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Welcome to Thrive!

We are pleased to bring you the reinvigorated newsletter from Project New Hope, Inc. Every month you will enjoy the latest news, upcoming events, trending topics, and all of our services available to Veterans, their Families, Caregivers, and the Communities that love them. PNH has a tradition of helping Veterans rebuild with honor, and each issue of Thrive will focus on the areas that make Project New Hope one of the most comprehensive sources of support for American Veterans.

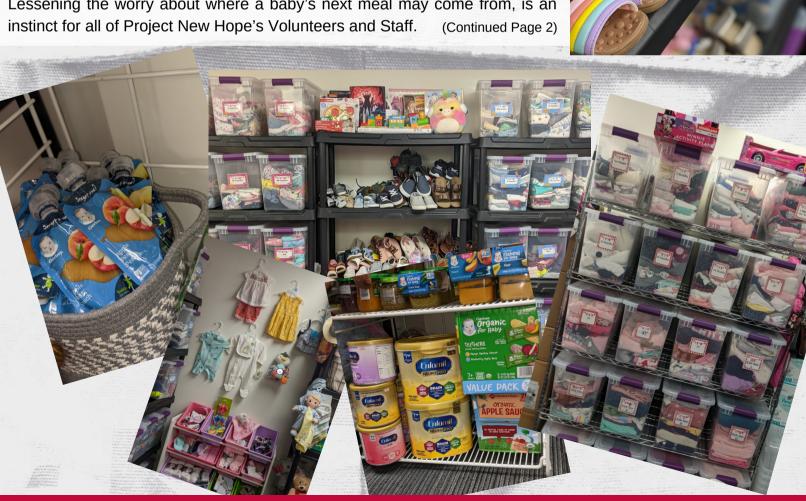




Sully's Baby Pantry

Happy, healthy babies and kids – that is the goal of Sully's Baby Pantry, a Pantry that is privileged to offer a helping hand to the Military, Veterans, and their Families. Today, as inflation reaches record highs, the needs are even more urgent to ensure that essentials, such as formula, food, and clothing, are available. For those who have served our nation, asking for help is often the last resort, but like Sully, Project New Hope founder Bill Moore's late mother, Veterans can ease the burden and care for their babies with a little less worry.

Each of Sully's Baby Pantries is stocked with brand new items, including clothing from newborn to kids' size 14, depending on availability. Recently, Sully's received a much-needed donation of baby formula. Other items offered are food pouches, pacifiers, blankets, small toys, shoes, hygiene products, over-the-counter baby and child medicines, and seasonal needs, like winter jackets. If Families have already qualified to shop at the Food Pantry, they can also take advantage of the Baby Pantry. Project New Hope is dedicated to making sure Veterans have a chance to rebuild with honor. Sully's Baby Pantry is one small way they make that happen, and it can make a significant difference in the lives of Parents and their Babies and Children. Lessening the worry about where a baby's next meal may come from, is an instinct for all of Project New Hope's Volunteers and Staff. (Continued Page 2)





Sully's Baby Pantry (cont.)



Project New Hope and its founder, Bill Moore, have aptly named these Pantries after Bill's mom, Carol (Sullivan) Moore, whom her husband affectionately called Sully. She was a loving mom of six, devoted to ensuring her children had enough when times were difficult, a challenge many Veterans and their Families face today. Like Sully, the Baby Pantries strive to give Families the help they are often reluctant to seek out. Now, these Families can find a generous, caring staff and quality products that meet their needs at all 3 Project New Hope locations: Worcester and Westfield, Mass., and White River Junction, Vermont.

Sully's Baby Pantries are open several hours a week or by appointment. The Pantries are available to all Military personnel – Active Duty, Reserves, National Guard, honorably discharged or retired Veterans, and their spouses. Families can visit once per month to shop for their immediate children only with proper Military ID. Visitors must show proper Military identification at each visit – Military ID, VA card, DD-214, or driver's license marked "Veteran." Sully's Baby Pantries rely on donations to help Veterans, and they gladly accept any brand-new baby items to keep their shelves stocked. Diapers, Pull-Ups, baby wipes, baby wash, diaper cream, hygiene products, and formula are always in need, but gift cards also allow Veterans and Families to get what they need. All donations are tax-deductible.

If you are a Veteran and Veteran Family or you know of a Family in need and wish to contact Project New Hope or the Pantries at any of their locations, please call Sully's Baby Pantry:

Worcester

70 James St, Suite 129A
Worcester, MA 01603
Open Mon-Thurs 9AM to 11AM,
Friday 9AM-Noon, or
call 774-243-7859
Email the office HERE

FOOD PANTRY OPEN SATURDAYS, AUG 6th & 13th

Westfield

Hampton Ponds Plaza
1029 North Road, Suite 9
Westfield, MA 01085
Open Mon-Thurs 9am-2,
Fri 9am-12,
413-485-7988
Email the office HERE

White River Junction

222 Holiday Drive, Suite 9
White River Junction, VT 05001
At The Junction Of I-89 & I-91
Open Tues-Thurs 9am-1pm
Office: 802-431-0936
Email the office HERE



Caregiver's Retreat August 21-26, 2022

Caregivers bear a great honor in caring for their wounded, ill, or injured Veterans. The upcoming retreat offers Military and Veteran caregivers the tools and support they need to explore helpful strategies to develop, implement, and maintain self-care to gain balance of mind, body, and soul.

