



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

The offices will be
closed on Monday
February 17th for
President'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!

Newsletter February 2025

February is Heart Month: A Time for Self-Care and Reflection

Dear friends,

As we enter February, a month dedicated to the heart, I'm reminded of the importance of nurturing both our physical and emotional well-being. **Heart Month** is a wonderful time to slow down, reflect, and focus on what truly matters—our health and our connections.

Personally, I've found immense peace in meditation, especially practices like the **Heart Align** meditation and a daily gratitude practice. These have helped me stay centered and grounded, especially when life feels uncertain, overwhelming and full of challenges. I've been using the free app **Insight Timer**, which has a rich library of meditations, including many that focus on heart-centered healing and gratitude. Sometimes I only have 5 minutes, but I notice the difference it makes. Taking just a few minutes each day to meditate or reflect on what we're grateful for can create a powerful shift in our hearts and minds. And prioritizing your heart's well-being can make all the difference in how we navigate challenges—whether they are health-related or simply the everyday stresses of life.

This **Heart Month**, I invite you to join me in setting aside time for self-care. Whether it's through a meditation, connecting with a loved one or your friends here at **HOW** or simply reflecting on the things you're thankful for, nurturing your heart can help you feel more connected and resilient.

Be well,

-Cathy xoxo

Coming soon....free rides to the Family Pantry in Harwich in our new HOW van!



We are excited to be expanding our food access programs. In March we will begin offering rides to the largest free food pantry on Cape Cod - the Family Pantry in Harwich. We will coordinate visits so they do not conflict with deliveries from our mobile food pantry program. You must be registered with the Family Pantry and we can help with that if need be. Dates TBD. Call or email Maddie to sign up and get on the list. 508-487-4357 ext. 5 maddie@helpingourwomen.org

FREE YOGA IN YOUR HOME WITH HOW VOLUNTEER

This FREE one-hour class is being offered by HOW volunteer & certified yoga instructor **Katherine Rossmore**. This class combines breath & movement and is chair based. Suitable for everyone! Benefits include: stretching and strengthening the body and more peace of mind. Classes may include Dharma (yogic wisdom) talk and will incorporate playfulness! Class day and time will be scheduled between you and Katherine. If you are interested in signing up for this amazing offering, please contact Pam at 508-487-4357.



Women's Money Matters - a free virtual financial awareness course



Women's Money Matters is a 3-month, online financial wellness program that empowers women living on low incomes with the skills and knowledge they need to achieve their financial goals. Free registration is through HOW and access to technology for the course is available if needed. You can expect to see results such as higher credit scores, decreased debts, and new or more savings. You'll be introduced to a supportive community and get access to resources. New courses starting 02/4 & 02/19 (in Spanish). For more details contact Monica. monica@helpingourwomen.org

Here's what HOW client Jane C. had to say about her experience taking the Women's Money Matters course.....

"The program helped take away my financial insecurities and I felt so empowered afterwards. I didn't even think I would have a credit score, but I actually found out I did have one. My coach helped me understand different types of credit cards to help build my credit and we created a budget together and so now I know where I am spending my money. I now have a goal of getting my driver's license and I'm saving for a car!"

So amazing and empowering!! I love this!! Thanks for sharing, Jane.

Exciting Developments: Peer Wellness Coach Training Underway

We are thrilled to share that our **Peer Wellness Coach Training** is officially underway! This training is designed to equip individuals from our community with the tools and skills needed to become Peer Wellness Coaches—empowering them to provide guidance, support, and mentorship to women navigating chronic health conditions.

We've already seen some stellar candidates in the program, and we are excited to watch them grow into their roles as compassionate leaders. These new Peer Wellness Coaches will play a vital role in our programs, offering personalized support to clients, helping them set goals, and walking alongside them on their journey toward greater health and well-being.

This initiative is not just about training individuals; it's about building a stronger, more resilient community. By investing in the development of our peers, we are ensuring that our clients receive guidance from those who truly understand their experiences. We believe that this community-based approach will help foster deeper connections and more impactful support, ultimately benefiting everyone.

More Reminders!

Please allow at **LEAST** 3-4 days notice for all ride requests. Unfortunately we can not accommodate same day ride requests. Thanks for understanding!

