Client Member Newsletter



November 2026

Dear HOW Community,
November often marks the start of a busy time of year, one full of expectations. Everywhere we turn, we're reminded to feel festive and celebratory. Real life doesn't always match a calendar page, though. Some years the season feels bright. Other years it feels heavy, or lonely, or simply too much.

Maybe you're looking forward to the weeks ahead. Maybe you're going through a hard personal season, or just trying to get through a long month. Wherever you are, we see you. We know this time of year brings up a wide range of feelings for the women in our community and for the people who love and support them.
You don't need to force a smile or perform gratitude for us. We simply want to offer our warmth and remind you that you are a vital part of HOW. You matter here, on the good days and the hard ones. Whatever you're carrying right now, we wish you a gentle and restful month.

We hope you'll be gentle with yourself this season. Rest when your body asks for it, and say no when you need to. Small things count, like a short walk by the water, a phone call with a friend, a warm meal or an early night. If the colder months make it harder to get to appointments or keep your kitchen stocked, HOW can help with rides and groceries. Asking for help is one way of caring for yourself.
Please remember that our doors and phone lines are always open. If you need extra support this month, or just someone to talk to, reach out to us. We're happy to listen. You never need a reason to call, and you never have to go through this season alone.

Be well, and take good care of yourself.

Warmly,
Maria Brennan
Client Services Director

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.

PEER WELLNESS COACHING

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

HOW Helping Our Women

(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:
11/11, 11/26, 11/27

HOW Community Spotlight

Abigail Field - Director of Development



Abigail Field is the new Director of Development for Helping Our Women and brings more than a decade of development and community engagement experience to the organization. Her career has focused on advancing health and wellness, reducing barriers to essential services and enriching community programs, and creating opportunities for individuals and families to thrive. She lives in Brewster with her children and a German Shepherd and enjoys hiking, camping, and sailing on Cape Cod. Abigail is also a classical pianist, piano teacher, and photographer, and is honored to support Helping Our Women's mission of providing compassionate assistance to women across the Outer Cape.

Reminders and Updates

TRANSPORTATION PROGRAM REMINDERS

We appreciate your patience as we coordinate approximately 140 rides per month. To further ensure a smooth experience for all involved, please keep the following in mind:

- All ride requests must be received by Thursday at 4:00 p.m. for the following Thursday and beyond, to adhere to our four business-day notice policy. There may be exceptions, depending on the circumstances (i.e., medical emergency that doesn't rise to the 911/emergency services level).
- You will receive a phone call letting you know that your request has been received
- We will first attempt to have HOW volunteers fill ride requests on-Cape. Rides are not guaranteed.
- You will receive a phone call with details when your ride is scheduled or if we aren't able to meet your request. We give at least 24 hour's notice.
- Ride requests should be for medical appointments, including health and wellness.

Please request transportation assistance through 508-487-4357, ext. 2. Maria, Monica and Sophy work on transportation with Sophy being the primary transportation coordinator.

CLIENT SERVICES UPDATES

We are thrilled to announce a new addition to our Client Services team! Please join us in giving a warm welcome to Sophy, who joined us in mid-October. With Sophy on board, we are expanding our local support to better serve you across the Cape. Here is where you can find our team members:

- Sophy is based in our Provincetown office.
- Monica continues to support you from our Eastham office.

Whether you drop by in person or reach out digitally, our growing team is here to ensure you receive the exceptional service you deserve.

HOW TEAM

Gwynne Guzzeau
Executive Director
ext. 1

Christine Seidel
Chief of Staff

Abby Field
Director of Development
ext.

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

Sophy Elliott
Client Service Associate
ext. 2

Transportation Requests/Questions ext. 2

Health Corner

LET'S TALK ABOUT HORMONES

Hormones get blamed for a lot. Sometimes that's fair. These chemical messengers help control sleep, mood, energy, weight, and how our bodies handle stress and pain. When they shift, we feel it.

Women go through big hormone changes across a lifetime. Perimenopause can start in your late 30s or 40s and last for years. You might notice hot flashes, night sweats, trouble sleeping, brain fog, or mood swings. After menopause, lower estrogen can affect bone strength and heart health. Thyroid problems are also common in women and easy to miss, because tiredness and weight changes can look like so many other things.
If you're living with a chronic illness, it can be hard to tell what's coming from your condition, your medications, or your hormones. That confusion is normal. You don't have to sort it out alone.

Want to learn more? Join us for Let's Talk Hormones on November 3 at 5:30 pm. Bring your questions. Everyone is welcome. Jillian Martin, FNP will be answering your questions – she did all her clinical training wth Dr. Shea at OCHS.

