



CONTACT US

Helping Our Women
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📍 Helping Our Women
📧 @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.

Greetings! As I wonder what to share with you in this monthly message, I want to encourage you to consider the ways that you might get some extra help as the winter season arrives. I've been reaching out for help with a nutritionist, my own therapist, and with friends who will join me for a walk so I keep my arthritis-filled body in motion. How have you asked for some help lately? It's not easy, and then I often don't like the guidance I might receive, but I find that taking on one small change that feels easy can make a difference. What works for you? Next month we'll host tea & coffee in Eastham & Provincetown and we'll have a chance to talk about what works for you when seeking assistance or simply trying something new. Eastham is still in process as we set-up phones and desks, so stay tuned...and read on for some great info about resources! **-Gwynne**

Did you know? You can get a COVID-19 Booster at Home!

CDR Health, an agency that partners with the state of Massachusetts, is offering free COVID-19 In-Home Vaccines! This is for anyone who has difficulty getting to or using a community vaccination location, for any reason. This program is available statewide, including the Islands. Ages 6 months and up. All vaccine types (Pfizer, Moderna, Novavax, and J&J) and boosters are available. You can sign up for an appointment by phone at (833) 983-0485, **or visit with Ella to do the online intake.**

Ranger-Led Nature Walk at Beech Forest

Thursday, November 11th! Walk & Talk with National Park Service Ranger & HOW. Join us for 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. At Beech Forest, 36 Race Point Road, Provincetown. Afterwards, we will meet for a hot and nutritious lunch at the Soup Kitchen at the Provincetown Methodist Church.

It's not too late & it's not hard to apply for fuel assistance!

Do you live alone and make less than \$42K/year? or \$55K/year for 2 people? If so you can get financial aid to heat your home this winter. Just stop by the office or call to make an appointment with Ella to do a fuel assistance application. Make sure to bring your ID and a copy of your heat bill.



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 Guzzeau
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

Food Resource Updates

- As of October 31st, the SKIP gift card program has ended.
 - During the winter months we will have a small number of gift cards available on a monthly basis for people with a pressing need. These will be distributed by Ella, so you need to request with Ella.
- Other food resources:
 - talk to Ella about applying for SNAP benefits;
 - meet with Mary to get your \$65/monthly stipend switched to a Stop and Shop card;
 - sign-up for the monthly mobile food pantry delivery;
 - The Soup Kitchen in Provincetown (SKIP) serves hot, nutritious lunches 12:30-1:30, M-F at the Methodist Church on Shankpainter
- We have been offered a partnership with Lower Cape Outreach's new food program: monthly delivery to HOW of "fresh" groceries for clients (including produce and protein, not frozen, purchased at Stop & Shop). Call Ella to do an intake for this additional grocery resource.



PTown's New Dental Clinic Accepts MassHealth!

Oral health is so important, but easy to neglect if you don't have dental insurance. Did you know that you can get your dental work done for free if you have Masshealth? (Co-pays may apply depending on your plan).

Check out the new dental clinic in Provincetown, **Harbor Dental Associates**, at **2 Harry Kemp Way** to make an appointment or call **508-241-6366**.

Get a Free \$75 Gift Card for Getting a COVID-19 Booster Shot

The Massachusetts Department of Public Health is partnering on over 200 free COVID-19 vaccination clinics that will offer an enhanced incentive for getting protected through the end of 2022.

A \$75 gift card for area retailers will be offered to any MA resident (all ages) who gets vaccinated (first dose, second dose, or booster) at the clinics listed on mass.gov/GetBoosted.

Do you get a monthly mobile pantry box?

After the recent monthly delivery in a downpour we are updating our mobile pantry delivery policy. If you receive monthly food drop-offs through our mobile pantry, you must be home on the last Wednesday of the month to accept your box. If you are not home, we will leave it at the door, but cannot guarantee that it won't become soggy or damaged from the weather! We also can't keep it cold for you in a cooler - even if it's your own cooler. This is why we want to make sure you'll be home to accept your box or that you are okay with our drop off. We are at our limit for monthly deliveries, but we are accepting applications from interested clients who would like this in 2023.