



October 2026

Greetings!

How did you start your day? I typically wake and soon I'm looking at my phone to check out newspaper headlines even though I know I need to limit screen time...and as I write this message an email alert about new research lands in my inbox: *Tulane University study finds that checking social media within 30 minutes of waking is associated with more symptoms of depression, regardless of overall social media use.* So tomorrow morning, I'll be thinking of all of you, and hoping you'll join me in avoiding social media or any sustained screentime for the first 30 minutes after waking. Instead of my phone, I've been sitting outside with coffee or standing by my door listening to birds. Now that it's October you might need a sweater!

October is Menopause Awareness month...and the month that I turn 60 and get a new hip. Listening to the healthcare providers who have been giving talks about menopause related concerns over the past year at HOW, I've learned alot. And I'm really angry. Angry at the healthcare system that stopped hormone replacement therapy (HRT) conversations based on one flawed study in 2002 and while the medical field has finally reversed their recommended ban on HRT, it's going to take awhile for things to change. Today less than 5% of all menopause age women take HRT, prior to the 2002 study over 40% of women in the USA took HRT. Listen to this 2025 interview with the authors of Estrogen Matters to learn more about why this study was flawed and hear from an oncologist on the importance of estrogen across our lifespan.

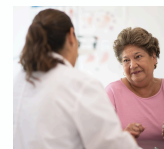


And please come to an excellent new film about menopause where you will hear from oncologists, gynecologists, cardiologists, urologists and other healthcare professionals about menopause. If you can't join the October 13th movie, then join us on Nov. 3 to have your questions about hormones answered by Jillian Martin, FNP. Even though I'm 10 years out, I'll be there on Nov. 3 to ask about hormones and how to talk with my doctor about them. Maybe you'll be there too! -Gwynne

Peer Wellness Coaching Corner

Sometimes you just need someone to think out loud with. Not a doctor visit. Not a form to fill out. A conversation. Peer Wellness Coaching gives you a private space to talk about what's going on, name a goal that actually matters to you, and figure out a few real steps to get there.

You set the pace. You choose the goal. It might be sleeping better, moving more, eating differently, or just feeling less alone with it all. There's no wrong answer.



Mon-Thurs 10am-3pm

Free and confidential, like everything at HOW.

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:

October 12th



HOW Community Spotlight

Joachim Sandbichler, Board member extraordinaire!

Joachim Sandbichler has been named Outstanding Philanthropist by Philanthropy Partners of Cape & Islands and he will be honored at their Oct meeting. **The HOW team and Board could not be prouder!**



Joachim has been raising money for HOW since 2004. Twenty-two years. In that time, **his fundraising efforts have brought in more than \$1.2 million for the women we serve**, most of it through the beloved Drag Brunch he hosts alongside his husband Mark Ferrari and the team at Patio American Grill.

He also serves on HOW's Board, where his steady hand and financial expertise have helped keep this organization strong.

That million dollars is not an abstraction. It is rides to healthcare. Groceries. Bills covered. Women on the Outer Cape have been cared for because Joachim decided, year after year, to show up. **Thank you, Joachim.**

Reminders and Updates

PLACE YOUR THANKSGIVING ORDER TODAY!

HOW is thankful to be partnering again with local pantries to deliver groceries for the holiday, including turkey, turkey breast or chicken and the fixings. Contact Maria at ext. 3 **before October 30th** with questions and to place your order. Food will be delivered the Sunday before Thanksgiving.

TRANSPORTATION PROGRAM

All transportation requests and questions go to extension 2. Please remember:

- Ride Requests are accepted: Monday-Thursday
- ALWAYS call 911 if you have an urgent medical need
- Rides are not guaranteed
- We are requesting four (4) business days' notice (weekends do not count) for all ride requests - at least one week notice gives you a better chance of securing a ride
- Please understand that after 4:00 p.m. on Thursdays, your messages regarding ride requests will be reviewed the following Monday. So, for messages left after 4pm on Thursday-Sunday night, Monday is considered the first business day.
- Rides are for health and wellness appointments - we prioritize medical or healthcare appointments, then do our best to meet other needs
- We call you when your ride is filled

If you can't make an appointment at HOW for a program, PWC, or to meet with our client services team, then we'll reschedule. When we know early, we can offer your spot to another woman waiting for these services so please let us know asap if you can't attend a meeting you've made to be here at HOW.

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**

Health Corner



LET'S TALK ABOUT MENOPAUSE

Menopause is the day when your periods have stopped for a full 12 months, usually between 45 and 55. But we all know that our bodies continue with symptoms as they adjust to changing hormone levels. What comes before can last years. What comes after brings its own changes....Hot flashes. Trouble sleeping. Shifts in mood, memory, and energy. Changes in your bones, your heart health, your sex life. Some women move through it easily. Others have a hard stretch. Both are normal.

Menopause is a natural part of life, and **you still deserve support *through and after menopause***. There are real options, and your healthcare provider can help you figure out which ones fit. Bring it up. Ask questions. If you don't feel heard, ask again or ask someone else. **And if you went through menopause years ago, this is still your conversation. Support doesn't expire.**

Join us for the October menopause documentary screening in Provincetown, then plan on joining us for a Hormone learning session on November 3 where you can get your questions answered. Jillian Martin, FNP will be answering your questions at both of these events – she did all her clinical training with Dr. Shea at OCHS.

