

HOW

Helping Our Women

2022 ANNUAL REPORT

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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.

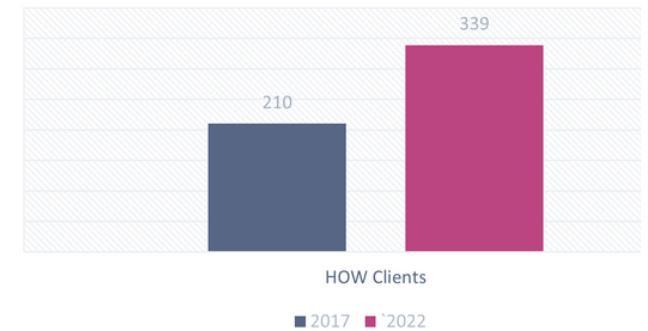


OUR WORK

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

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



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

All data as of 2022

HOW Faces



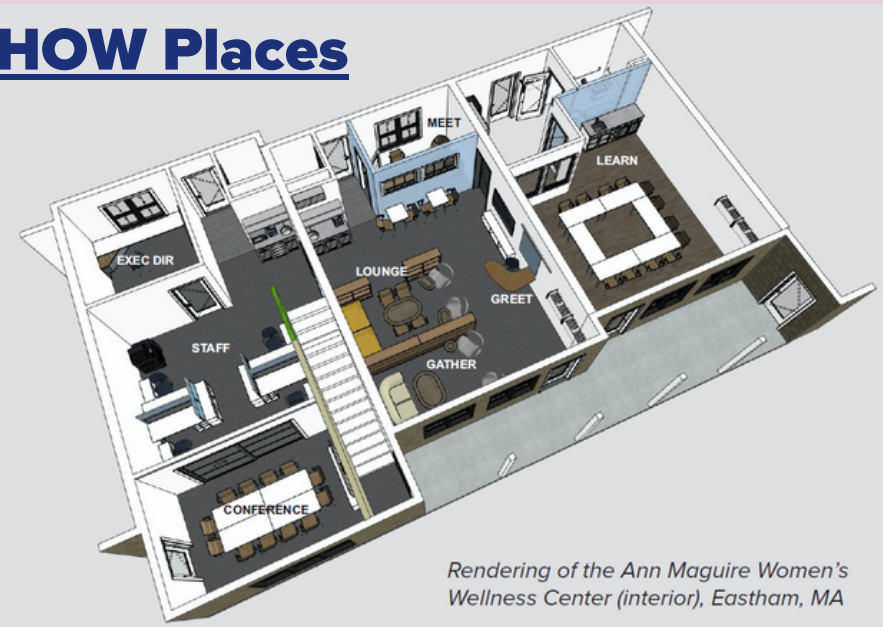
Janine

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.

HOW Places



Rendering of the Ann Maguire Women's Wellness Center (interior), Eastham, MA

THE DESIGN INITIATIVE

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.

OUR VOLUNTEERS

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

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!

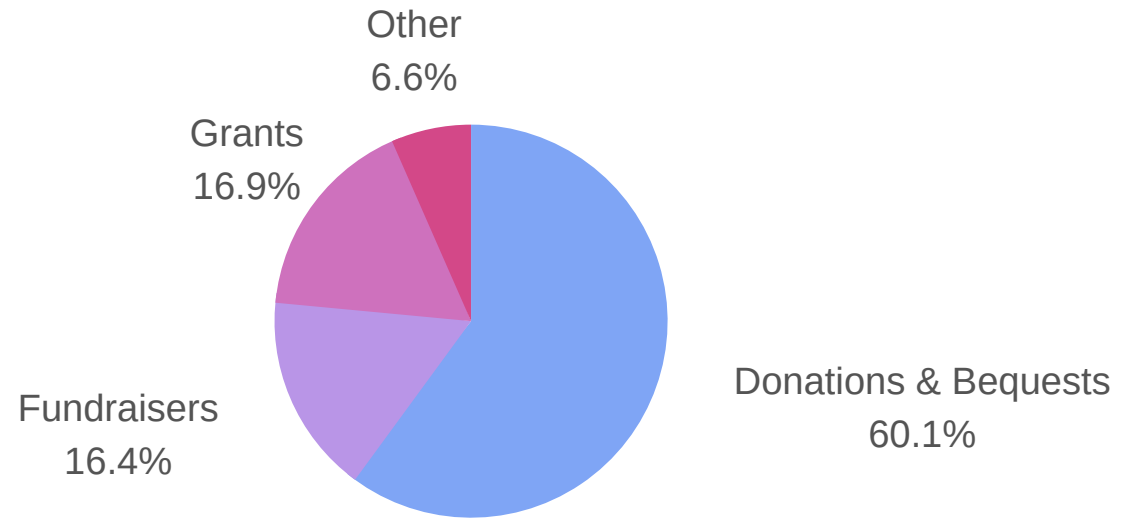
"Other income" represents investment income, including rent from Eastham offices before we took occupancy, as well as COVID relief programs.

