



May 2025

Women's Health Month

A message from Gwynne Guzzeau, Executive Director



As we step into May - Women's Health Month - I want to take a moment to honor you: your strength, your resilience, and your commitment to caring for yourself. This month is a reminder that your health and well-being matter and impact all of those you care about. I'm excited that HOW will begin a women's health speaker series "Let's Talk Women's Health" on May 13 and you can join in person in Eastham or online – more info on page 3.

Here at HOW, we believe that health is more than just doctor's visits—it's about self-care, self-respect, and self-empowerment. Whether you're navigating physical wellness, mental health, or the journey of healing, you deserve support, information, and space to thrive. This month, we encourage you to:

- Schedule a check-up or screening you've been putting off
- Take time to nourish your body and mind
- Talk openly about health concerns with people you trust
- Join us in upcoming workshops, events, and conversations

Let's celebrate Women's Health Month by choosing ourselves—not out of selfishness, but out of the deep understanding that when women are well, communities are strong.

With deep appreciation and solidarity, Gwynne

Peer Wellness Coaching Corner

Our coaches will complete their 20-hour training in the coming weeks. *Coaching from A-Z* by Haesun Moon is a book they read that we want to share so you know more about what to expect when you book a coaching session. **"A": ALREADY** *"the role of a good coach...or listener in any dialogue is not to cheerlead the conversation partner with you're-almost-there messages, but simply to invite them to **remember what they're already doing** to move in their chosen direction."* So what are YOU already doing to address an issue or concern that's on your mind today?



Coaching conversations help you tap into the energy that comes from your own motivation.

OPEN

Monday-Thursday
9:00 am - 4:00 pm &
Fridays 9:00 am - 1:00 pm.

**Provincetown Center
Closed for Renovation
Visit us at The Commons
lower level**

46 Bradford Street
Provincetown, MA

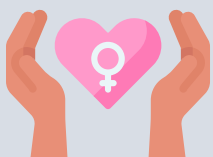
**Ann Maguire Women's
Wellness Center at HOW
in Eastham:**

3 Main Street, Unit 7
Eastham, MA 02642

Services are free, thanks to donors and grant funding. We do accept donations for rides.

A friendly reminder not to call our volunteers directly. Please call Cathy or Mary with any questions.

**HOW will be closed on
Memorial Day, Monday,
May 26th**



Reminders & Updates

Temporary Office Information



As a reminder, HOW's Provincetown office is closed for renovations and will re-open in the summer. We have temporary office space at 46 Bradford Street, Provincetown at The Commons building where HOW clients can meet in person with staff. We will remain available by phone, email, and in-person visits at our Eastham office or the temporary Provincetown office. **Please contact our office for more information on how to schedule a 1:1 appointment with Cathy.**

Food Access Updates

Door-to-Door Rides to the largest food pantry on the Cape, located in Harwich, are being offered. This will provide you with access to the greatest selection of food choices available. The May trip to the Family Pantry of Cape Cod will be on **May 14th**. Please call the office to reserve your spot in the HOW Van.



Transportation to HOW health & wellness programs is available for HOW clients

HOW Community Spotlight

HOW Staff Member- Monica

Monica Montoya-Quintero has been part of the HOW team for nearly a year and we're excited to share that she'll be expanding her time with HOW! Monica will be supporting Cathy at the Eastham office during the following times: Mondays 8:00 am to 12:00 pm, Tuesdays 9:00 am to 4:00 pm, Wednesdays 9:00 am to 1:00 pm and Fridays 9:00 am to 1:00 pm. Swing by the HOW Eastham Center to say hello to Monica and remember, she is our Multi-Lingual Services Manager who can also support Spanish speakers.



National Women's Health Week - May 12 to 15

National Women's health week is dedicated to encouraging women to prioritize their health and well-being. **Join us on May 13th** for the first in a series of HOW Women's Health Talks featured in the Health & Wellness Program Highlights section of this newsletter.

