



Newsletter February 2024

CONTACT US

Helping Our Women
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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
President's Day on
Monday, February
19th.

Inclement Weather Policy:

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

Greetings,

It's February on the Outer Cape...need I say more? Snow, cold, gray and rain...and sometimes, thank goodness, a little sun mixed in. The weather may be all over the place, but like a sunny day in the depths of winter, the team at HOW is here to offer warmth, support, encouragement and strength to all women in the Outer Cape Community. And this month we have exciting changes to share as we expand HOW and our capacity to educate and empower women.

We are thrilled to be announcing the opening of the **Ann Maguire Women's Wellness Center**, our Eastham office. While we are working out staffing hours in Eastham, please join us for **Tea & Tour** on February 23 from 10:30-12 pm. And check out our website after February 10th for more info on days/hours of operations...we'll be there in February but only with 1 or 2 people so you might miss us if you stop by before February 10.

We are also excited to be expanding our team to include a new Americorps Vista, Maddie Kahle, as our Community Food Project Coordinator, please read all about her below.

And, we hope you will join the HOW team at some of the programs outlined in this newsletter, as a way to connect and grow and help make the winter pass a little easier. Look forward to seeing you soon! **Cathy**

Welcome Maddie Kahle, Americorps VISTA Community Food Project Coordinator

As our Community Food Project Coordinator VISTA, Maddie will be facilitating HOW's Mobile Food Pantry Program, SKIP Lunch Deliveries, pantry drives, and more! During her time at HOW, she will work to build our capacity with a focus on increasing food access. Maddie is originally from Annapolis, MD, has a BA in Ecosystem Science & Policy and Economics, and is incredibly passionate about sustainable food systems.



**Free Community
Acupuncture**

in Wellfleet

Tuesday 2/27/24

3-6pm @ 200 Main St.

Wellfleet

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 Mary
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

**Need help signing up for SNAP
(Food Stamps)?**

Call 508-487-4357 or email

maddie@helpingourwomen.org for assistance
applying for SNAP benefits.



**Upcoming Events at the Ann Maguire Wellness Center
3 Main Street Mercantile, Eastham**

You Have Rights

An overview of disability rights
in collaboration with CORD
(Cape Organization for Rights
the Disabled)

February 28th @2pm
in person workshop



Below the Belt

Learn & Live

with Diane Riche, ED of Below
the Belt, a gynecological cancer
organization here on Cape Cod
February 29th 11-12:30

Join us for a cup of tea and talk
to learn about the subtle
symptoms of ovarian cancer.
Learn to recognize your own
genetic and personal health risk
and when to seek proper
medical attention for the best
outcome. After a brief talk from
Diane, you'll have a chance to
ask questions.

Conversation Café – Making Ourselves Visible

When: Tuesday Feb. 13th and 27th , 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! Questions?
Call or email Cathy - 508-487-4357 or cathy@helping ourwomen.org

Mujeres Latina Conversacion de Café

Jueves 1 de Febrero 2024 -- 6-7pm

Musica, Comida, Bebidas, Regalos

St. Mary of the Harbor - 517 Commercial St Provincetown

GOING WITH THE GRAIN ~ BARLEY

Thursday 2/22 @ 10:00 am at the Ptown COA

Continue the new year with some healthy new eating habits. Program Coordinator Shane Landry will teach a bit of history, nutrition and culinary skills while cooking with this month's featured whole grain, barley. Recipes, cooking demonstration and samples provided. RSVP by to the Ptown COA 2/21



**Saturday Lunches in February
at St. Mary of the Harbor Church
517 Commercial Street Provincetown
12 Noon
FREE and open to everyone**



Buried in Treasures Hoarding Workshop

Join us for this multi-week "Buried in Treasures" Workshop for Help with Compulsive Acquiring, Saving and Hoarding!

THIS COURSE INCLUDES:

- Free copy of the Buried in Treasures book
- Support from others with similar struggles
- Decluttering strategies for your home
- Skills to achieve your long term goals

For more information or to sign up, call
(774) 330-3001

Starts Tuesday 2/6/2024 1:30-3:30 PM - 16 week
commitment

Eastham Public Library 190 Samoset Road, Eastham
call Mary at HOW 508-487-4357 to arrange a ride

February is American Heart Month and Women's Heart Health Week is Feb 1st-7th

This observation aims to educate, raise awareness, and teach the symptoms and preventions of serious heart diseases in women.

Did you know heart palpitations are a symptom many women experience during and after menopause?

Please see the following page for more important info on the signs of heart attack and stroke, and join us in wearing RED on February 2nd to raise awareness about cardiovascular disease.



Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

GoRedForWomen.org