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.

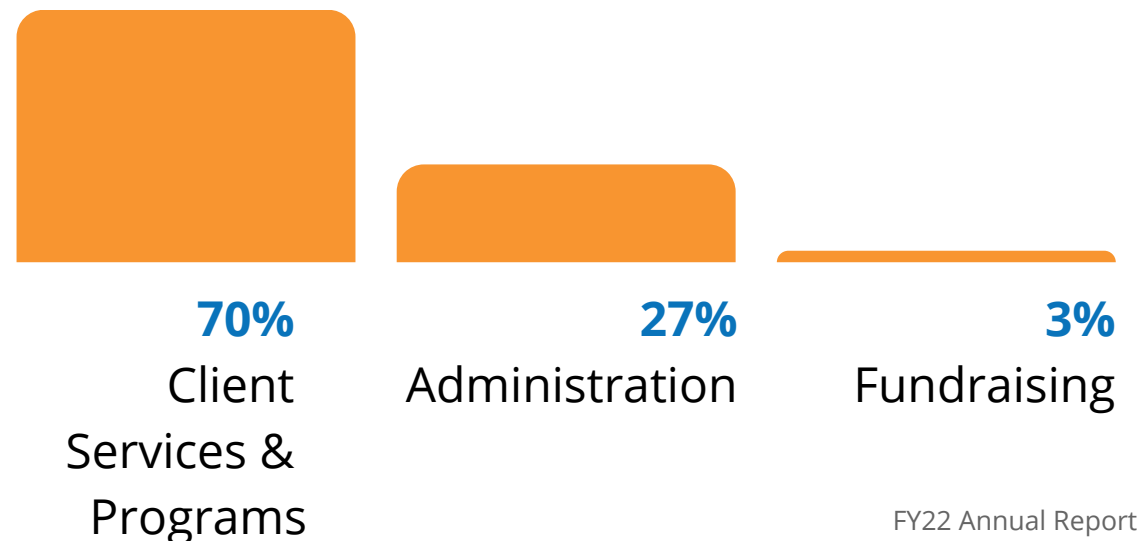
As fiscal agent for the Outer Cape Community Solutions, the rural health network HOW helped launch, we managed just over \$100K in funds that are reflected in this report.

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

Revenue: \$ 1,007,000



Expenses: \$ 687,135



OUR SUPPORTERS

We could not have done it without you!



Supporters

\$10,000+

Klara E. Muller Estate
Gloria Roth Estate
The Cape Cod Foundation
Americorps VISTA
Provincetown Community Compact
Cape Cod Healthcare
Catherine D'Amato & Debbi Ford
Irma Ruckstuhl
Jacqueline P. Lalonde
John Cuomo & Dan Poth
Joachim Sandbichler & Mark Ferrari
Network for Good
Nancy De Luca
Bilezikian Family Foundation
Edward Lehman & David Kauha

\$5,000+

Town of Provincetown
Town of Wellfleet
Justin Chapple
Ruthie's, Inc.

