

HOW

Helping Our Women

Newsletter April 2023



Hello,

Happy April to the HOW community! April is one of my favorite months, because it's notoriously rainy and I love the sound of rain - it helps me relax. Speaking of relaxing, did you know April is stress awareness month? Managing our stress levels can actually improve our physical health. I manage stress with yoga, enough sleep, and warm drinks like tea. Spring is a time of change and transition for a lot of us - so if you're navigating that right now, I am thinking of you and hoping you get a chance to relax! Reach out for a 30 minute check-in appointment for support if you're having a hard time or just want a listening ear. The HOW team is here for you.

Warm wishes.

Ella

Ask-a-Nurse - Free Services through the Health Department!

Free blood pressure and blood sugar checks are being administered by our amazing Outer Cape Town Nurses! While you're there, you can also ask them questions you may be having about your health. This program runs weekly from March 6th to June 22nd, no insurance required. Find your town nurses in:

Eastham: Tuesdays, 9:00 to 11:00, Eastham Senior Center

Truro: Tuesdays, 1:00 to 3:00, Truro Council on Aging

Wellfleet: Thursdays, 10:30 to 12:30, Wellfleet Public Library

Provincetown: Wednesdays, 10:30 to 12:30, Provincetown Library



Help us recognize a volunteer!

Nominate your **Favorite HOW Volunteer for the HOWIES** (Helping Our Women's Inspirational and Exceptional Supporters)! Let us know if a HOW volunteer made a difference in your life. Call Lisa at 508-487-4357 or email lisa@helpingourwomen.org!

What will you do with \$100?

Call us to let us know what you'd like to do with the increased HOW monthly stipend! We've increased it from \$65 a month to \$100. It can go to a bill of your choice, a healthcare expense or even your rent! *Not getting the stipend? Call us to see if you're eligible!*

CONTACT US

Helping Our Women
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Provincetown, MA
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Visit our website:

helpingourwomen.org

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.

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.

Do you need help with health insurance?

MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency. However, they will soon return to our normal renewal process.

All MassHealth members will need to renew their health coverage.

If you applied for Masshealth during COVID but no longer qualify, and you need assistance shifting to a different plan, please call us so we can assist you in finding resources!



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

Ella Anderson
Social Worker

Mary Berry
Office Manager

Gwynne Guzneau
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



**HOW Can We Help You?
Resources Available**



Food Resources - Fresh Groceries, Mobile Pantry and C(HOW)der!

- HOW and Lower Cape Outreach have teamed up to provide **fresh, non-frozen groceries** to HOW community members in need! Contact Ella to get connected to this program.
- If you're not already, call the office to get enrolled in the Mobile Pantry program - did you know **we will deliver groceries from the Harwich Family Pantry to your house** on the 4th Wednesday of the month?
- Don't forget, we also have frozen **homemade haddock chowder** that was donated to us by the Fisherman's Alliance. Come into the office and say hello, and leave with a delicious chowder dinner for later!

We are so lucky to have our community food partners!

LGBTQ Grief Group Coming up ❤️🧡💛💚💜💖

Do you need grief support? Beginning Wednesday, April 12, on Wednesdays from 1:00 PM to 2:30 PM, an LGBTQ grief group will be held at the Yarmouth Senior Center: 528 Forest Road W Yarmouth, MA 02673. The meetings provide a safe and healing environment where you can get help working through your grief. This group is open to all. Facilitator Diane McCarthy is the former Outreach Coordinator at the Norwell COA and has a certificate in thanatology; which is the study of death and bereavement. **Call: 508-394-7606 X 1330 to register.**

Transportation: We Will Take You There!

We have received grant funding to get you free, safe and accessible transportation to any medical appointments so please do not hesitate to call us if you need one!

Our Weekly Peer Support Group at St. Mary of the Harbor will continue in April on a weekly basis. This month it will be facilitated by Ella. The group will switch to monthly from May to September, then back to weekly in October. Stay tuned for more updates!

Know Your Rights: A Free Six-Part Access to Justice Series

The MA Bar Association will be holding an educational series of workshops about your legal rights on different topics: This series will take place at the CCIAOR Conference Center at 22 Mid Tech Drive, West Yarmouth from 5-7pm. Session topics and dates below.

VIRTUAL OPTION AVAILABLE via this [link](#):

- Immigration - 4/6
- Juvenile - 4/13
- Family - 4/27
- Criminal - 5/4
- Employment - 5/11
- Housing - 5/18



Electricity Assistance

Are you on SNAP, fuel assistance, WIC, or any other federal benefit? If you are, you also qualify for getting Eversource's reduced rate on your electric bill. Come into the office and meet with Ella to do the quick and easy application.