



September 2026

Dear Friends,

A serious health diagnosis changes everything. It is not just about managing symptoms; it is about the quiet grief of mourning the life you thought you would have. Plans for work, financial stability, and daily freedom can suddenly shift. Especially in our rural communities, it is easy for life to feel like it is closing in, leaving you isolated in a smaller world.

I understand this deeply—not just because of my role here, but because I am walking this path right alongside you. I am currently living with a serious illness myself. I know firsthand the heavy grief of letting go of the future I planned, managing the sudden weight of medical bills, and facing the hard reality of changes to how we live and work.

Grieving that unlived life is a necessary part of the journey, but isolation does not have to be your reality. Our agency was built to bridge these exact gaps. Whether you need a reliable ride to a wellness appointment, practical financial assistance to ease the burden of medical or other bills, or simply a safe space to connect with women who truly get it, we are here.

Our lives may look and feel smaller right now, but we do not have to navigate this space alone. We are still part of a strong, resilient community, and we are honored to walk beside you every single step of the way.

With warmth and solidarity,
Maria Brennan
Client Services Director

Peer Wellness Coaching Corner

Scan the QR code, call 508-487-4357 ext 6 or ext 8, or email howpwc@helpingourwomen.org to sign up and become eligible for a FREE gift card!



\$75 Stop & Shop Gift Card!

Peer Wellness Coaching offers a supportive space to talk openly, set goals that matter to you, and identify practical steps toward better health and well-being

Mon.-Thurs. 10am-3pm

Si desea una versión en español de este boletín, envíe un correo electrónico a monica@helpingourwomen.org

(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 client
services (ext. 3) with any
questions.

Closed:

Monday, Sept. 7



HOW Community Spotlight

Heather Rhea, Community Food Project Coordinator, AmeriCorps VISTA

Heather has a habit of finding her way to places where people matter, and after living in a few corners of the country, Cape Cod pulled her back. She believes food is about much more than food. It is comfort, connection, dignity, and sometimes just the thing that makes a hard day feel a little less hard.

As Community Food Project Coordinator at Helping Our Women, Heather looks forward to getting to know the women and families in the community, connecting with local organizations, and helping make sure good, nourishing food is something everyone can access. Outside of work, she loves people and their stories, small towns, being outside, and time with her dog. She starts on September 8th!



HOW TEAM

Gwynne Guzzeau
Executive Director
ext. 1

Christine Seidel
Chief of Staff

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

Heather Rhea
Community Food Project
Coordinator, AmeriCorps
VISTA
Ext. 7

**Transportation
Requests/Questions
ext. 2**

Reminders and Updates

DRAG BRUNCH - MEN IN DRAG HELPING WOMEN IN NEED!

The Patio American Grill annual Drag Brunch brought big energy, joyful performances, and a room full of community spirit. Thanks to the generosity of everyone who attended, performed, donated, and volunteered, the event raised more than \$213,000 to support HOW's services and programs.



WE'VE UPDATED OUR PHONE SYSTEM - so please listen closely to the new message when you call.

HOW's Transportation Program

All transportation requests and questions go to extension 2. Monica and Maria, our client services team, are here to take care of your rides. They're ready to help you get to appointments and wherever else you need to go. Christine, our Chief of Staff, is helping, too, as we re-assess what's working and what changes make sense to keep this program as easy to use and operate with our increased demand for rides. So please remember:

- It's best to reach out Monday-Thursday with requests
- ALWAYS call 911 if you have an urgent medical need
- Rides are not guaranteed
- We need at least 48 hours (weekends do not count) for all ride requests - at least one week gives you a better chance of securing a ride



Health Corner



Health Corner: Let's Talk About Perimenopause

September is Perimenopause Awareness Month, so it feels like the right time to talk about something many women experience but few of us discuss openly. Perimenopause is the transition leading up to menopause, and it can begin earlier than many women expect, often in the 40s and sometimes the late 30s. As hormone levels shift, bodies respond in all kinds of ways. Changes in your cycle, sleep, mood, energy, and temperature are all common. If you've felt like something is different, you are not imagining it, and you are not alone. Here's what we most want you to know: you deserve support through this, and you deserve to be taken seriously. This is a normal part of life, but that doesn't mean you have to push through hard symptoms on your own. Talking with a healthcare provider can help you understand what you're experiencing and what might help you feel better.