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

Upcoming Events at HOW and in the greater Community

Need a ride to any events in Provincetown or Eastham?

Call Mary at 508-487-4357 ext. 2. (please give us at least 3-4 days notice - thanks!)



Grieving and Growing: Thursdays at AMWWC in Eastham 3-4:15 This group is for all who have experienced the death of a loved one. It takes courage to grieve and it can feel lonely. Together in community, we support each other as we process and integrate our grief and grow. Facilitated by Betsy Simmons, a health educator, grief counselor, and Eastham resident. New people welcome. Please register with Pam at 508-487-4357 or pam@helpingourwomen.org.

Community Hours - Eastham Wednesday February 19th

1:00-2:30 PM at the Ann Maguire Women's Wellness Center

This month join Kathy Meyers, retired local art teacher, as she will introduce participants to various techniques of the art of papercutting. Come and play with paper! Bring your creativity!



Community Hours - Provincetown at St. Mary of the Harbor Church Wednesday February 26th 11-12:30

Rest, relax, and chat over snacks and beverages while watching or participating in the activity of the month (such as art, puzzles, games, and more). Registration not required but preferred for planning purposes. Call 508-487-4357 or email pam@helpingourwomen.org.

Stay Strong Cancer Support Group - Wednesday, February 5th & 19th 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 NEW YEAR - NEW TIME - NEW YOU

Thursdays 10:30-11:15 AM

Join HOW staff and/or a volunteer for a 30-45 minute walk from the Eastham center to destress and connect with others.



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

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

New Peer Support Group forming in Eastham

1st and 3rd Wednesdays of the month

beginning February 19th 10:00-11:30 at the AMWWC

Come and BE with others. Share in a safe place. This group will be facilitated by a staff member or volunteer and run similarly to our successful Ptown group. Everyone will get a set time to share. It's a safe space and connection and compassion are at it's core. Call Pam 508-487-4357 for more info.



FREE TAX PREPERATION

- **Cape Cod Community College** 2240 Iyanough Rd West Barnstable - Volunteer Prepared Taxes Service - call 774-330-4923 for an appointment and more info
- **Community Action Committee of Cape Cod and the Islands** - To set up an appointment or for more information, call **508-771-1727** and ask for VITA for tax filing assistance. To Register: Call Monday through Friday from 8am-4pm.
- **South Shore Community Action Council** - **508-747-7575** - call for appt. & more info

CLIENT SPOTLIGHT:

What does HOW mean to me, from Patty



Patty's courage and her ability to smile through all of the challenges she faces is really inspiring to me. We laugh a lot when we are together. Interviewing her for this month's spotlight was true confirmation of HOW's impact on women of the Outer Cape. Thank you for being you Patty and for opening your heart to the HOW community!

C: How has Helping Our Women helped you?

P: Keeping a crazy mind quiet is one way! That and answering my questions about social security and getting signed up for unemployment, and help with renewing my passport. All that with laughter and friendship.

C: What do you need most from HOW?

P: Continued and ongoing support for online and digital tasks. I'm not a good communicator and HOW is helping me with that. I feel accomplished and I always feel a lot better after a visit with HOW.

C: What does HOW mean to you?

P: HOW means a heart. It's a place to come to that

gives me warmth. It's a heart beat for me. I have lost a lot of people in my life and when I get to be with the folks at HOW and cry, I feel safe. Safety is what it means to me.

C: How has the help you have received from HOW made you think and feel differently about your life?

P: It's given me a family and stability. A place to go to feel safe. And HOW has helped me financially and I really need that help right now, so very much. I didn't think that the stipend would help me as much as it has. It makes a world of difference for me right now. The generosity of financial assistance and love I have received combined together has meant so much. There's no feeling bad about yourself here at HOW.

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

P: To be trite, I think of the words....helping. our. women. Those are the words I think of. Helping women to be stronger, helping women get a leg up, building strength. Unfortunately with the new administration, we need the help more than ever now, so women working for and helping women....HOW...it's a great acronym. It says everything. It's gratitude, thankfulness, and joy through the most difficult times in my life, that's what I get from HOW. HOW is the anchor **AND** the buoy for me.

Patty, your communication and words are so rich and I thank you for sharing them with us.

-Cathy