



Newsletter January 2024

Greetings,

I'm writing this message to you from Provincetown after spending most of yesterday working in Eastham at HOW's Ann Maguire Women's Wellness Center. We will open Eastham for services, social connection, education and wellness programming in early February. I look forward to welcoming you to Eastham and to making plans for some upgrades to our Provincetown office in the coming year, as well. As we expand we will seek your feedback and input, as well as your patience as we all adapt to a shift in schedules and daily routines for some team members here at HOW. In next month's newsletter we'll provide more information about what to expect, so stay tuned!

One of the features of the Eastham site is the space to host our own education and wellness programming with community partners like Below the Belt -- a Cape Cod nonprofit providing education and services to support women with gynecological cancers. January is Cervical Cancer Awareness month so be sure to check out some of the info on the Below the Belt website: belowthebeltwomenscancer.org. And stay tuned for future programs from Below the Belt at our Eastham site.

Before I close, I want to thank you for being a part of the Helping Our Women community and sharing some of your healthcare journey with our team. As we prepare to open Eastham, we will be revisiting some of our policies and procedures, including a simple agreement among all HOW community members: clients, volunteers, staff, donors, and others -- regarding our expectations for how we work together. As a HOW team of staff and volunteers we know that sometimes we may disappoint you, and ourselves, when it takes longer than usual to return a call or an email. Please always follow-up with a second call or email if you've reached out for help and haven't heard back. While we are always shooting for "good enough" we sometimes fall short and as we turn the pages of the calendar, I trust that we can all start anew. Here's to a peaceful new year -*Gwynne*

Conversation Café – Making Ourselves Visible

When: Tuesday Jan 9 & 23, 2-4 PM

Who: Open to HOW members and any woman living on the Outer Cape

Where: St. Mary of the Harbor - 517 Commercial St Ptown

We hope you'll drop in to this fun, informal gathering!

Mujeres Latina Conversacion de Café

Jueves 4 de Enero 2024 -- 6-7pm

Musica, Comida, Bebidas, Regalos

St. Mary of the Harbor - 517 Commercial St Provincetown

CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
02657

Ph: 508-487-4357

Fax: 508-487-4364

Visit our website:

helpingourwomen.org
and check us out on
facebook or
instagram



HOW OFFICE

Our Provincetown
office is open 9-4.

We will be closed for
holidays on Monday
January 1st and
Monday January 15th

Inclement Weather
Policy:

Just a reminder- if
Nauset Schools are
closed for inclement
weather, we are
closed too!

**FREE COMMUNITY
ACUPUNCTURE
IN WELFLEET**

TUESDAY 1/30/24

3-6PM @ 200 MAIN ST.

WELFLEET

CONGREGATIONAL CHURCH

CALL DR. TILTON @ 508-

819-2260 FOR MORE INFO.

REMINDERS

All our services are free,
thanks to donors and
grant funding.

We do accept donations
for rides.

Clients - a friendly
reminder not to call our
volunteers directly,
Please call Cathy or Lisa
with any questions.TY!

OUR TEAM AT HOW

Mary Berry

Office Manager

Gwynne Guzzeau

Executive Director

Cathy McDonough

Client Services Manager

Annette Medina

Pantry Manager

Lisa Phillips

Volunteer Coordinator

Maddie Kahle

Americorps VISTA

Community Food Project

Coordinator

****Now Recruiting****

Americorps VISTA

Volunteer Resource

Developer

Winter Wednesdays,Whenevers & Wherevers

Free classes on the Outer Cape!

7 weeks of fun and interesting classes running January 15-March 4, 2024
both virtually (by Zoom) and in person in the towns of Eastham, Wellfleet,
Truro and Provincetown. Free supplies, free rides Wellfleet-Ptown, and
free childcare (ages 5-12) for Ptown in person classes. Check the website
winterwednesdays.org for 2024 classes.

Do you need help paying rent?

Homeless Prevention Council
may be able to help!

Rental Assistance may be
available to year round renters
in Eastham, Provincetown,
Truro and Wellfleet and /or
people who work in Eastham
or for the town of Truro. Call
HPC today for more info! 508-
255-9667.

Women's Money Matters info Session on Zoom:

Wed. January 17th 6-7 PM Join this online
webinar to learn more about the 8 week
online program offered by Women's Money
Matters. These virtual workshops and one-
on-one coaching will help you learn important
financial skills, gain confidence in managing
money, and make a plan to achieve your
unique financial goals.
Questions? email Cathy
cathy@helpingourwomen.org.

BEWARE OF TELEPHONE AND INTERNET SCAMS

*Recently, we have a had a number of HOW members tell us about telephone
scams they've experienced, so we wanted to share some info and a note of
caution about sharing any personal or financial information with strangers who
call you:*

Fraudulent telemarketers try to take advantage of older people on the theory
that they may be more trusting and polite toward strangers. Older women
living alone are special targets of these scam artists.

Here are some reasons older people become victims of telemarketing fraud:
Often it's hard to know whether a sales call is legitimate. Telephone con
artists are skilled at sounding believable--even when they're really telling lies.
Sometimes telephone con artists reach you when you're feeling lonely. They
may call day after day--until you think a friend, not a stranger, is trying to sell
you something.