HOW STAFF

Gwynne Guzzeau
Executive Director

Mary Berry
Client Transportation &
Finance Manager

Cathy McDonough
Client Services Manager

Annette Medina
Administrative Assistant

Lisa Phillips
Volunteer Coordinator

Maddie Kahle
Food Access Coordinator

Julia Bateman
Development &
Communications Manager

Monica Montoya-Quintero
Multi-Lingual Services
Manager

Pam Mahoney
Volunteer Resource
Developer

HOW Community & Happenings

Health & Wellness Program Highlights



Balancing Change & Managing Life Transitions Workshop
Thursday, May 1, 5:00 to 6:30 pm (DATE CHANGE from April 29)

The Commons located at 46 Bradford Street, Provincetown

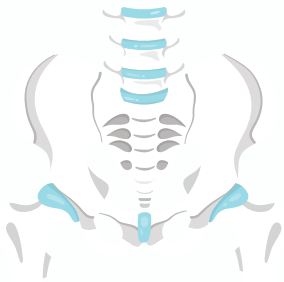
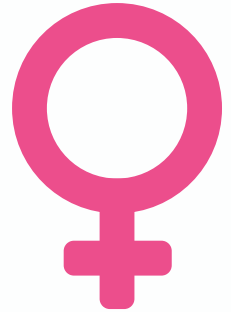
Join HOW's Executive Director, Gwynne Guzzeau, for an interactive workshop where you'll learn some tools to manage the changes in your life so they don't manage you. Whether your transition is personal or professional - you're welcome to attend. We'll be serving food to fuel your engagement. Live streamed. Registration is required.

Let's Talk *Women's Health*

Tuesday, May 13, 12:00 to 1:00 pm

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

Join HOW and **Dr. Sarah Todd** as she shares personal and professional experiences with the healthcare system. Dr. Todd is a local ER doctor and cancer survivor and was a family caregiver for her husband for 7 years. This open discussion will educate and help patients and family caregivers navigate the current healthcare landscape. Lunch provided. Live streamed. Registration is required.



The Pelvis Party

Tuesday, June 24, 6:00 to 7:30 pm

The Commons, 46 Bradford St., Provincetown

Thursday, July 17, 6:00 to 7:30 pm

Ann Maguire Women's Wellness Center at HOW, 3 Main St. Eastham

Surprising, amusing, life-changing facts about the pelvises of women, men and you! Presentation by Jaymie Adachi, FNP at Cape Gynecology. We'll be serving food to fuel your engagement. Live streamed. Registration is required.

Acupuncture & Meditation

Wednesday, May 7, 1:00-2:00 pm (first Wednesday of each month)

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

Acudetox - a specialized outer ear method recognized to aid individuals experiencing anxiety, stress, depression or PTSD and for those recovering from alcohol and drugs. Registration is required.



Recent participant reported feeling less anxious and euphoric almost immediately!

Community Events



Annual Community Gathering - Spring Edition!

Tuesday, June 10th, 5:30 to 7:30 pm at the Ann Maguire Women's Wellness Center at HOW, 3 Main Street, Eastham

Mark your calendars for our annual celebration, where you can indulge in delicious food and drinks! Join us to hear about our achievements over the past year and welcome the summer season together.



**PATIENTS
NEEDED**




4C'S DENTAL CLINIC

OUR SERVICES

- Comprehensive Exam
- Oral Cancer Screening
- Radiology
- Scaling and polishing
- Fluoride application
- Sealants

**FOR
FREE!**

CONTACT:

 To schedule 774-330-4371
with Jamoyia .C

LOCATION: 2240 Iyannough Rd,
West Barnstable, MA 02668

HOURS:
MON 2-5 PM
WED 2-5 PM
FRI. 1:30- 4: 30 PM



HEY, I'M JAMOYIA, I AM A DENTAL HYGIENE STUDENT AT CAPE COD COMMUNITY COLLEGE. I AM LOOKING FOR PATIENTS IN NEED OF DENTAL CLEANINGS.

SINCE THIS IS A LEARNING FACILITY APPOINTMENTS WILL BE UNDER THE SUPERVISION OF LICENSED DENTAL HYGIENE INSTRUCTORS AND DENTISTS. MULTIPLE 3 HOUR APPOINTMENTS REQUIRED FOR CLEANINGS. MUST COMMIT TO COMING TO ALL APPOINTMENTS UNTIL YOUR CLEANINGS ARE COMPLETE

**Conveniently located in
Maureen Wilkens Hall, G9**



Transportation to programs can be arranged for HOW Client Members

HOW's Health & Wellness Programs are open to all women, not only HOW client members who are registered to receive services

Grieving & Growing Group

Thursdays (May 1, 8, 15, 22, 29) 3:00-4:15 pm, 3 Main St., Eastham

Virtual: 2nd & 4th Thursdays (May 8 & 22) 5-6 pm

For anyone who has experienced the death of a loved one. Grieving affects us physically, emotionally, and spiritually. It takes courage to grieve and can be lonely. Together, we can help each other process and grow. This is an ongoing group and is facilitated by health educator Betsy Simmons. Registration preferred but not required.

