



### CONTACT US

Helping Our Women  
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Visit our website:  
[helpingourwomen.org](http://helpingourwomen.org)  
and check us out on  
Facebook or  
Instagram



### HOW OFFICE

Our Provincetown  
office is open  
Monday - Friday 9-4.

At this time,  
Eastham is open for  
scheduled events  
and by appointment.

### Inclement Weather Policy:

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

### Greetings,

As the fresh blooms of March herald the arrival of spring, we at Helping Our Women embrace the spirit of growth and renewal. This month, we're excited to celebrate the achievements of women and reinforce our commitment to creating an environment where every woman has the opportunity to thrive. Last week at our **Ann Maguire Women's Wellness Center**, that commitment was incredibly evident as we welcomed a wonderful turnout at our very first **Tea and Tour**. We loved connecting with our community as we celebrated this investment in women on the Outer Cape. Please join us for our next tour on **Friday, March 22nd, from 10:30-12 pm**. We look forward to seeing you there!

### International Women's Day

March 8th marks **International Women's Day**, a global day celebrating the social, economic, cultural, and political achievements of women. We invite you to tune into **WOMR on March 8th** for a special full day of programming to inspire inclusion. When we inspire others to uplift and empower women, we forge a better world. And when women feel celebrated for being their authentic selves, there's a sense of belonging and relevance. **Gwynne** will be hosting a show at 9:30 am titled **"Reflections on Women's Health & Wellness"** with Dr. Sue Troyan, and they will be talking about women's health issues...please tune in!

Let's march forward together, supporting and uplifting each other. Here's to a month filled with progress, inspiration, and unity. - **Cathy**

## Conversation Café – Making Ourselves Visible

**When: Tuesday March 12th and 26th, 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@helpingourwomen.org](mailto:cathy@helpingourwomen.org)

### Mujeres Latina Conversacion de Café

Jueves 7 de Marzo 2024 -- 6-7 PM

Musica, Comida, Bebidas, Regalos

St. Mary of the Harbor - 517 Commercial St Provincetown

It's not too late to sign up for **FUEL ASSISTANCE** through **LIHEAP**. Call Cathy to make an appointment. 508-487-4357

### 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

#### **Julia Bateman**

Development and  
Communications  
Consultant

#### **\*\*Now Recruiting\*\***

Americorps Vista  
Volunteer Resource  
Developer

## Upcoming Events at the Ann Maguire Women's Wellness Center 3 Main Street Mercantile, Eastham



### Tea and Tour Friday, March 22 10:30-12 PM

Join us in Eastham for some conversation, tea, and a tour of our beautifully renovated space. Everyone is invited!

### Coffee Talk - You Have Rights Cape Organization for the Rights of the Disabled Wednesday, March 27 2 PM

CORD staff will be on ZOOM and offer a Q & A follow up to their overview of rights presented at the in person workshop held back in February.



### Create Your Own Vision Board with Susan Smith, LCSW Friday, March 29 11-1 PM

Susan is a social worker licensed in MA and WA, who provides therapy via telehealth. She also works in Mindfulness, Art Therapy, and provides Vision Board workshops. All materials provided.

### VIRTUAL EVENT:

#### Below the Belt - Learn and Live March 7th from 5:30- 7 PM (ZOOM Session)

Join us to learn about the subtle symptoms of gynecological cancer. Call or email Cathy at 508-487-4357 or [cathy@helpingourwomen.org](mailto:cathy@helpingourwomen.org) for more info.

### CAPE COD REGIONAL TRANSIT AUTHORITY ANNOUNCES FREE FARES FOR PERSONS 60+ OR WITH DISABILITIES

The Cape Cod Regional Transit Authority (CCRTA) is announcing free fares for people over the age of 60 and people with disabilities on all fixed bus routes. The CCRTA runs fixed bus routes in all fifteen Cape Cod towns.



## Hybrid Event: Gut Health with Nicole Cormier, RD, LDN

March 9

Provincetown Library at 1:00 PM

Nicole Cormier, a registered dietitian, will lead a workshop on the connection between the food you eat and your gut microbiome.

March is not only a month of new beginnings and fresh starts, but it is also **National Nutrition Month**, a time to reflect on eating habits and prioritize a balanced diet for overall well-being. Making small, sustainable changes like choosing fruits, vegetables, whole grains, lean proteins, and healthy fats can improve health and wellness. Embrace this month to nourish the body and lead a healthier life.



## COMMUNITY FOOD HIGHLIGHT:

On Tuesdays at 5:00 PM, the 246 Community Kitchen of Wellfleet serves free meals to Outer Cape residents at the Wellfleet United Methodist Church, located at 246 Main Street.



## Celebrate National Nutrition Month by Signing Up for SNAP / HIP!

The Supplemental Nutrition Assistance Program (SNAP) provides 1 in 7 Massachusetts residents with financial assistance on their monthly groceries. While many Massachusetts households use SNAP, not all participants take advantage of the Healthy Incentives Program (HIP). Through HIP, all individuals with SNAP cards receive money back for benefits used to purchase healthy produce from HIP vendors.

Local HIP vendors include the year-round Orleans Farmers' Market and the seasonal Provincetown and Truro Farmers' Markets. While the Provincetown and Truro Farmers' Markets won't open until May and June, respectively, it is important to apply for SNAP now because it will take 30 days to receive a decision about your benefits. If you believe you might qualify for SNAP, starting the application process soon will give you a better chance of participating in HIP when the farmers markets open in the spring.

**Fun Fact: If you are eligible for MassHealth, you automatically qualify for SNAP!**

If you are interested in learning more about SNAP, HIP, or local farmers markets, email Maddie at [maddie@helpingourwomen.org](mailto:maddie@helpingourwomen.org). **What better time to sign up for SNAP than Nutrition Month?**



# DID YOU KNOW?

## New State Tax Credits are Helping Fight Poverty and Build Equity Through Tax Fairness.

### HOW?

- The Child & Family Tax Credit ends unfair limits and increases credits to help families avoid poverty and fight food insecurity.

- The new Earned Income Tax Credit (EITC) is increased by 10% this year, putting more money in the pockets of working people.

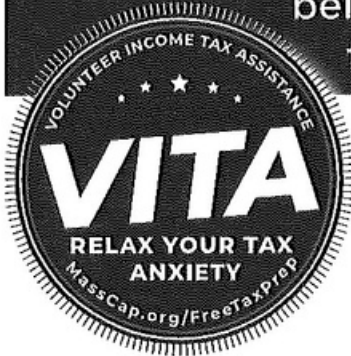
- The Senior Circuit Breaker Tax Credit has been doubled to help more of our seniors stay independent and productive.

- Deductible Commuter Transit Benefits now include more ways of commuting, and the Rental Deduction Cap is now \$1,000 higher.



### FREE TAX PREPARATION

Learn more, and keep more of what you earn! Go to the **VITA** (Volunteer Income Tax Assistance) page below today, and be sure to sign up for **FREE Tax Preparation** help!



Scan this QR code or go to the website below to get started.



**MASSCAP**  
Massachusetts Association for Community Action  
*Granting Opportunity. Changing Lives. Ending Poverty.*

See other side for VITA locations & more details.

Learn more and get started at **[www.masscap.org/FreeTaxPrep](http://www.masscap.org/FreeTaxPrep)**.