



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 that clients can visit without an appointment.**

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

The COVID health emergency has ended, so **we are no longer requiring masks in the office.**

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

Hello! As spring moves into summer the team at HOW continues its own growth and change with Ella's departure on June 9 so she can continue building her professional skills to meet her personal goals. Here at HOW we are a learning organization, focused on continuous improvement regardless of our role -- meaning we are all growing together -- and our focus is to accompany you, to provide you access to services and programs that will support your own unique journey and goals for health, wellness, and well-being. ***Please join us on Wednesday June 7 from 3-5pm for an open house to express appreciation for Ella's contributions to HOW and to simply gather together in community as we welcome the changing season.*** You will also get a chance to say hello to Terri Nezbeth, our new Client Services Manager. Hope to see you soon! -**Gwynne**

Pride in Provincetown

Since June of 1970, the year after Stonewall, LGBTQ+ people have continued to gather together in June to march with Pride. SO many events will be happening the weekend of Friday, June 2nd, here in Provincetown - so if parties and celebrating in the street is your thing, head to Commercial Street to shout your pride! However, we also know that Pride in PTown can be overwhelming - so if you need to stay home, we see you and send you comfortable and prideful energy. You deserve to celebrate however you want!

Happy Pride Month from HOW!! During this troubling time when many feel frightened about the future of LGBT rights across the country, remember that **HOW is here for you no matter who you love.**

Truro and Provincetown Farmer's Markets Up and Running!

Truro:

Mondays: June 5 – Sept. 25,
2023 8am – 12pm, 20 Truro
Center Road.

PTown:

Saturdays May 20 – October
28, 2023 9am – 1pm
Ryder Street, Provincetown

Doubling SNAP purchases up to \$10/week. Earn HIP reimbursements for Fruits & Vegetable purchases with your SNAP card (\$40-\$80 can be reimbursed back onto SNAP debits just by shopping at the Ptown Farmers Market!) Doubling WIC & Senior Discount Coupons up to \$10/week. \$10 discount for veterans.

Mobile Pantry

Although the Lower Cape Outreach Healthy Living food drop-offs are temporarily on pause, you can still sign up for our mobile pantry if you need supplemental food support. Call the office to get enrolled, and we will deliver boxes of groceries to your home on the last Wednesday of every month.



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

Call the office!

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 Guzeau

Executive Director

Victor Kamil

Americorps VISTA
Volunteer Resource
Developer

Annette Medina

Pantry Manager

Teri Nezbeth

Client Services Manager

Lisa Phillips

Volunteer Coordinator

****Now Recruiting****

Americorps VISTA
Community Food Project
Coordinator



**Getting Serious About LGBT Health:
Facts and Figures to Consider**



LGBTQIA+ populations are at higher risk of certain health conditions. If you are struggling with one of these conditions, talk to your doctor! Don't be afraid to ask your doctor if they are informed and comfortable with LGBT specific care.

- Older LGBTQ+ adults are more likely to rate their health as poor and report more chronic conditions while having less social support.
- LGBT folks are at higher risk for suicide, substance use disorders, and anxiety.
- Lesbian and bisexual women have higher rates of breast cancer.
- LGBT populations are less likely to have health insurance.
- The LGBT community is more likely to delay getting care, especially in older LGBTQ+ adults, and more likely to report poor quality of care and unfair treatment by healthcare providers.

WHY? For one, it's the minority status of LGBTQ+ people. But there is also a lack of specific education and training for health care workers - and patients know that. This leads to fear of getting care, due to stigma, discrimination, and institutional bias in the health care system. **If you're hesitating to get care due to the fear of stigma or discrimination, don't be afraid. Call HOW for support, and remember - providers are here to help you.**



Welcome, Teri - our New Client Services Manager!

Teri returned to PTown in 2021 after living in New Orleans for 10 years. While in New Orleans, Teri received her BA in human services advocacy from UMass Amherst. In New Orleans, Teri worked for National Alliance on Mental Illness (NAMI).

She also worked as a crisis technician with the New Orleans Police Department. Teri is currently focusing on her MS as clinical mental health counselor at New England College. Teri loves the beach, boating, and spending time with her wife and their three cats, Patrick, Penny, and Laverne. She is excited to be back in Provincetown and looks forward to working with Helping Our Women.



Due to popular demand, our Peer Support Group at St. Mary of the Harbor is still being held every Tuesday from 11:00 to 12:30. Gwynne will be facilitating the group starting June 13th. We hope to see you there for coffee, tea, and connection.

UPDATE:
HOW staff office hours in Eastham office will be ending temporarily due to construction, which will go throughout the summer. Stay tuned!