We need all the info we can get given the impact of one flawed study in 2002 that caused most doctors to stop discussing hormone treatment with women for the past 20 years. **See the menopause program info below & register today!**

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

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 22nd, 6 pm



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



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.**





Sexual Health - October 12th

Join us for a warm, open conversation about sexual health for women of every age and every body, led by an affirming health expert who leaves the jargon at the door. This is built for women across the lifespan, including those living with illness, aging, or big body changes, and it makes room for questions people usually swallow. Led by Toby Simon, a nationally recognized Women's Health and Sexuality Educator.

Menopause - October 13th

Join us for a special movie screening of the M Factor followed by a thoughtful, empowering panel discussion (featuring Jillian Martin, FNP) focused on menopause—a life stage that affects millions, yet is rarely talked about openly.

Hormones - November 3rd

A free evening for real answers. Bring your questions, all of them. Perimenopause, menopause, HRT. Most of us are piecing this together from friends, the internet, and a rushed ten minutes with a doctor who's already reaching for the door. You deserve better information than that. Jillian Martin, FNP, specializes in hormone care and treats the whole person, not just a lab result. She'll answer what you ask.

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.



SELF-CARE & COMPASSION

The goal of this program: To become aware of ways we can treat ourselves and others with compassion, and develop a self-care plan. We will learn and practice a mindfulness motivation technique, discuss self-kindness and common humanity; reflect on skills to support self-compassion, and realize the personal relationship and impact for each of us. Date: 10/6/26, 12-2 via zoom.

COMMUNITY INFORMATION

Medicaid changes are coming

- 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
 - 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.



St. Mary of the Harbor:

Prayer Shawls are available for individuals facing serious illness, grief, or spiritual upheaval, offering solace and support in their time of need. Each stitch represents a heartfelt intention for the recipient, making the act of making the shawls a form of prayer and love. Shawls are available at the garden entrance to the church.

Feel free to take one.



October 2026

Calendar of Events

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

34 Cornwell St, Provincetown, MA 02657

3 Main St, Unit 7, 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
Breast Cancer Awareness Month National Coming Out Day (October 11)						
	5 10-3 pm PWC	6 10-3 pm PWC 12-2 Selfcare & Compassion (V)	7 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	1 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	2	3
4				8 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E)	9	10
11	12 OFFICE CLOSED 3-4 Sexual Health (O)	13 10-3 pm PWC 3-4 Menopause (O)	14 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	15 10-3 pm PWC 10-11 Mary Oliver Walk & Tea (O) 3-4:15 pm Grieving & Growing Group (E)	16	17
18	19 10-3 pm PWC	20 10-3 pm PWC	21 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	22 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E) 6 pm HOW Contigo	23	24
25	26 10-3 pm PWC	27 10-3 pm PWC	28 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	29 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E)	30	31



October 2026

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

Transportation to programs can be arranged for HOW Client Members.

To register:
pam@helpingourwomen.org
call 508-487-4357 ext. 8
Scan QR Code



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

Grieving & Growing Group

Location: 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 facilitated by health educator Betsy Simmons. Registration preferred but not required.

Accepting new members.

STAY STRONG: Cancer Support Group

Location: Truro Public Library

This support group is a safe, confidential space where every woman is truly seen, heard, and supported through her journey. 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.**

Mary Oliver Walk & Tea

Location: Beech Forest

Celebrate Mary Oliver by joining a National Park Service Ranger and HOW to hike Beech Forest around Blackwater Pond. Bring your favorite Mary Oliver poem to share.

HOW Contigo

Location: Eastham

Each gathering brings women together to talk, laugh, and support one another over food and a shared activity. Mostly speaking Spanglish.

Acupuncture & Meditation

Location: AMWWC at HOW in Eastham

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

Let's Talk Women's Health: Sexual Health

Location: Provincetown

Join us for a warm, open conversation about sexual health for women of every age and every body, led by an affirming health expert who leaves the jargon at the door. This is built for women across the lifespan, including those living with illness, aging, or big body changes, and it makes room for questions people usually swallow. Led by Toby Simon, a nationally recognized Women's Health and Sexuality Educator.

Peer Wellness Coaching Appointments

Location: Eastham & Provincetown

Peer Wellness Coaching gives you a private space to talk about what's going on, name a goal that actually matters to you, and figure out a few real steps to get there.

You set the pace. You choose the goal. There's no wrong answer.

Let's Talk Women's Health: Menopause

Location: Provincetown

A special movie screening of the M Factor followed by a thoughtful, empowering panel discussion (featuring Jillian Martin, FNP) focused on menopause—a life stage that affects millions, yet is rarely talked about openly.

Self-Care & Compassion

Location: Zoom

Self - Care and Compassion are important ways to relate to yourself and others. During this program we will explore and learn about self - care, self - compassion, and kindness for ourselves and others. The goal is to become aware of ways we can treat ourselves and others with compassion, and develop a self - care plan.