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

Register via our website, call 508-487-4357 ext. 8, or email pam@helpingourwomen.org

TOGETHER FOR THE HOLIDAYS: A WOMEN'S LUNCHEON GATHERING



Join us for a warm lunch and a relaxed holiday paper craft before the season gets busy. Come on your own or bring a friend. There's a seat saved for you! Offered in Eastham (Dec. 1) and Provincetown (Dec. 8) at 1 pm.

LET'S TALK WOMEN'S HEALTH: HORMONES



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.
Date: 11/3/26 5:30 pm

COPING WITH ALL KINDS OF LOSS: GRIEF SUPPORT GROUP IN PTOWN



Loss takes many forms. A family member, friend or beloved pet. This group offers a safe, welcoming space to share your experience with others who understand. Come to one or come to more.
Date: Mondays (10/26-11/30) at 10 am at St. Mary of the Harbor

HARD THINGS SPOKEN SOFTLY: LIVING, DYING, AND GRIEVING



Helping Our Women (HOW) and Lily House are co-hosting a community program focused on end-of-life topics. Many women on the Outer Cape face serious illness while carrying questions about the end of life quietly and alone. This program creates a warm, welcoming space to speak openly, to ask questions, to feel less alone, and to learn what support is here for them.
Date: 11/12/26 1:30 pm

SOUND BATHS

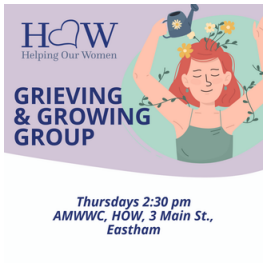
Let the soothing frequencies of Crystal Alchemy Singing Bowls guide you into a state of calm and balance. These immersive sound baths offer a meditative escape that supports your natural healing process, promotes inner peace, and restores equilibrium. You're welcome to bring a mat and lie down, or sit comfortably in a chair (provided). Facilitated by Kat Black.
Date: 2nd & 4th Tuesdays (Nov. - May) at St. Mary of the Harbor 1:00 pm







New time
time: 2:30 pm



Bloomin' 4 Good - HOW Fundraiser

Helping Our Women is a nonprofit partner in the Stop & Shop Bloomin' 4 Good Program. We receive $1 for every specially marked $11.99 Bloomin' 4 Good bouquet sold during November 2026 at the Provincetown Stop & Shop (56 Shank Painter Road). Share with your network!



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.

Free Holiday Meal

Our Lady of the Cape in Brewster is offering a free Christmas Dinner to those on the Cape who are unable to get out for Christmas and/or are alone. Meals will be delivered on Christmas Day. Deadline to register is December 1.
Register: heather@helpingourwomen.org or call 508-487-4357 ext. 7

HOW November 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
1	2 10-3 pm PWC 10 Grief Group (O)	3 10-3 pm PWC 5:30 pm Hormone Talk (E)	4 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	5 10-3 pm PWC 2:30 pm Grieving & Growing (E)	6	7
8	9 10-3 pm PWC 10 Grief Group (O)	10 10-3 pm PWC 1 pm Sound Baths (O)	11 Offices closed	12 10-3 pm PWC 1:30 pm Living, Dying & Grieving (E) 2:30 pm Grieving & Growing (E)	13	14
15	16 10-3 pm PWC 10 Grief Group (O)	17 10-3 pm PWC	18 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	19 10-3 pm PWC 2:30 pm Grieving & Growing (E)	20	21
22	23 10-3 pm PWC 10 Grief Group (O)	24 10-3 pm PWC 1 pm Sound Baths (O)	25 10 am Stay Strong: Cancer Support Group (O) 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	26 Offices closed	27 Offices closed	28
29	30	American Diabetes Month National Alzheimer's Disease Awareness Month				

HOW Helping Our Women

November 2026

FREE to attend!

Visit helpingourwomen.org/events for full list of programs

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 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.

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.

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**

Recovery Without Walls Cape Cod Vermont Maine

OUTER CAPE Community Solutions

OC WELLNESS COLLABORATIVE

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

Hard Things Spoken Softly: Living, Dying and Grieving

Location: AMWWC at HOW in Eastham

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Let's Talk Women's Health: Hormones

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Sound Baths

Location: St. Mary of the Harbor

Let the soothing frequencies of Crystal Alchemy Singing Bowls guide you into a state of calm and balance. These immersive sound baths offer a meditative escape that supports your natural healing process, promotes inner peace, and restores equilibrium. You're welcome to bring a mat and lie down, or sit comfortably in a chair (provided). Facilitated by Kat Black.

Grief Group

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