



(508) 487-4357
helpingourwomen.org

OPEN

Monday-Thursday
9:00 am - 4:00 pm

Friday
9:00 am - 1:00 pm

Provincetown Center:
34 Conwell Street
Provincetown, MA 02657

**Ann Maguire Women's
Wellness Center
(AMWWC) 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 Mary
(ext. 2) or Maria (ext. 3)
with any questions.

WE ARE CLOSED:
July 3rd in observance of
the 4th of July



July 2026

Happy July!

Summer is officially here — and with the brighter days and warmer nights come unique challenges for our bodies, especially for women navigating perimenopause, menopause, or the changes that come with age. This month, we're sharing practical summer wellness tips, advice for managing hot flashes, and essential heat safety reminders to help our community stay safe, cool, and comfortable. Grab a cool drink, take a gentle breath, and dive in. We're honored to walk alongside you.

Summer Self-Care: Navigating Perimenopause and Menopause in the Heat

A few gentle adjustments can make a real difference in your comfort:

- Hydrate often: Sip water all day and enjoy water-rich foods like watermelon and cucumber.
- Know your triggers: Caffeine, alcohol, and spicy foods can intensify hot flashes.
- Wear breathable layers: Choose loose cotton, linen, or bamboo you can adjust easily.
- Cool your sleep space: Lower the thermostat and try moisture-wicking bedding.
- Time your movement: Skip outdoor activity from 10 AM–4 PM; try mornings, evenings, or gentle indoor yoga.

Essential Heat Safety for Seniors

Older adults regulate temperature less efficiently, and thirst naturally fades with age. A few simple habits help:

- Drink before you're thirsty: Sip water or herbal iced tea throughout the day. Check with your doctor about fluid limits if you have a heart or kidney condition.
- Seek cool spaces: Spend peak heat hours in air conditioning — at home, the library, or a senior center.
- Protect skin and eyes: Wear SPF 30+, a wide-brimmed hat, and UV sunglasses outdoors.
- Know the warning signs: Dizziness, heavy sweating, cramps, clammy skin, nausea, or a weak pulse. Move to a cool space, sip water, and seek medical help if symptoms persist.

Wishing you a safe, healthy, and deeply refreshing month ahead,
Maria Brennan
Client Services Director

Peer Wellness Coaching Corner

We celebrated the graduation of 10 new Peer Wellness Coaches at the Annual Community Gathering on June 9th. We have more coaches, which means more support, for all our clients! Join us in congratulating: Virginia, Julie, Mercedes, Jayne, Judith, Beryl, Ann, Ginny, Arlene, & Shayna.



Feel heard and understood * Set personal goals around health and well-being * Discover practical next steps * Receive encouragement and accountability * Enjoy social connection

EXPANDED HOURS! Mon.-Thurs. 10am-3pm

HOW Community Spotlight

Maria Brennan, Client Services Director

We are thrilled to announce our new Client Services Director whom you've met in the greeting. In Maria's words, *'I'm so grateful to be joining the HOW team as Client Services Director. My professional path has been deeply shaped by my work in trauma-informed care, supporting individuals and communities through moments of challenge and change. Alongside that, I've navigated my own challenging health diagnosis, which has given me a personal understanding of resilience, empathy, and the importance of creating safe, supportive spaces. I'm passionate about bringing both my professional skills and lived experience into this role — not just to meet goals, but to promote connection, understanding, and trust.'*



Join us in welcoming Maria to the HOW team!

Reminders and Updates

WELCOME CIRCLES - What You're Creating Together

We're excited to share something special with you: the Values & Guidelines, shaped directly by your voices during this winter's welcome circles. It reflects both how you want to feel in this space — and how many of you are already feeling within the HOW community. **VALUES (What we believe):** Security, Access, Play, No Judgement, Transparency, Openness, Honesty, Kindness/Generosity, Confidentiality, Accept People, Accept Needs change, Be in Relationship, Well-Run Organization, and Passion. **GUIDELINES (How we live our values):** There for us, Welcome everyone & listen even with serious matters, Make space for laughter & lightness, Be open-minded and open-hearted, Create a space where people never feel judged, Forthright in all we do, Open hearts and smiling faces, Be true to who you are, Show empathy and be helpful, Respect privacy, Meet people where they are at, Be open to needs that change, People are not tasks—they are human beings, It's okay to feel (all feelings are valid), Bring your expertise, Do your best, and Show care in your actions

These words say so much. They speak to the kind of space we're building together — and to the quiet, powerful impact of simply showing up for one another.

