

## May 2023 Newsletter

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### A Note from Our Executive Director

Dear Friends,

In this newsletter, we're celebrating the menstrual cycle as well as its cessation. Our amazing content experts in Menstruation through Menopause bring a wealth of knowledge and experience on the vagaries of our periods: from **first periods** to **fertility**, from **endometriosis** to the “**fresh hell**” of perimenopause, the complexities of menstrual cycle **tracking** to the politics of menstrual—and menopausal—shame, from personal accounts of **PMS** to activist **opportunities** to fight period poverty and stigma. We're so excited to share a sampling in this newsletter, and hope you will head to **Our Bodies Ourselves Today** to learn more.



There's a paradox with periods and the menopausal process. On the one hand, they're completely normal, natural, and in fact crucial to the existence of humanity. On the other hand, they can be painful, debilitating, and utterly miserable, requiring skilled and sensitive education and treatment approaches. And they're regularly changing. We may have really easy periods but get clobbered by perimenopause, or (as in my case) vice versa.

Wherever we and our loved ones are vis-à-vis our cycles, we deserve clear and comprehensive information about what's happening in our bodies and psyches, about what to expect next, and about our options for dealing with it all.

Our Bodies Ourselves Today is honored to be part of your journey.

Happy May,  
Amy

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### Featured Resource

#### Charting Your Menstrual Cycle

Charting your menstrual cycle can help you get to know your body, learn what is normal for you, and become an advocate for and authority on your own health. By charting, we can notice cycle-related changes in mood, energy, or health, which we could only guess about without keeping a chart. Identifying your cyclical trends can help you plan to take advantage of your fluctuations as you live your life. This resource provides you with different modes and methods of tracking your



cycle.

[Read More About Charting Your Menstrual Cycle](#)

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## Featured Content Expert



### Meet Sasha Goodfriend

Sasha is the chair of our Menstruation through Menopause Content Expert team. She is a community organizer, curating feminist & queer experiences through partnerships with statewide government, community organizations, & creatives alike. She works to advance this mission through various roles, including but not limited to Executive Director of the Massachusetts Chapter of the National Organization for Women (Mass NOW) and member of the Massachusetts Commission on LGBTQ Youth. Sasha graduated with a Bachelor of Arts from the Pardee School of Global Studies at Boston University where she majored in International Relations and minored in Women, Gender & Sexuality studies, and she received her Masters in Public Policy from Simmons University.

[Learn More About Sasha](#)

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## Featured Personal Story

### Recognizing My Symptoms of Perimenopause on My Own

Jaelyn shares how difficult it has been for her to understand her bodily changes during perimenopause. She mentions feeling angry because of how little is known about perimenopause in the medical field even though half of the population experiences this condition.



[Watch this Story](#)

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**We're Hiring!**

We're seeking a dynamic and creative candidate to become our next **Program Director**. If you have a passion for women's and gender-expansive people's health and sexuality communication, and you're excited by the prospect of using a variety of skill sets to advance the development of a powerful, intersectional feminist resource, then this is the perfect job for you!

Please share the job call widely. All interested candidates can apply via Suffolk University's [job portal](#).

## Upcoming Event: Give OUT Day 2023

Save the Date! Give OUT Day is a month-long fundraising campaign culminating on June 28th, 2023. It is the only national day of giving that highlights LGBTQ organizations. By giving to us on Give OUT Day, you not only support our work but help us to win fun prizes. Stay tuned for more information regarding how to support us for Give OUT Day!

## Our Bodies Ourselves Today in the News



### OBOS Today Reaches Austria!

Our Bodies Ourselves Today Executive Director Amy Agigian and Program Director Saniya Lee Ghanoui spoke with Our Bodies, a feminist health magazine based in Austria. The interview has been translated into German.

[Read The German Interview Here](#)  
(Translation back into English is available via Google Translate.)

Donate



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