding-help. You will find information on staying well, working with mental health providers, and many other questions that may arise when you are managing through a challenging time.

Did you know...? 988 has been designated as the new three-digit number for the National Suicide Prevention Lifeline. When people call, text, or chat 988, they will be connected to trained counselors who will listen, provide support, and connect you to resources if necessary. *Available in English and Spanish with a special line dedicated to Veterans.* Call or Text **988** or chat at 988lifeline.org/chat.



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

Call Ella!

Please note that we prioritize pre-scheduled appointments, though we always accept walk-in visits and maintain our open-door policy.

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

Ella Anderson

Client Services Manager

Mary Berry

Office Manager

Gwynne Guzeau

Executive Director

Victor Kamil

Americorps VISTA
Volunteer Resource
Developer

Annette Medina

Pantry Manager

Lisa Phillips

Volunteer Coordinator

****Now Recruiting****

Americorps VISTA
Community Food Project
Coordinator



Finding Community - Women's Week Programs from HOW

- ♥ **Thursday, October 13, 3pm - Free Lecture: "Balancing Change and Managing 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! Whether your transition is personal or professional - you're welcome to attend. *Call HOW to register for this free program: 508-487-4357. At Seashore Point, 100 Alden Street, Provincetown*
- ♥ **Friday, October 14, 11am - 12:30pm - Free Discussion Panel: "Living, Dying, Grieving: A Continuum of Community Care";** Listen to The Lily House, HOW, and other community organizations share what "Community Care" means and looks like across the Outer Cape. **At The Commons, 46 Bradford Street Provincetown**
- ♥ **Friday, October 14, 3pm - Tea Time Walk & Talk with National Park Service Ranger & HOW;** Join us for a cup of tea, a short talk on the ways that nature benefits our health, and a 1-mile walk at Beech Forest. Cape Cod National Seashore, North District Supervisor, Aleutia Scott and Gwynne will lead this gathering - rain or shine. **At Beech Forest, 36 Race Point Road, Provincetown**
- ♥ **Saturday, October 15, 11am - 12:30pm - Free Discussion Panel: "Plant Medicine & Psychedelics in End of Life Care";** Listen to The Lily House, HOW, and other community organizations share the latest research on this fascinating topic. **At The Commons, 46 Bradford Street Provincetown**
- ♥ **Saturday, October 15, 3pm - HOW Benefit Concert with Out Late with Diana Di Gioia;** *Provided with funding from Cape Cod Arts Foundation.* Come dance and celebrate HOW at this local music hub! **At Waydowntown Restaurant, 265 Commercial St, Provincetown**

More HOW Programs

- ♥ **Wednesdays; October 19 to December 7, 5:00 - 6:30pm;** Diane McCarthy will be facilitating an **8-week LGBT Grief Group in Eastham** this fall. It is open to those who identify as LGBT and are grieving (clients and general public of any gender identity). This group is **free** but registration is required so please call if you'd like to attend this group. Participation is limited, so get your name on the list! **HOW's Eastham Office; Call Ella to register for this group: 508-487-4357.**



Public Health Community Partner Update:

