Message from the Board

Helping Our Women reached new highs in the third year of the pandemic thanks to the support of our volunteer community and our donors -- individuals, businesses, and foundations. In response to an ongoing increase in women served across the Outer Cape towns, as well as the growth of our team of staff and Americorps VISTA volunteers in the Provincetown office, the Board of Directors voted to invest in additional office space in Eastham in order to "bookend" our service area of Eastham to Provincetown.

We began a planning process once we took occupancy in the fall of 2022 and renovations are underway to open the Ann Maguire Women's Wellness Center in the fall of 2023 when we will also celebrate our 30th Anniversary. In other words, in 2022 the Board took action to secure the sustainability of the Helping Our Women mission for the next thirty years.

We are so pleased to share highlights from 2022 in this report.

Jayne Carvelli-Sheehan
Chairperson of the Board

Gwynne Guzzeau
Executive Director
WE’RE ON A MISSION

Helping Our Women improves access to healthcare for women living with chronic or life threatening health conditions in the Outer Cape towns of Eastham, Wellfleet, Truro, and Provincetown. We maintain an open-door policy to provide education, referrals, and pantry access to all community members.
OUR WORK

Evidence shows, living in a rural community, with limited services, can increase the likelihood of women experiencing a number of chronic health issues. In response, HOW's programs provide support services so that these women can focus on wellness and well-being, easing the stress of everyday life, including:

- Transportation to medical appointments
- Social connection through programs promoting wellness & engagement
- Financial assistance and benefits application support
- Grocery & Personal Products

2022 Impact: improving access to healthcare and well-being

| 917 Rides to healthcare and wellness appointments | 1,449 Food Pantry Visits, Deliveries & Gift Cards | $98,930 in Stipends to ease burden of living with chronic health condition | 4,560 Outreach & Support Contacts to assist and benefit over 300 clients & community members |

In the past 5 years, HOW has seen a 61% increase in registered clients.
Janine

A Provincetown resident, Janine gets support from HOW to help her cope with Parkinson’s Disease. Janine first came to HOW in 2017 to get help filing for disability benefits and returned 2 years later because “...it was getting hard to do even odd jobs, and I couldn’t live off of social security benefits.” Working with the Provincetown Housing Authority and Janine’s landlord, HOW secured a voucher that now covers most of her rent.

“There’s a little bit of shame around this. It’s hard to ask for the help, but HOW makes it easy.”

Janine has been instrumental in establishing our Peer Support Group, which continues to meet weekly, due to popular demand, at St. Mary of the Harbor in Provincetown.

Ann Maguire Women’s Wellness Center (Eastham)

The Board’s investment in a second location on Route 6 in Eastham is a direct response to the negative impacts of the COVID pandemic and the silent challenges of the ongoing loneliness epidemic, exacerbated by living in the geographically isolated towns of the Outer Cape.

Utilizing a low-interest pandemic relief loan, we purchased the Eastham property on July 1, 2022 and rented it to the seller until the fall when the Board retreat was held on-site to consider the scope and scale of renovations. The Route 6 location "bookends" our service area and creates a safe place for women to gather, learn, and connect to resources in a peer-supported setting.
National Recognition

Our Volunteer Coordinator, Lisa Phillips, led a multi-year training and planning effort to receive national recognition from the Points of Lights Foundation as a Service Enterprise Initiative committed to leveraging volunteer time & talent.

63 volunteers

helped us provide more support than ever before through driving, grocery shopping, social support, events, and office support.

1482 hours

of volunteer time to support HOW’s mission.

- 199 hours distributing 827 grocery bags
- 514 hours giving 182 rides
- 769 hours social support, events, meetings, office hours.

$72, 502

value of volunteer hours*

*independentsector.org

2022 Volunteer of the Year

Marsha Sirota, Provincetown

It is truly an honor to witness the work of many volunteers who have gone above and beyond for our community, and Marsha is no exception. Her unwavering commitment to HOW has been a shining example of what it means to be selfless. Marsha's easy-going nature, sense of humor, and steady presence have made it easier for everyone to tackle the challenging tasks of helping others. For her dedication to HOW and the women we serve, we are proud to present her with the 2022 Volunteer of the Year award. This recognition is a testament to our deep and heartfelt appreciation for all she has done.

