

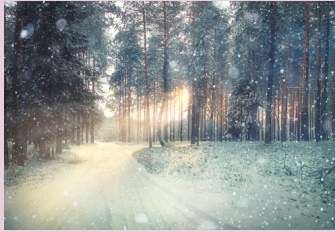


CONTACT US

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
January 20th for MLK
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 January 2025

Greetings,

How are you managing with the short winter days? I'd like to report that I've been reading more but the truth is that most days, I enjoy watching a movie, comedy show, or murder mystery on Netflix at the end of my day. Two free streaming channels with a lot of great content are Kanopy.com and Tubitv.com. You need a library card number to open a Kanopy account, but you can call your local library if you can't find your card...I know mine is "lost" somewhere in a drawer at home. Tubitv does have ads, but so do some of the subscription channels. That said, I read a news article that says the increase in streaming video channels is contributing to the loneliness epidemic because the time we spend watching tv is when we might otherwise call or connect with friends.

So, this winter as I find myself living alone again while my partner returns to teaching at Drake University in Iowa until late May, I'm going to change-up my watching habits so that I'm reaching out to friends more often. Even with all the connections and interactions that I have at work with the many different members of the HOW community, like you, lonely feelings are a part of my lived experience. Nowadays I try to notice them rather than be overtaken by them, and to treat them like a friend who needs some cheering up or simple connection. What does that look like? Well I might say to myself: it's time to go for a walk and simply walk up and down my road if going to the beach or the woods is too much effort. Or I sit quietly and look out the window and do some breathing exercises following a guided meditation. This year I bought some art supplies so I'm ready with new colored pencils and a pad to doodle...and there's always the phone to call and say hello. Who will you call this winter when the days are feeling dark or lonely? You can always call us here at HOW - we hope you will. Wishing you light and sending love, Gwynne

**Cape Organization for the Rights of the Disabled (CORD)
and Helping Our Women
continue to collaborate in 2025**

CORD presentations will be HYBRID in 2025! In an effort to reach more individuals, all CORD offerings will be hybrid. Zoom links can be sent to participants interested in the topic of the month or you can come into the Eastham office to watch the presentation with us via Zoom.

January 22nd at 2:00 PM CORD will be presenting an overview of their services. Call or email Pam for the link or to sign up to watch at the Eastham office. pam@helpingourwomen.org/508-487-4357

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 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

FREE YOGA IN YOUR HOME WITH HOW VOLUNTEER

Start the new year off with making a commitment to yourself and your health and wellness. No better way to do that than with Yoga in **YOUR** home! This FREE one-hour class is being offered by HOW volunteer **Katherine Rossmore** (500-Hr Yoga Alliance Certified Teacher). This class combines breath & movement and is mostly chair based (mats available for those able to get up and down from the floor and preferring the floor). Suitable for everyone! No prior yoga experience needed. 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. Please contact Pam if you are interested in signing up for this amazing offering. And thank you in advance to Katherine for this generous offering of time, connection and wisdom!!

CLIENT SPOTLIGHT:

What does HOW mean to me, from Judy



Meet Judy! She is a true gift to the HOW community. She always has some kind words for the staff or interesting insights to share from her days as a Psychologist. When medical diagnoses impacted her own life, she turned to HOW for help.

C: How has Helping Our Women helped you? Throughout my illnesses, HOW provided me with so many resources such as rides to doctor appointments, monthly food deliveries, social support and so much more. When I called HOW I was met with warmth, kindness, support and a sense that everyone has your best interests in mind.

C: What does HOW mean to you? Survival and wellness; much improved quality of life.

C:When you hear the words Helping Our Women, what is the first word or words that come to your mind? Chosen family of caring, supportive helpers.

C:How has the help you have received from HOW impacted your life? In the ongoing face of chronic medical illnesses, my perspective on life, aging and illness has changed dramatically. At this point, my attitude is so much more hopeful and positive. I believe that is because of HOW. Fear of illness has all but left me because I know that HOW will always be there to support me and provide so many helpful services and resources. Over the years of help I have received from HOW, I am thriving. HOW has given me a new and life affirming view of myself and my health.

Thanks for sharing your story Judy and for your kind words!! - Cathy

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 1/2,1/9. 2- 3:15 PM. Starting 1/16 3-4:15 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 weekly group (drop-in or register)! Email Pam to sign up or for more info: pam@helpingourwomen.org

Community Hours

Eastham on the 3rd Wednesday starting 01/15/25

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

Provincetown on the 4th Wednesday starting 01/22/25

11:00 - 12:30 at St. Mary Of the Harbor Church

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). Call or email Pam for more info.



Stay Strong Cancer Support Group - Wednesday, January 8th and 22nd 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.

St. Mary of the Harbor Winter Community Lunches - every Saturday @ NOON in January & February

Each Saturday at noon during the months of January and February, parishioners from St. Mary of the Harbor cook and serve a homemade lunch to approximately 75 people. There is no charge and everyone is welcome. The menu changes each Saturday and occasionally there is musical entertainment.



Tree Journey - A Guided Meditation on Thursday January 23, 2025 @ 5:30-7pm

Join Gwynne and Patricia van Dijkhuizen as they share a video and guided meditation created by Dr. Rosalind Watts to increase a sense of connection with self, others, and nature based on the Celtic tree calendar. Limited to 14 people, we will watch a video, listen to a guided meditation, then reflect in small groups. Learn more and reserve your spot at this website <http://bit.ly/4gBQ76j>

HOW

Helping Our Women



in support of the

Alzheimer's Family Support Center

Until there's a cure, there's community.

**Meetings on the 2nd & 4th
Wednesday of each Month from 1:00 to 2:30 pm**

For 2 Groups: Caregivers & those with Cognitive Loss

Meetings located at the
Ann Maguire Women's
Wellness Center at HOW in Eastham
3 Main Street



For more info call 508-896-5170 or email
info@capecodalz.org

HOW is committed to supporting the Outer Cape community and is pleased to announce that we are partnering with **The Alzheimer's Family Support Center** by providing a safe and supportive environment to host their Wednesday meetings. This group provides a vital resource for families and is exactly what the Ann Maguire Women's Wellness Center is all about. Starting 1/8/25 AFSC will be offering TWO groups (*caregivers* and *individuals living with cognitive loss*) a time to meet on the 2nd and 4th Wednesdays of each month from 1:00 to 2:30 PM at HOW's Ann Maguire Women's Wellness Center. **Registration Required. Please call or email AFSC with any questions and to register: 508-896-5170/info@capecodalz.org.**