Acupuncture & Meditation

1st Wednesday (May 7) 1-2 pm - 3 Main St., Eastham

This evidence-based treatment offers an immediate calming effect, fostering a sense of peace and stability and promoting mental wellness in a community, group environment. The style of acupuncture offered is Acudetox - a specialized outer ear method recognized to aid individuals experiencing anxiety, stress, depression or PTSD and for those recovering from alcohol and drugs. This life-changing treatment is open to all women at NO COST thanks to community partner **Recovery Without Walls** and the practitioner is Heather Louksi! Registration is required and space is limited.

Balancing Change & Managing Life

Transitions

Thursday, 5/1 5-6:30 pm The Commons (46 Bradford St., Provincetown)

Join HOW's Executive Director, Gwynne Guzzeau, for an interactive workshop where you'll learn some tools to manage the change events in our life so they don't manage you. Snacks provided. Registration required. Live streamed.

Disability Rights Workshop with CORDEastham or virtual

Wednesday, (May 28), 2:00-3:00 pm, 3 Main St., Eastham or virtual

Join CORDE for a 'Stretching Your Dollar' workshop. CORDE advances independent living and rights of people with disabilities. Email Pam for the zoom link or join us in the Eastham office to watch together.

Let's Talk Women's Health

May 13, 12-1 pm, 3 Main St., Eastham

Join HOW and Dr. Sarah Todd as she shares personal and professional experiences with the healthcare system. Dr. Todd is a local ER doctor and cancer survivor and was a family caregiver for her husband for 7 years. This open discussion will educate and help patients and family caregivers navigate the current healthcare landscape. Lunch provided. Live streamed. Registration is required.

Leading With Love - It's Not Just A Mother's

Job

May 11, 10-11 am, The Chapel in The Pines, 220 Samoset, Eastham

Called to leadership by the examples of the women in her family, Gwynne shares reflections on the power and purpose of leading with love in our personal and professional lives, as well as the story of Helping Our Women's legacy and work serving women on the Outer Cape

HOW ofrece servicios de traducción al español de nuestros materiales impresos y programas. Comuníquese con nuestra oficina para solicitar hablar con nuestra Coordinadora Multilingüe.

Eastham Peer Support Group

1st & 3rd Wednesdays, (May 7 & 21) 10-11:30 am, 3 Main St., Eastham.

A safe community to share what's in your heart & mind. Share feelings on a diagnosis or reflect on changes & everyday life. A place to practice mindfulness and acceptance in a supportive atmosphere. Registration preferred but not required.

Alzheimer's Support Groups

2nd and 4th Wednesdays (May 14 & 28) 1-2:30 pm, 3 Main St., Eastham

The meetings consist of two groups - one for caregivers and one for those who have cognitive loss. If interested contact the AFSC directly at 508-896-5170 or email info@capecodalz.org.

Women's Money Matters Online Program

A free, 3-month, virtual financial program that empowers women living on low incomes with the skills they need to achieve their goals. Upcoming 12-week session start dates:

- 5/5, 5/15, 5/29 & 5/31

Registration required: Monica@helpingourwomen.org

Cancer Support Group

2nd & 4th Wednesday, (May 14 & 28), Truro Public Library.

The Stay Strong women's cancer support group meets at the Truro Public Library on the second and fourth Wednesdays of each month. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

HOW May 2025

Helping Our Women

Calendar of Events

Offices Open
Monday-Thursday: 9-4
Friday: 9-1

34 Conwell St, Provincetown, MA 02657

3 Main St, Unit 6, Eastham, MA 02642

✉ info@helpingourwomen.org

🌐 helpingourwomen.org

P = Ptown office
E = Eastham office
H = Hybrid
V = Virtual
O = Off-site

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Women's Health Month ALS Awareness Month Mental Health Awareness Month Multiple Sclerosis Awareness Month						
4	5 6:30-8 pm Women's Money Matters (V)	6	7 10-11:30 am Peer Support Group (E) 1-2 pm Acupuncture & Meditation (E)	8 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing Group (V)	9	10
11 10-11 am Leading with Love (O)	12	13 12-1 pm Let's Talk Women's Health (E)	14 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	15 12-1:30 pm Women's Money Matters (V) 3:00-4:15 pm Grieving & Growing Group (E)	16	17
18	19	20	21 10-11:30 am Peer Support Group (E)	22 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing Group (V)	23	24
25	26	27	28 Cancer Support Group (O) 1-2:30 pm AFSC Group (E) 2:00-3:00 pm CORD Presentation (V)	29 3:00-4:15 pm Grieving & Growing Group (E) 6:30-8 pm Women's Money Matters (V)	30	31 9:30-11 am Women's Money Matters (V)