Greetings!
I'm writing to you on a wintry Friday and hope you've managed through the stormier weather days without too much disruption. The town of Provincetown has lifted their mask mandate, so HOW's masking policy will follow new CDC Guidelines, measuring Barnstable County's COVID risk as Green, Yellow, or Orange. When our community is Green - where we currently stand - masking is optional for staff, volunteers, and visitors; however, we will always ask if you would prefer us to wear a mask. When Yellow, masking will be required in the office again and Orange will require further precautions. Remember, we have at-home COVID tests in our personal care pantry, too! Thank you for working with us as we all adjust to ever-changing protocols during this pandemic. -Gwynne

Nutritional Nuggets:
March is Nutrition Month!
- Enjoy your frozen pizza and toss some fresh veggies on top before taking it out of the oven (broccoli, corn, zucchini, onions, tomatoes).
- Try satisfying your sugar craving with some fruit – dip it in a nut butter (available at HOW's pantry) to add some protein & healthy fat!

It's Not Too Late for Fuel Assistance!
Are your heating bills taking a toll on your bank account? Even with spring right around the corner, you can still apply for fuel assistance. Call HOW to schedule time with Ella who can help you apply for these cost-saving benefits!

Grief Groups Starting In April
Sharing Kindness -- a grief support nonprofit here on Cape Cod -- is hosting another 5-week grief group for the HOW community starting on April 28. This group will meet on Thursday mornings in Provincetown or Truro, time and exact location tbd.

Please call and let us know if you'd like to attend this group. The Sharing Kindness facilitator will call you to talk about the group and help you determine if it's a good fit for you. Participation is limited, so get your name on the list!

Looking for another option? Outer Cape Health Services is offering a grief group for current OCHS patients who have MassHealth. Contact Janelle Patrick for more information: 774-207-7905.

HOW can provide transportation to and from these group meetings. We will offer additional grief groups in the fall of 2022 -- times and locations tbd.
With winter storms continuing to sneak up on us, it can be hard to look forward to the hope and sunlight that spring will bring. We hope you enjoy these 5 Minute Self Care ideas and this coloring page as opportunities to refresh your body, mind, and soul.

Love, the HOW Team

Do You Follow HOW on Social Media?
We love writing to our clients, but sometimes a monthly newsletter isn't enough! If you want to stay up to date on interesting events or helpful resources that pop up through the month, make sure to follow our social media pages on Facebook and Instagram!

Our Facebook page can be found at facebook.com/helpingourwomen. Our Instagram handle is @HelpingOurWomen

Stay Alert - Watch Out for Scams!
Due to an increase in online scams, the Provincetown Council on Aging will host a program on Zoom to learn about 'Identity Theft and Fraud Prevention'. This online presentation will be held on Zoom on Thursday, March 24 at 10am. It will include information about identity theft laws as well as important tips for spotting scams to keep your information safe.

To register for this event and receive a Zoom link, call the Provincetown Council on Aging at 508-487-7080.

Important Transportation Reminders
Please remember that we require a minimum of 4 days' notice for any ride, and we understand that is not always possible. We are able to meet most ride requests, but sometimes we can't find an available driver if it is short notice.

As always, please call the office if you have any questions or need more information. We always appreciate financial donations to our transportation program, as well as volunteering your time to be a driver for HOW.

Always More Self Care
With winter storms continuing to sneak up on us, it can be hard to look forward to the hope and sunlight that spring will bring.

We hope you enjoy these 5 Minute Self Care ideas and this coloring page as opportunities to refresh your body, mind, and soul.

Love, the HOW Team

Coffee & Conversation by Zoom - Wednesdays @ 10am
Drop-in for a quick hello or stay for a conversation! Join Ella and other HOW members for an informal on-line gathering. Call the office to get the Zoom invitation.
5 Minute Self-Care Ideas...

- Breathe deeply
- Squeeze a stress ball
- Phone or text a friend
- Do some stretching
- Hum a tune or sing a song
- Watch a video clip
- Cuddle your pet
- Listen to your favorite song
- Meditate or a quick mindfulness exercise
- Have a treat
- Write in a journal
- Think about 3 things you're grateful for
- Participate in online or live support groups
- Stare out the window
- Say no to one thing today
- Unplug
- List 1 thing you've accomplished today
- Flip through a magazine
- Light a candle or use an essential oil diffuser

Add your own ideas below

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Some activities when you have a bit more time...

- Take a walk
- Listen to an audiobook or podcast
- Spend time in nature
- Play with your pet
- Watch a video or film you enjoy
- Take a bath or shower
- Read a book
- Nap
- Exercise
- Join a team activity
- Start a new hobby or take a class
- Volunteer
- Play a game
- See to your spiritual needs

Add your own ideas below

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