\$5,000+

Maralyn Wheeler & Amelia Charamba
Shippy Foundation
Elise Cozzi
Krista Kelley
Alix Ritchie & Marty Davis
Jack Hornor & Ron Skinn
James Savko Charitable Fund
Milton Wright Estate
Elder Services of Cape Cod & the Islands
The Gravestar Foundation
New England Rural Health Association

\$2,000+

The Gould Family Foundation
AIM Thrift Shop, Inc.
Leona Barbaro
Brass Key Guesthouse/Shipwreck Lounge
The Cooperative Bank of Cape Cod
Seamen's Bank Long Point Charitable Foundation

\$2,000+

Town of Truro
Michael Fernon
J & E Produce, Inc.
Town of Eastham
Lise Motherwell
Event Radio Rentals, Inc./Jason Sarnoff
Anthony Family Fund
Steven Gulrich & Mary White
Provincetown United Methodist Church
John Cuomo & Dan Poth
Peggy & Stephen Reilly
The Mews Restaurant & Cafe
Elaine Reily
Jennifer Wei
Bangz Hair Salon/Linwood Gainey

OUR SUPPORTERS

We could not have done it without you!

Carol Warszawsky
Gwynne Guzneau
Casa Del Cabo
The McCEtchevery Fund



Supporters

\$1,000+

Anonymous
The Atlantic House
Joel Reed Trust
Romaine Macomb & Ruth Feldman
The Lobster Pot/Clambake Inc.
Roderick's Payroll Service
Frank A. Days & Sons, Inc.
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Helen Addison
Jayne Sheehan & Janice Murphy
Eric Von Platen Luder
Jonathan Freidin
Casa Del Cabo
The McCEtchevery Fund
Claire Willis
Inn at the Moors/Loretta O'Connor
Dominic Cioffoletti
Janis Bettencourt
Diane Sidorowicz &
Lourdes Rodriguez-Nogues

\$1,000+

Fanizzi's Restaurant By the Sea
Ed Macri & Trevor Mikula
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Sally Rose & Joan Lenane
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Gussie Haydock & Naomi Barrett
Kathleen Harrigan
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Miami Social Marketing/Liza Walton
Colin Brown
Marianne Thomas & Damon Wei
Jobi Pottery & Gallery/Susan Kurtzman
Gabby Hanna
Hart & Patterson Financial Services
Jean Kilgore
Joan E. Lockhart
Jean McGuire
Berta Walker Gallery
Willis Briggs
Jim Canales

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Stanley West
Willis Briggs
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Sandra Bockmon
Ayllette Jenness
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Marjorie Charney
Karen Connelly
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Byllie Andrews
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Lisa Baum
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Colin Brown
Kevin O'Shea & David Bowd
Kerry Wittman

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Pamela Daniels & Belden Hull Daniels
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Sue Harrison
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Supporters

\$200+

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Pat Kearney
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Adam Shane

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Supporters

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The Nanette St. Pierre-Locke Trust

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Jeanne Washington
Allan Wing
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Supporters

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Janice Allen
Diane Cooney
Kelly McAdams
Maureen Schraut
Stephanie Sykes
Anne Woodcome
Lynn Bissonnette
Matthew Gunn

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

OUR SUPPORTERS

We could not have done it without you!



In-Kind Supporters

Adam Peck Gallery
Angel Foods
Art's Dune Tours, Inc
Bayberry Gardens
Beachside Management LLC
Botanica
Brick House Quilts
Bubala's by the Bay
Cafe Heaven
Cape Air/Nantucket Airlines
Cape Tip Sportswear
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Dog Gone Sailing
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Frederick Studio
Holbrook Oysters
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Kiley Court Gallery
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Liz's Cafe
Nicole Ludington
Mac's Seafood
Derek Macara
Larry Mahan
Nancyann Meads
Moby Dick's
Montano's Restaurant
Mussel Beach Health Club
Pop + Dutch

Crown & Anchor
Perry's Wine & Liquors
Tracy Plaut
Provincetown Art Association
& Museum
Relish
Room68
Roots For The Home &
Garden
Salon 54
Salt Hotels
Sam's Deli
Shinglefish
Snip Salon
Spiritus Pizza
Stop & Shop, Inc
Thanassi Gallery
The Captain's Daughters

The Club Provincetown
The Flying Fish Cafe
The Nut House
Tom Johnson Photo Gallery
Truro Vineyards
Utilities
Van Rensselaer's Restaurant
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We appreciate your support!

