



Newsletter November 2024

CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
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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
closed Monday the
11th in honor of
Veteran's Day

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!

Greetings,

What an amazing stretch of warm autumn weather we've had! Here's hoping that we continue to get plenty of sunshine even as the days grow shorter. It's hard to believe that it's November - we have so many anniversaries to celebrate here at HOW. Cathy has been here a year and contributed so much to your lives and the sense of community in our staff! I will mark my six year anniversary later this month, then Mary and Lisa will follow in December. Each of us is so very grateful that we belong, **with you**, to the Helping Our Women community. In December we will host holiday open houses at both centers and look forward to gathering with you! Or perhaps we'll see you on November 4 at the Soup Kitchen of Provincetown, United Methodist Church, 30 Shank Painter Road where a delicious free lunch is served M-F 12:30-1:30. We are starting a coffee & conversation hour at our Provincetown office on Wednesdays 2-3:30pm, so drop-in for a warm drink and informal social time with a volunteer or staff host. Finally, I hope you'll come to our Autumn Gathering on Nov 7 at 5:30pm -- we are providing rides to and from this free event. With love, **Gwynne**

Peer Wellness Coaching Specialty Programs this Fall and information on how to apply for our Coach Training beginning in January 2025

Balancing Change and Transitions - Thursday 11/07: 12-2 PM

Join us in Eastham for this one-time workshop and get some tips on navigating your own life transitions. This program will give you an intro to a few basic coaching skills as well.

Interested in going deeper and learning coaching skills to support women on their health and wellness journey? Apply to our Peer Wellness Coach Training!

As a Peer Wellness Coach you will learn and practice specific communication techniques to empower women to speak openly, to take an appreciative stance about their life, to identify what matters most about the situation at hand, and to consider next steps.

Want to learn more? Join HOW for one of our two virtual **information sessions** to learn more about the details of our Peer Wellness Coach Training. ZOOM sessions on:

- **Monday, November 4th at 10 AM**
- **Friday, November 8th at 12:00 PM**

PLEASE NOTE call for applications to the training runs November 1 - 22nd.

Want to sign up for any of this? Call or email Cathy @ cathy@helpingourwomen.org or 508-487-4357 ext.3

Grief Support in Provincetown, Wellfleet & On-Line

In response to recent deaths in the Provincetown community, the Town of Provincetown Health Dept is hosting the following events on **Wed. Nov 6:**

- **Healing Meditation and Grief Support - 12:00PM to 2:00 PM** at ASGCC's Ptown Drop-in Center, located at 301 Commercial St. in Provincetown. Drop in for 30 min of guided meditation starting at 12 or come later to join the facilitated grief support discussion open to all.

- **"Grief 101: Creating Grief-Sensitive Communities" - @ 6pm Provincetown Library.** Sharing Kindness, a Cape based grief and suicide awareness support agency will host this event to help the community better understand grief. By embracing emotions and finding hope, we learn to support those grieving in our lives, we can reduce the stigma surrounding suicide and overdose deaths and foster a more compassionate, understanding community for the bereaved. This is a critical step toward reducing the isolation that can accompany loss.

- **Grief Support Resources** available on Sharing Kindness website at: sharingkindness.org/grief-support-resources/ and they are running a **women's grief group in Wellfleet so call 508-237-0441 for more info.**
- Call our office to learn about other grief support resources!

Helpful Emergency Preparedness Information

The Town of Provincetown is helping residents prepare ahead of time for potential winter and coastal storms. Here are some important tips:

STAY INFORMED: Sign up for local emergency alerts from the Town via text message, email, or phone call at <https://alerts.provincetown-ma.gov/>. Please call Cathy @ HOW if you need help getting signed up. The town's website <https://www.provincetown-ma.gov/> and their FaceBook page <https://www.facebook.com/ProvincetownTownHall/> are also good places to see updates.

The Election is near and We Know Stress About the Outcome is Real!

As we get closer to election day, let's remember that protecting our mental health is key. Here are a few ways to stay grounded this week:

- **Set Boundaries on News Consumption:** It's okay to take a break. Limit the time you spend reading news or scrolling through election content, and give yourself permission to step away when it feels overwhelming.
- **Focus on What's Within Your Control:** Voting, sharing information with others, and staying informed are ways to be active. Let go of what you can't change, and focus on what's in your power. Surround yourself with positive energy.
- **Practice Self-Care Daily:** Meditation, prayer, exercise, journaling—whatever helps you center. Keeping a self-care routine is essential to staying balanced.
- **Stay Connected:** Lean on your community. Talking things out with friends or loved ones can be a major release and reminder that we're in this together.
- **Keep Things in Perspective:** Remember, your health and peace of mind matter too. Take time for joy, hobbies, and moments that make you smile!

Let's stay strong, stay balanced, and take care of ourselves!

courtesy of the Black Women's Health Imperative

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

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.



Housing 101 - Online Presentation Wednesday November 27 @ 2:00 PM

This on-line presentation and Q&A is for everyone! At the in-person meeting in Oct. the participants said: **"Everyone needs to hear this information!"** Join us for an in-depth look at affordable housing and the process of applying -- all are welcome regardless of your current housing situation. Call or email Pam at pam@helpingourwomen.org to get the zoom meeting invitation. Presented by our friends at Cape Organization for Rights of the Disabled.

Stay Strong Cancer Support Group - Wednesday November 13 & 27 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 Monica and/or Cathy 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 beginning 11/04 @ 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 Tuesdays 11/5, 19, 26 and 12/3 at 1:2-2:15 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 Nov., Dec & Jan. 11/14, 11/21, 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



**CLIENT SPOTLIGHT:
What does HOW mean to me, from Lorna**



Meet Lorna! It's always a pleasure when Lorna stops by the office to chat or get assistance. She is a true HOW fan! I'm always amazed at her resilience and determination to keep going despite a painful knee and mobility issues. She works hard at multiple jobs, but never complains and is always grateful for our help. Her motivation inspires me. Here are some of her thoughts about Helping Our women.

C: How has Helping Our Women helped you?

L: Very good! In every way. HOW always helps me without saying no. All of you are so patient.

C: What do you need most from HOW?

L: Transportation and help with social services such as Mass Health, Unemployment, and SNAP. I also like to come and talk when I am feeling down.

C: What does HOW mean to you?

L: It means a lot to me - I enjoy coming here. All of the women here are great in everything that you do

and you are all patient with me. You all treat people, how people should be treated. Never a bad day from coming here!

C: How has the help you have received from HOW impacted your life?

L: Great! HOW makes me feel happy when I come around - because sometimes I am depressed and talking to you helps me feel better and less alone. You all do a tremendous job. I always tell people about Helping Our Women....all ages!

C: When you hear the words Helping Our Women, what is the first word or words that come to your mind?

L: It helps only women....just women, and I like that.



A Night of Community!

Thursday, November 7th,
5:30 - 7pm at the Ann Maguire Women's Wellness Center at HOW,
3 Main Street, Eastham

Join HOW as we celebrate a monumental year! After a brief annual meeting, we'll present our Community & Volunteer Awards to Steven Roderick & Pat Santilli. Enjoy delicious snacks from Casa del Cabo & libations while catching up with old and new friends!

RSVP to julia@helpingourwomen.org

Transportation is available from Ptown to Eastham for all interested. Contact us to reserve your spot. Call 508-487-4357 ext. 2 or email mary@helpingourwomen.org.

