



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
closed Monday the
14th for Columbus/
Indigenous People's
Day

REMINDER

Clients: Please give us
24 hours to return a
voicemail message or
email. If you haven't
heard from us after
that time frame, please
feel free to call back.
Also, please do not
contact volunteers
directly. Please call
HOW. Thank you!

Newsletter October 2024

Hello HOW friends! I have so much to say but so little space. There is a LOT going on in our bustling and growing HOW community. It's been a busy month, a blur really but I wanted to reflect on a few things here. I am so excited for the launch of our **Peer Wellness Coaching (PWC)** course in January 2025 so please make sure you read all about it below. We had a very successful PWC specialty workshop last week on the **Power of Stories**. Here is a quote from our wonderful facilitator, Elise Phillips, as she reflected on the day: ***"I personally was moved by the level of engagement, vulnerability, and willingness to share stories from the participants."*** I was equally happy with the workshop and it felt so good to connect on a deeper level with other women from all walks of life on the Cape. I also had an opportunity on Friday to attend the Grand Opening of **Outer Cape Health's new AIM Wellness Center on Route 6 in Wellfleet**. What a fantastic day for OCHS and for the Outer Cape community at large. This new center will be home to their **Recovery Services** which includes a 6-week rolling admission Day Program for those seeking recovery from substance use disorders. It's a self referral program and they take Mass Health. Call 508-905-2892 for more info. **Best always, Cathy**

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

Interested in understanding and learning some basic coaching and supportive communication skills? Our specialty programs, held at the Ann Maguire Women's Wellness Center in Eastham, are a series of one-time workshops to provide an intro to a few basic coaching skills as well as some health and wellness education.

- **Thursday 10/17: 12-2 PM Self - Care and Compassion**
- **Thursday 11/07: 12-2 PM Balancing Change and Transitions**

Interested in going deeper and learning coaching skills to support women on their health and wellness journey? Join HOW's customized **Peer Wellness Coaching program** and gain skills, insights and new information to help others while benefitting your own well-being. Our new Peer Wellness Coach Training is a 20-hour virtual program that meets 2 hours twice a month on Tuesdays from 1:30 - 3:30 pm, January 14 - May 20, 2025, and culminates with a celebration and certification to coach women managing a healthcare challenge, a wellness issue or a life event. Join our kind and caring community, learn and enhance your coaching skills, make connections, and be part of something outstanding. **What is Peer Wellness Coaching (PWC)?** PWC is a unique way of partnering, walking with, and communicating with people to support their autonomy, motivation, and health. It is a collaborative communication process and a way of being between a client and coach that helps to identify areas of maintenance and growth, success and barriers, health and wellness, motivation and ways to deal with everyday life. Call for applications begins November 1, 2024. Please contact Cathy for questions or to register for either the workshops or to be sent a link to the online PWC application. cathy@helpingourwomen.org or 508-487-4357 ext.3

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

**Need a ride to any events in Eastham? Call Mary at
508-487-4357 ext. 2**

MORE 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

Gwynne Guzneau
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

Grieving and Growing: October 4,11,18, & 25 11:00 -12:15 PM. This group is for anyone who has experienced the death of a loved one. Grieving affects us physically, emotionally, and spiritually. 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. This group will meet weekly through Sept. and October. Group sessions will include quiet reflection, writing, sharing, poetry and meditation. Facilitated by Betsy Simmons, a health educator, grief counselor, and Eastham resident. **Email Pam at pam@helpingourwomen.org to sign up. Registration is not required but preferred.**

**HOW Walking Group
Meet at the AMWWC
Every Wednesday
10:00-10:45 AM**

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

Ptown Walking Group coming this Fall...



**Housing 101
Wednesday October 23rd 2:00 PM**

Are you having difficulty navigating affordable and accessible housing? **Join us for an in-depth look at affordable housing and the process of applying** -- all are welcome regardless of your current housing situation. Presented by our friends at Cape Organization for Rights of the Disabled who serve anyone with chronic or serious health conditions. Call or email Pam at pam@helpingourwomen.org to register.



**Coffee and Conversation
Wednesdays in October
2:00 - 3:30 PM**

Want someone to talk to? Looking to connect with a peer? Want to be heard and seen? Drop by for some conversation in a comfortable, safe place with our volunteer host.

VIRTUAL EVENT

**Helping Our Women has partnered with
Women's Money Matters**

Women's Money Matters is a 3-month, online financial wellness program. It's free and a laptop is provided, if you need one. Sessions start: 10/10 6:30- 8:00 PM. 10/16 6:30-8:00 PM. 10/21 6:30-8:30 PM or 11/18 6:30-8:00 PM (Spanish)

Email monica@helpingourwomen.org for more info.