HOW STAFF

Gwynne Guzzeau
Executive Director
ext. 1

Mary Berry
Client Transportation &
Finance Manager
ext. 2

Maria Brennan
Client Services Director
ext. 3

Lisa Phillips
Volunteer Coordinator
ext. 4

Monica Montoya-Quintero
Multi-Lingual Services
Manager
ext. 6

Annette Medina
Administrative Assistant

Pam Mahoney
Program Manager
ext. 8

Gino
Volunteer Resource
Developer, AmeriCorps
VISTA

Health Corner

Taking care of yourself isn't a luxury — it's a lifeline. The Outer Cape is full of resources ready to support you. Here are a few we love and want you to know about.

Health & Medical Care

Outer Cape Health Services — Primary care, behavioral health, and wellness services in Provincetown, Wellfleet, and Harwich Port. outercape.org | 508-487-9395

Cape Cod Healthcare — Hospital care, specialists, and patient navigation. capecodhealth.org

Mental Health & Emotional Support

Outer Cape Health Behavioral Health Services — Counseling and mental health support. outercape.org

Samaritans on Cape Cod & the Islands — Free, confidential 24/7 support line. Call or text: 1-800-893-9900

988 Suicide & Crisis Lifeline — Free, confidential support, 24/7. Call or text 988

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

HOW SUPPORT GROUPS - WELCOMING NEW MEMBERS

Stay Strong: Cancer Support Group ~ Grieving & Growing: Grief Support Group

A LITTLE SOMETHING SPECIAL JUST FOR YOU - FREE HAIRCUTS!

HOW has gift certificates available for FREE HAIRCUTS for our clients (at Wildflower Hair of Orleans). Because sometimes a fresh cut can lift your spirits in ways that are hard to put into words. Gift certificates are available on a first-come, first-served basis. If you're interested, reach out to Pam at 508-487-4357 ext.8 or email pam@helpingourwomen.org.

ACUPUNCTURE & MEDITATION - WEEKLY AT 10 AM ON WEDNESDAY

These programs are funded in part by Opioid Remediation Funds provided through the towns. Outer Cape Community Solutions Rural Health Network has coordinated these efforts with local stakeholders. For additional information or to make suggestions for future spending, contact us below.

info@outercapecs.org outercapecommunitysolutions.org



MANAGING MEMORY LOSS - INVITATION TO FREE TRAINING FROM OUR FRIENDS AT CAPE COD INSTITUTE

Maybe you live with or care for someone with memory loss. Maybe you worry that you have a genetic disposition for dementia. If so, consider joining an in-person workshop, July 6-8, at Nauset Middle School, Orleans. Dr. Anne Hallward will teach about the emotional and functional challenges of living with dementia or with someone who has dementia. She'll also talk about caregiver self-care. The Cape Cod Institute (CCI) is a summer learning program that is offering HOW community members free participation for the in person part of this workshop.

Date: 7/6-7/8

Time: 9-1:30

Location: Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Call Pam to get the promo code to attend in person for FREE

HOW CONTIGO

Presentamos HOW Contigo

Contigo means "with you" — and that's exactly what this new outreach is: a warm, safe space for everyone of the Outer Cape to gather, connect, and feel at home. We'll be speaking Spanish mostly. Questions? Reach out to Monica (508) 487-4357 ext. 6

Contigo significa justo eso — contigo. Este nuevo programa es un espacio seguro y cálido en el Outer Cape, donde podemos reunirnos, hablar en español, conectar y sentirnos como en casa.

Nos reunimos cada dos meses en el Ann Maguire Women's Wellness Center en Eastham. ¡Y este verano nos vamos al aire libre — pronto compartiremos más detalles!