Throughout 2022, Marsha volunteered over 64 hours of her time. She served our community by providing rides to medical appointments, helping with grocery shopping, and distributing food and personal care products from the pantry.
OUR VOLUNTEERS

Your contributions made a difference for the women we serve, as well as the HOW staff, especially as the pandemic carried on into its third year.

Volunteers

*indicates Board or Advisory Board Member

Krasi Banova
Lee Bartell
Nina Bennett
Julianne Britt*
Sharon Bunn
Suzanne Burns
Anita Carlson-Allen
Jayne Carvelli-Sheehan*
Bonnie Catena
Marianne Clements*
Annemette Cliggott-Perl*
Douglas Cliggott
Mia Cliggott-Perl*
Odale Cress
Ellen Curley
Kay Daughters
Nancy De Luca*
Pamela Drolsbaugh*
Ginny Dutra
Brian Fitzpatrick
Shelia Garry
Elizabeth Gawron
Nicole Gelinas*
Robyn Gould
Nancy Gralla
Garrison Guzzeau
Susan Hale
Brian Halley
Jack Hornor
Priscilla Jckett
Susan Kurtzman*
Barbara Knapp*
Heidi Koretz
Madeleine Larson*
Carol MacDonald
Lee Maglott
Ann Maguire*
Judy Marsh
Lori Meads*
Sally Nadler
Joan Nagle
Joan Pellissier
Mia Phillips
Todd Phillips
George Remien
Steven Roderick*
Lourdes Rodriguez-Nogues*
Mary Jane Samuel
Patricia Santilli
Joachim Sandichler*
David Schropfer
Gloria Schropfer
Mariellen Serena
Deborah Shell*
Diane Sidorowicz
Marsha Siroti
Janis Sommers
Fran Spadafora Manzella
Rachel St. Germain
Maura Staker
Judith Stayton
Marianne Thomas*
Ross Venables
Damon Wei
Arlene Weston
William Zajac

NOTE: We apologize for any incorrect spellings or information. Please contact the office to let us know of any errors or oversights in this volunteer listing.
FY22 FINANCIALS

WOW! HOW had a record-breaking fundraising year during the third year of the pandemic thanks to exceptionally strong donor support that included two bequests totaling just over $410K. These gifts will be the foundation for the Women Thriving campaign we will launch in 2023 - our 30th Anniversary. The Drag Brunch hosted by Joachim Sandbichler & Mark Ferrari at The Patio American Grill raised over $100k!

"Other income" represents investment income, including rent from Eastham offices before we took occupancy, as well as COVID relief programs.

Expenses continue to track the last audited financial statement, with approximately 70% going to client services and programs. Administration and fundraising costs made up the remaining expenses.

As fiscal agent for the Outer Cape Community Solutions, the rural health network HOW helped launch, we managed just over $100K in funds that are reflected in this report.

Note: Data shared is from the unaudited, year end management report reviewed at the January 2023 Board meeting.
OUR SUPPORTERS

We could not have done it without you!

Supporters

$10,000+
Klara E. Muller Estate
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New England Rural Health Association

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Leona Barbaro
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The Cooperative Bank of Cape Cod
Seamen’s Bank Long Point Charitable Foundation

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Ruthie’s, Inc.

$2,000+
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The Mews Restaurant & Cafe
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Jennifer Wei
Bangz Hair Salon/Linwood Gainey
OUR SUPPORTERS

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Rebecca Fischer
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Mary Samuel
Martha Silva
Anne Smith
Patricia Stewart
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Karen & Marilyn Watson-Etsell
Janice Zimmer

$49

Deirdre Galvin
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Mary Hamlin
Stephen Lindquist
Marie & Harold McKinney
Mary Rose Quaglino
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We could not have done it without you!

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