CLIENT SPOTLIGHT: What does HOW mean to me, from Erna



Meet Erna! “It’s quite an experience to get into your 90’s.” So says Erna, our artist friend from Provincetown. We met the other afternoon for a chat about her reflections and experiences with HOW and I was enthralled with her life story and her path that landed her in Provincetown. She talked about how back in the 70s she participated in “consciousness raising” groups to bring attention to the needs of the women living on the outer most tip of Cape Cod. Erna is all for supporting women and a big fan of HOW so we had a lot to talk about.

C: How has Helping Our Women helped you?

E: Just by being there! Being available for transportation to medical appointments. And the SKIP lunches - it helps because with my arthritic knees, I can’t cook - it’s difficult to stand for any length of time.

C: What do you need most from HOW?

E: Transportation. Just the fact that they are here - I’m very grateful that I can call for help. For me personally, just to know it is there, who knows what may happen and I have no family here. I have wonderful friends, and I get by, but if anything were to happen to just know HOW is there, it is a good feeling. And HOW is there for moral support. People do get more lonely as you age because in your 90’s your friends pass away so for me HOW is a way to stay connected. Some people have pain and sorrow so to know there is place like HOW where they know they will be heard and where there is kindness, it means so much to them.

C: What does HOW mean to you?

E: I think what it means to me is the fact that it is a place that focuses on the needs of women. It’s such a positive thing. Back in the 70’s I was part of a demonstration to bring awareness to the fact that there were no programs for women here at that time. But Provincetown is a community where you can make a difference and now, the difference HOW is making - it goes out into the world to make an impact.

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

E: It exemplifies that it is possible to develop and expand. It makes me feel good that HOW is expanding...it’s just a very positive organization.

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

E: It’s good there is a place where women can be helped. **OUR** women...it’s so important to focus on **OUR**...this is for **US**, the women.

UPCOMING COMMUNITY EVENTS

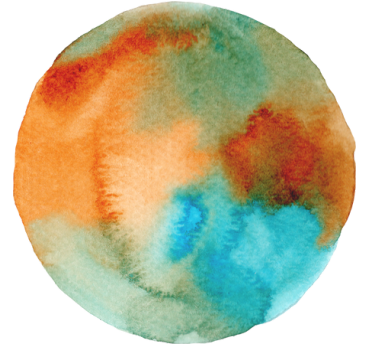
FREE ART WORKSHOP



JOYFUL EXPERIMENTS: COLOR & SHAPE WITH VICKI TOMAYKO

**MONDAYS starting OCTOBER 21st 3:00-4:30 PM
at Outer Cape Health's New AIM Wellness Center
2700 Route 6 Wellfleet**

Free **6-week** adult series focuses on abstract printmaking, collage, and more! No art or drawing experience necessary - come revel in the joy of experimentation. (no class on Veteran's Day)
For questions and registration, contact Brianne Smith:
bsmith@outercape.org



Tea and Walk @ Beech Forrest - Thursday October 17th 10-11 AM

Mary Oliver Walk: Celebrate Mary Oliver by joining a ranger to hike Beech Forest around Blackwater Pond. Bring your favorite Mary Oliver poem to share with the group and discuss what has drawn so many important poets to the Outer Cape. Reservations are required in advance by calling Province Lands Visitor Center at (508) 487-1256. Tea and snacks provided after the walk by HOW.



NATIONAL COMING OUT DAY!

Friday October 11th 9:30 AM

Join **Provincetown COA** for a segment of a documentary exploring the history of LGBTQ+ stand-up comedy, considering its importance as an instrument for social change over the past five decades. A discussion of the film and sharing personal coming out stories are encouraged after the film. No registration required. Call the COA at 508-487-7080 for more information.

Local Vaccine Clinic through the VNA - Wednesday October 23rd 1:00-4:00 PM Orleans- Eastham Elks Lodge - 10 McKoy Road, Eastham.

The VNA is collaborating with the Eastham COA to offer a COVID and FLU vaccine clinic this Fall. This clinic will have Flu and COVID vaccines for folks ages 6 months and older, including high dose flu for 65+ or immunocompromised. The COVID vaccine is not a booster, but a new vaccine based on the newer variants.

Additionally, the VNA offers homebound Flu and COVID vaccines across the Cape. Anyone interested in this service can reach out to Meg Payne, VNA Director of Public Health and Provider Relations, at (508) 957- 7737 or mpayne@capecodhealth.org



**SCAN THE QR
CODE TO
REGISTER**

**Contact Mary for a ride to any of these events
508-487-4357 ext. 2 or mary@helpingourwomen.org**

LGBTQ OLDER ADULT SOCIAL GROUP
Wednesday October 9th 1 pm - 2:30 PM
Yarmouth Senior Center. 528 Forest
Road. West Yarmouth

Bring a Book, Puzzle or Game and Swap for
another one (Good Condition Please!) Enjoy
Sausage & Peppers and Franks &
Sauerkraut

To reserve your place: Please TEXT or CALL
508-534-8665 Or email:
YarmouthLGBTQSeniors@gmailcom