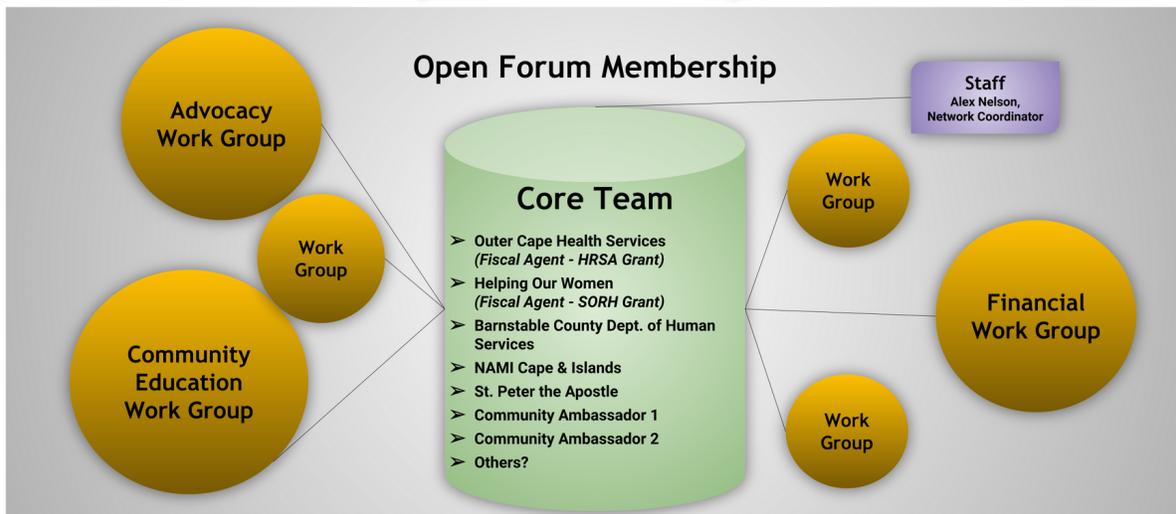
The Changing Landscape for Nonprofits Serving the Outer Cape

Beginning in October, Alex will be in a new role - as our partner! She will be serving as the Network Coordinator for Outer Cape Community Solutions - a rural health network started by HOW and Outer Cape Health in May 2019.

What is Outer Cape Community Solutions or OCCS?

This is an open network of nearly 40 agencies and organizations across the Outer Cape - including police departments, town health agents, non-profit leader and case managers, school representatives, healthcare providers, passionate community members, and many more. Through education, advocacy, and collective action, these partners collaborate to improve the health and wellbeing of residents across the Outer Cape.

Outer Cape Community Solutions



Why is HOW excited about this network?

Not only does OCCS deepen our relationship with other partners across the Outer Cape, but it allows HOW to work more closely with these agencies to provide more well-rounded, curated support for our clients. Together we celebrate our collective wins and share each others' news - like these exciting partner updates:

- Homeless Prevention Council is moving to a larger office space in Orleans!
- Community Development Partnership is moving to East Brewster on 6A!
- WECAN is opening a second office in Hyannis!

What is OCCS up to now?

Beginning this November, the network is offering a free youth program in Wellfleet to explore art, cooking, and music every Thursday after school this winter. The network is also supporting the towns' efforts in expanding Provincetown's Winter Wednesday program into Eastham, Wellfleet, and Truro.

Eastham Office Update:

Since OCCS rents desk space from HOW, Alex will be moving into the new Eastham office next month - creating space for network meetings, partner agency office hours, and to keep a familiar face in the office!

We are so excited about the opportunities to come in our new office and we look forward to planning this space with you. *Community Listening Sessions will be scheduled in the coming weeks, so stay tuned!*

Patient Health Questionnaire and General Anxiety Disorder (PHQ-9 and GAD-7)

Date _____ Patient Name: _____ Date of Birth: _____

**Over the last 2 weeks, how often have you been bothered by any of the following problems?
Please circle your answers.**

PHQ-9	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3
Add the score for each column				

Total Score (add your column scores): _____

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all

Somewhat difficult

Very Difficult

Extremely Difficult

**Over the last 2 weeks, how often have you been bothered by any of the following problems?
Please circle your answers.**

GAD-7	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge.	0	1	2	3
2. Not being able to stop or control worrying.	0	1	2	3
3. Worrying too much about different things.	0	1	2	3
4. Trouble relaxing.	0	1	2	3
5. Being so restless that it's hard to sit still.	0	1	2	3
6. Becoming easily annoyed or irritable.	0	1	2	3
7. Feeling afraid as if something awful might happen.	0	1	2	3
Add the score for each column				

Total Score (add your column scores): _____

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Not difficult at all

Somewhat difficult

Very Difficult

Extremely Difficult