¿Tienes preguntas? Comunícate con Mónica (508) 487-4357 x 6. ¡Te esperamos con los brazos abiertos!

A DAY TO REMEMBER

On June 9th, our community came together for our Annual Community Gathering at the Ann Maguire Women's Wellness Center — and it was beautiful.

Clients, volunteers, donors, and partners filled the room with warmth, laughter, and connection. Every face represents a story of compassion and resilience.

Thank you to everyone who joined us — and to those who couldn't be there, there's always a place for you here. And thank you Family Table Collaborative for the delicious food and Truro Vineyards for the wine donation!



COMMUNITY INFORMATION

Movies at St. Mary of the Harbor - FREE movie and popcorn!

Join the community for an outdoor movie various Friday's this summer. All gathering times are 7:30 pm - Movie to start at 8:00 pm.

July 17, Mamma Mia
August 7, Grease - likely a sing-along!

These events will be -bring your lawn / beach chair, blanket or towel and brown bag or cooler. Everyone Welcome!

Community Food Highlights

Family Table Collaborative is distributing prepared meals on the 2nd & 4th Thursdays of the month at the Elks. Sign up by **Text only**: 508-470-1355 with your full name and the number of meals you need **By Tuesday at 2 pm**. Pick up 4:30-5:30 (drive through format). **Anyone can go – no questions asked...and they have meal options for dietary restrictions (e.g. gluten free, vegan, etc).**

Truro Community Kitchen delivers two free meals weekly to Truro residents, no questions asked. To register for meals call 508-514-1833 or email info@trurocommunitykitchen.org!

July 2026

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
Disability Pride Month International Self Care Day (7/24)			1 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	2 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	3 Offices Closed	4 July 4th Holiday
5	6 9:30-1 pm Dementia Workshop (O) 10-3 pm PWC	7 9:30-1 pm Dementia Workshop (O) 10-3 pm PWC	8 9:30-1 pm Dementia Workshop (O) 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	9 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	10	11
12	13 10-3 pm PWC	14 10-3 pm PWC	15 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	16 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	17	18
19	20 10-3 pm PWC	21 10-3 pm PWC	22 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	23 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	24 Self-care Day	25
26	27 10-3 pm PWC	28 10-3 pm PWC	29 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	30 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	31	

July 2026

FREE to attend

To register email
pam@helpingourwomen.org
or call 508-487-4357 ext 8



SCAN QR CODE
TO JOIN HOW'S
PROGRAM
NEWSLETTER

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 3-4:15 pm, AMWWC at HOW in Eastham

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. **Accepting new members.**

STAY STRONG Cancer Support Group

2nd & 4th Wednesday, Truro Public Library - 10 am

This support group is a safe, confidential space where every woman is truly seen, heard, and supported through her journey. The group is always ready to welcome new faces. If you or someone you know could benefit from this sisterhood, please reach out to Ginny at 508-648-1639 for more information. **Accepting New Members.**

Peer Wellness Coaching (PWC) Appointments

Feel heard and understood * Set personal goals around health and well-being * Discover practical next steps * Receive encouragement and accountability * Enjoy social connection
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Acupuncture & Meditation

Weekly at AMWWC at HOW in Eastham!
• 10:00-11:00 AM

Acudetox style of Acupuncture treatment in a group community setting that promotes mental wellness with practitioner Heather Louks. Helpful for those in substance use recovery and those who live with anxiety, depression & PTSD.

Please note: registration is required



This program is funded in part by Opioid Remediation Funds provided through the towns. Outer Cape Community Solutions Rural Health Network has coordinated these efforts with local stakeholders. For additional information or to make suggestions for future spending, contact us.
info@outercapecs.org outercapecommunitysolutions.org

Let's Talk Women's Health: The Unspoken

Challenges of Caregiving for Dementia

Date: 7/6-7/8, 9:30 - 1pm

Location: Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

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Call Pam to get the promo code to attend in person for free.

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

Transportation to programs can be arranged for HOW Client Members.

Visit helpingourwomen.org/events for full list of programs