



Newsletter December 2024

CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
02657

Ph: 508-487-4357

Visit our website:

helpingourwomen.org
and check us out on
Facebook or Instagram



HOW OFFICES

Provincetown &
Eastham open

Monday-Thursday 9-4

Fridays 9-1

Both Offices will be
closing at 12 pm on
Christmas eve and
closed Christmas day
as well as January 1.

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!

Dear Friends,

I hope you are all doing well or as well as can be expected with the state of affairs in our country right now. The media and news are inundating us with lots of negative information and as a woman it is hard not to want to wallow in anger, frustration, disbelief, and despair. Believe me, a part of me really wants to go there! And for some, it may be a necessary (hopefully temporary) step as we collectively process what our country is going through. And that is totally okay.

For me, I'm trying to stay present and grounded in my day to day. I'm making a point of spending time in nature everyday and giving myself permission to take a break from the "breaking news". I try to look for the glimmers of "light" so when they do pop up, I see them. Like the other day it was the smile on a client's face when she accomplished something that caused her a lot of anxiety and fear and that she really didn't want to do, but we did it together and it was actually okay and she was so glad to have done it in the end. Her smile made my day!

It was the hope I felt from sitting in three different meetings last week with leaders from all over the Cape and Islands and learning how their collective agencies and organizations are committed to keeping folks in need on the Outer Cape fed, cared for, financially supported, and most importantly SEEN. It is so inspiring that we can live in such a rural, far away place and have SO many incredible resources right here around us.

It was the inspiration I felt from hearing our fearless leader Gwynne address the crowd gathered at our annual event in Eastham a few weeks ago to present Steve Roderick with the Betty Villari Community Service award and Pat Santilli our Volunteer of the Year award. To learn more of their ever giving qualities and the ways that they tirelessly contribute to our community...it was truly heart warming.

These types of interactions are what keep me grounded these days. And staying grounded to me is also remembering what I am thankful for. I am so thankful and fortunate that everyday I get to wake up on Cape Cod and remember I am part of the Helping Our Women Community. I am part of something meaningful, necessary, and full of light. I get to remember that I am a part of a community that is strong in it's mission to educate, empower, and support all women. That here at HOW we are vibrant and inclusive and committed to each other no matter where you come from. I get to see everyday at work that we are the complete opposite of hatred, racism and discrimination. It is this type of self reflection that keeps me from going down that dark rabbit hole. And I ask you to join me. In looking for the glimmers of light in your day to day, in remembering you too are a part of this AMAZING HOW community who care, who show up for one another, who have BIG hearts, and are ready to do the hard work required to bring about change. You are not alone! Please remember that!

With love,
Cathy

Open Enrollment for Health Insurance

Open Enrollment for Health Insurance

It is that time of year and there is still a little time (until 12/7) to choose a new health plan. Please give me a call and I will be happy to assist you in comparing plans. Another resource to help determine which plan is right for you, would be to contact the local **SHINE** (Serving the Health Insurance Needs of Everyone) representative in your town.

Provincetown COA: Outreach and Social Services 508-487-7080

Truro COA: (508)487-2462

Wellfleet Adult Community Center: 508-349-2800

Eastham COA: Outreach: 774-801-3153

And another wonderful resource for help choosing a new plan would be an organization called: **Health Care for All** - Health Care For All advocates for health justice in Massachusetts by working to promote health equity and ensure coverage and access for all. Call **1-800-272-4232**.

That Time of Year! HEAP Fuel Assistance

(formerly called LIHEAP) Need help completing your Home Energy Assistance Program application? Call Cathy to schedule an appointment.

Our Team at HOW

Gwynne Guzzeau
Executive Director

Mary Berry
Transportation
Coordinator/Office
Manager

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
Manager

**Monica Montoya-
Quintero**
Program & Multi-Lingual
Services Manager

Pam Mahoney
Americorps VISTA
Volunteer Resource
Developer

CLIENT SPOTLIGHT:

What does HOW mean to me, from Krasi



Meet Krasi! I love Krasi's enthusiasm for the outdoors and walking in nature. She walks everywhere and belongs to several walking clubs and we are honored to have her hosting our own walking club here in Ptown on Monday afternoons. Here are her reflections on HOW.

C: How has Helping Our Women helped you? How has helped me connect with the Provincetown Community and to meet some nice people, especially the HOW staff.

C:What do you need most from HOW? Social connection.

C:What does HOW mean to you? Family. HOW is my family when I am near or far.

C: How has the help you have received from HOW impacted your life? It's a lot of fun! When I am with HOW staff, we laugh and it feels good!

C:When you hear the words Helping Our Women, what is the first word or words that come to your mind? Volunteerism. I came to HOW because I wanted to volunteer and to be connected to the community this way. It's good to give, especially when you know that somebody needs help. We appreciate you Krasi!

Upcoming Events

Need a ride to any events in Provincetown or Eastham?

Call Mary at 508-487-4357 ext. 2



Coffee and Conversation

Wednesdays in Provincetown & Eastham

2:00 - 3:30 PM

Drop by either office for informal conversation in a comfortable, safe place with a staff or volunteer host.

Relax and Stress Less with Cindy Okolo

December 16th 2-3 PM at the Ann Maguire Women's wellness Center

No matter which holidays you celebrate, the busy last few months of the year can be extremely stressful. Learn to stress less this holiday season. In this workshop, we'll use yoga, breathwork, somatics, and music to practice calming the mind and soothing the soul. We will stay seated for the entire workshop—no experience necessary. Please contact Pam at pam@helpingourwomen.org for more info.

Stay Strong Cancer Support Group - Wednesday, December 11 Truro Public Library

Join this monthly support group to connect, share or simply listen to women who are living with cancer or have completed cancer treatment. It doesn't matter how long ago you had cancer, you are welcome to join. Call Ginny Dutra, the group facilitator, to register and get more information about the current meeting time: 508-648-1639.

HOW Walking Group Eastham Wednesdays 10:00-10:45 AM

Join HOW staff and/or a volunteer for a 30-45 minute walk from the Eastham center to destress, get some fresh air, and join in lively conversation.



HOW Walking Group Ptown Mondays @ 3:30 PM at Beech Forest

Meet HOW staff and/or a volunteer host at the Beech Forest Parking lot for some time to walk together and commune with nature.



Immune Wellness Yoga with Erin Golden

Tuesday December 3rd at 1:-2:15 PM

This FREE yoga class supports overall health & wellness. Suitable for everyone! No prior yoga experience required. Bring your mat or borrow one. These trauma sensitive classes focus on strengthening immunity & reducing inflammation. Enhance resilience in your body & mind. Program offered at Ann Maguire Women's Wellness Center in Eastham. **Please call or email Pam to register, space is limited.** pam@helpingourwomen.org

Grieving and Growing: Thursdays at AMWWC in Eastham in Dec & Jan.

12/5,12/12,12/19, 1/2,1/9. 2- 3:15 PM. This group is for anyone who has experienced the death of a loved one. It takes courage to grieve, and it can be very lonely. Together in a supportive group we can help each other process our grief, so that we grow. Facilitated by Betsy Simmons, a health educator, grief counselor, and Eastham resident. This is a drop in group! Email Pam to sign up or for more info pam@helpingourwomen.org





Please join Helping Our Women for

HOLIDAY Open Houses

**Ann Maguire Women's Wellness Center at HOW
3 Main Street Mercantile, Eastham**

DECEMBER 11 2:00-3:30 PM

HOW Provincetown Center, 34 Conwell Street

DECEMBER 18 2:00-3:30 PM