Some telephone salespeople have an answer for everything. You may find it
hard to get them off the phone -- even if they are selling something you're
not interested in. You don't want to be rude.

You may be promised free gifts, prizes, or vacations--or the "investment of a
lifetime"-- but only if you act "right away." It may sound like a really good
deal. In fact, telephone con artists are only after your money. Don't give it to
them. Call HOW if you are wondering about a call you've received.



It's January on the Lower Cape....here are some interesting programs, classes, and events.....

- **Real Women, Real Talk:** Come join us, Linda Schwarz and Beryl Meyer and let's talk about our hopes, dreams, fears, frustrations, aging and all that's on our minds and matters to us as women. Inclusive group of Wellfleet residents. **Wellfleet Public Library** - Tues, Jan 9th and 23rd @ 6:30 PM.
- **Racial Justice Study Group :** Issues of race exist on Cape Cod - Join Pancheta Peterson and others to read and discuss seminal books and articles and discuss current events. **Wellfleet Public Library** - Jan. 3rd 6:30 PM
- **Emergency Preparedness Workshop: Mon,** January 8th 6-7 PM- **Wellfleet Public Library** - Learn how to build an emergency kit, emergency preparedness for adults with disabilities and access and functional needs, safety tips for sheltering in place and more! 508-349-0310.
- **Community Health Fair ~ Eastham Public Library-** The Eastham Department of Health will offer a Community Health Fair on Wednesday, January 17 from 12 – 4:00 pm at Eastham Public Library! Receive FREE health screenings, Narcan training, helpful information about tick bites, basic CPR training, diet and nutrition tips and more! For more information please contact, Hillary Greenberg-Lemos at (508) 240-5900 x 3229 or at hgreenberg-lemos@eastham-ma.gov.
- **The Young Vote - Documentary:** Screening In-Person @ **Eastham Public Library** - Thursday January 25th 3:00-5:30 - tell your grandkids, young friends or neighbors. Every Vote Matters!!
- **Tech Help:** Caleb Miner will be at the **Truro Public Library** bi-monthly for help with computers, laptops, phones, internet, video games, and other tech questions. Saturday Jan. 13th & 27th - Call the library (508-487-1125) to schedule an appointment.
- **Homebound Delivery: The Truro Library** provides delivery of library materials to homebound Truro residents. Any Truro resident who is homebound, regardless of age, is eligible. Books to Go will make regular visits to homebound residents to deliver and pick up library materials. If you are interested in this service, please call the Truro Library at 508-487-1125.
- **Bereavement Group: Truro COA** - 2nd and 4th Tuesdays 2:30-4 PM Jan. 9th and 23rd; Pre-registration with Jeanne Burke - 508-740 -2370 or jmburke@capecodhealth.org.





Programs and events continued....

- **LUNCH BUNCH: Ptown COA**- Wednesdays @ Noon - Weekly lunch for residents 60+. Rides provided. Donations appreciated. RSVP to Ptown COA 508-487-1125 by Thursday before.
- **Memory Screenings:** Tuesday January 30th - **Ptown COA** - The Alzheimer's Family Support Center will offer free, confidential 30-minute memory screenings open to all. These screenings are not diagnostic but may indicate the need to see a doctor for further testing. Appointments required. Call the AFSC at (508) 896-5170 or email info@capecodalz.org by 01/25/24.
- **VIRTUAL EVENT:** The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine: An Author Talk with Dr. Robert Lustig Tuesday, January 30, 2:00 PM 3:30 PM. Visit Provincetown Library website - provincetownlibrary.org for more info and to register.
- **Crafty Coffee Hour** - Fridays 10-Noon - **Provincetown Public Library** - bring your own crafts and join Deborah for coffee. Library will also provide some supplies for crafts!
- **Tech Help: Ptown COA** - Monday 1/8 @ 1:00-3:00 pm Library Director Amy Raff offers drop-in assistance for phones, laptops, tablets and e-Readers.
- **FALL RISK ASSESSMENTS:** Monday 1/29 - **Ptown COA** - Are you concerned about your balance and falling? Meet one-on-one with Physical Therapists and Exercise Physiologists from Cape Cod Healthcare/VNA at the Fall Risk Assessment Clinic. Each free, 30-minute appointment involves a health screening, balance tests, and a home exercise program. Registration required with limited appointments. Call the VNA at 508-957-7423 by 1/25.
- **MUSIC SALON ~ Ptown COA** - PETER DONNELLY & JON RICHARDSON Wednesday 1/10 @ 1:30 pm Donnelly & Richardson are a local musical duo covering a wide range of popular artists from Cole Porter to Simon and Garfunkel to Dolly Parton. They also have wonderful original songs and stories that reflect life on the Outer Cape. Don't miss it! **RSVP to Ptown COA** @ 508-487-7080 by 1/9.
- **COOKING FOR ONE OR TWO:** Monday 1/29 @ 1:30 pm at the **Ptown COA** - A nutrition educator from the Cape Cod Cooperative Extension will discuss scaling back recipes, storing larger recipes for future meals and time-saving shortcuts for when cooking is too much. Cooking demonstration and recipes included. **RSVP to Ptown COA** 508-487-7080 by 1/25.

If you have questions or would like a ride to any of these events, please call or email Cathy at 508-487-4357 ext. 103 or cathy@helpingourwomen.org