A few gentle reminders: your symptoms are real, you know your body best, and connection with other women who understand can make this season feel lighter.

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

LET'S TALK WOMEN'S HEALTH: PERIMENOPAUSE

Join us for a special movie screening of the M Factor 2 followed by a thoughtful, empowering panel discussion (featuring Jillian Martin, NP) focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly. This event creates space to learn, share, and normalize the conversation around the physical, emotional, and mental changes that can occur during perimenopause. Whether you're experiencing it yourself, supporting someone who is, or simply want to understand more, you are welcome.

Date: 9/24/26 HOW Eastham: 5:30-7 pm

Registration:



HOW CONTIGO

Each gathering brings women together to talk, laugh, and support one another over food and a shared activity. Whether you come to meet new friends or simply to feel less alone, there's a place for you here. Want to join in the next one? Reach out to Monica at (508) 487-4357 ext. 6 or email monica@helpingourwomen.org.

Date: October (exact date TBD)



ACUPUNCTURE & MEDITATION

This technique, known as acudetox, is an evidence-based, outer ear acupuncture treatment known to reduce anxiety, stress, depression, PTSD, support recovery from substance use, and help with pain management. It provides a calming effect and promotes mental wellness in a supportive group setting. This treatment will leave you **at ease and relaxed!**

Date: Weekly, Wednesday at 10 am, AMWWC (3 Main St., Eastham)

Registration: Call 508-487-4357 ext. 8 or email pam@helpingourwomen.org



FREE PAYOMET TICKETS AND FREE PROVINCETOWN THEATER TICKETS

This is a wonderful chance to enjoy a night of live performance, whether it's your first show or your first in a long while. Tickets are sometimes offered last minute, so keep an eye out for an email or an update in our monthly newsletter for specific dates.

GRIEVING & GROWING

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. This is an ongoing group and is facilitated by health educator Betsy Simmons.

Registration preferred but not required. **New members welcome.**



STAY STRONG WOMEN'S CANCER SUPPORT GROUP

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.

New members welcome.



COMMUNITY INFORMATION

Medicaid changes are coming

New federal rules and requirements:

- MassHealth will reach out to you directly if you are affected
- October 2026: Some immigrants legally in the U.S. will stop being eligible for MassHealth
- January 2027: Some members will face new work and education requirements and/or more frequent renewals
- January 2027: Reduced Retroactive Coverage

The MassHealth Federal Changes Page. This is the single best source for official state timelines, updated forms, and written notices regarding work rules and immigrant eligibility restrictions.



MassHealth Enrollment Assisters (Navigators): Clients do not have to navigate these rules alone. You can direct them to the state's searchable MassHealth Enrollment Assister Directory. These are free, trained, state-certified community organizations that help individuals fill out renewal paperwork, document hours, and submit exemptions.



September 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
National Recovery Month Pain Awareness Month		1 10-3 pm PWC	2 10-3 pm PWC	3 10-3 pm PWC	4	5
6 10-3 pm PWC	7 10-3 pm PWC	8 Labor Day - Closed	9 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	10 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	11	12
13 10-3 pm PWC	14 10-3 pm PWC	15 10-3 pm PWC	16 10-3 pm PWC	17 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	18	19
20 10-3 pm PWC	21 10-3 pm PWC	22 10-3 pm PWC	23 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	24 10-3 pm PWC 3-4:15 pm Grieving & Growing (E) 5:30-7 pm Perimenopause program (E)	25	26
27 10-3 pm PWC	28 10-3 pm PWC	29 10-3 pm PWC	30 10-3 pm PWC			

FREE to attend

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

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



**SCAN QR CODE
TO JOIN HOW'S
PROGRAM
NEWSLETTER**

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 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.**

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, looking for pain management 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

**Visit helpingourwomen.org/events
for full list of programs**

**Transportation to programs can be arranged
for HOW Client Members.**

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

**Let's Talk Women's Health:
Perimenopause**

Join us for a special movie screening of the M Factor 2 followed by a thoughtful, empowering panel discussion (featuring Jaymie Adachi, NP) focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly. Date/Time: 9/24/26, 5:30 pm
Where: AMWWC, 3 Main St., Eastham
Registration: Scan the QR code



Peer Wellness Coaching Appointments

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

Email howpwc@helpingourwomen.org to register