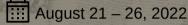
- Engage in meaningful dialog that fosters collaboration and teamwork to help each other excel in caregiver skills and techniques.
- Learn about supportive resources (respite care programs) to increase caregiver opportunities.
- Gain a better understanding of self-care, resiliency, and overcoming adversity, which is important to building a positive legacy.
- Participate in workshop exercises to increase self-awareness.

A caregiver can be the spouses, parents, family members, and friends who care for America's wounded, ill, or injured Veterans.

The Workshops will provide an interactive and immersive layered session that explores creative approaches to self-care strategies, resiliency awareness, and supportive resources to develop and implement ways to overcome adversity.

REGISTER TODAY!





Oceanwood Conference Center 17 Royal Street Ocean Park, ME 04063

Presenter: Jennifer Foxworthy **United States Navy**

182nd Infantry Reunion Retreat Sept. 30-Oct. 2, 2022



Sept 30 - Oct 2, 2022

Grotonwood Conference Center 167 Prescott Street Groton, MA 01450

The 1st Battalion, 182nd Infantry Regiment deployed five (5) companies and a Battalion Headquarters throughout Afghanistan from March 2011-2012. During that time Soldiers within the platoons throughout the 182nd Infantry greatly contributed to an entire generation of Afghans understanding of real freedom and security that we provided them. Your contributions 11 years ago are some of the most important that you'll ever have and are still very much appreciated. This reunion is for all of you regardless of what company or platoon you were in. Grab your battle buddies and show up. Those that have been attending throughout the years are re-establishing friendships and building new ones with like-minded people that did what you did.

REGISTER TODAY!





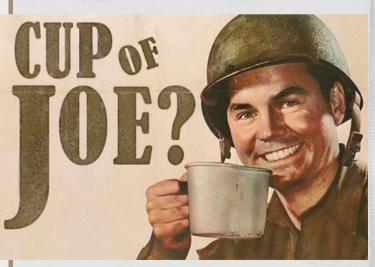
Awesome Equine Veteran's Retreat!

A great group of Veterans and their guests joined Project New Hope at the Equine Veteran's Retreat at Cardinal Ridge Equestrian Centers in Oxford, MA.

Participants spent Fridays building relationships with horses. Learning to brush, lead, and ride horses, thanks to Cardinal Ridge and our sponsor. The Botanist Worcester.



Worcester Tuesdays 9:00 - 10:15 am 70 James St. #129A Worcester, MA 01603





White River Junction Wednesdays 9:30 - 11:30 am 222 Holiday Dr. #9 White River Junction, VT 05001

Have a coffee, share a story, or regroup with other Veterans. All branches of all eras are Welcome!

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Meet our Growing Team!

We would like to welcome Jordan Gaj to our Westfield, MA office. Jordan is currently an aspiring business student at STCC majoring in Business and Finance. Her father Christopher served in the Army and Air Force and served a total of 29 years. Jordan is happy to serve and be working within her local community.

Jordan Gaj & Dan Ware

Welcome Dan Ware, also, to our Westfield office. Dan is a retired professional Firefighter that served the city of Holyoke, MA. Local 1693 for 30 years, retiring in 2011. Dan is past president & original member of Fire & Iron M/C Station 109 Holyoke, MA. Dan served in the USN, volunteer enlistment at 17 years of age (Vietnam Era) aboard the USS Little Rock CLG4 out of Norfolk, VA with the majority of duty in the Mediterranean.





Volunteer with Project New Hope Today!

Who Can Volunteer?

We are always looking for kind and caring people who want to make a difference in the world. You will be joining an enthusiastic and friendly community devoted to the highest professional standards of care. There is something for everyone who volunteers at Project New Hope!

How Do I Volunteer?

Apply <u>HERE</u> - it's easy with our online application.

8th Annual Salute Our Veterans Motorcycle Ride

2022 will mark twelve years of PNH working to restore hope for all Veterans and their families where hope may have been lost. As a New England-based, Military-affiliated, resource hub, we find and deliver the wellness resources needed by Veterans, Service Members, their families, and units currently deployed together. Our food and baby pantries provide basic needs and nutrition to many Military families. Our social events and outreach activities provide connection and peer support. Our retreats provide hands-on healing opportunities for Military Servicemen, Veterans, and Families who have experienced the invisible wounds of war.



Our new case management program helps "connect the dots" for those struggling with the inherent complexity of our current Military system. PNH is connected to all branches of the US Military, working closely with Veteran Service Organizations, VA programs and organizations. PNH is unique in that our interactions focus on each individual and family and what they need and hope for themselves, and for their children.

The event starts at our sponsor, Wagner Motorsports located at 700 Plantation Street in Worcester. The Police escorted ride will end at The Vernon Hill American Legion Post 435, 267 Providence Street, Worcester, MA.

The event will include:

- Police escorted Ride
- Lunch
- Camaraderie, Raffles, Music and More!

Saturday August 20, 2022 Riders \$20 Passengers \$10

Registration begins at 9:30AM with kickstands up at 11:30AM. Lunch and Entertainment will go until 4PM. Supported by Sons of Blackwater Military Motorcycle Club & Vernon Hill American Legion Post Chapter 435 Riders

"Birdies For Vets" Golf Tournament



Saturday, August 20, 2022

Heritage Country Club, 85 Sampson Rd, Charlton, MA 01507

Lunch provided by
CHICK-FIL-A of Worcester.
HOLE IN ONE Prize is
Sponsored by
Wagner Motors

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Back-to-School Brigade

The Back-to-School Backpack Brigade Program is designed to help Active-Duty, National Guard, Reservist, and Veteran families get a jump start on the next school year for their school-age children. This program, operated by Project New Hope Inc. will provide backpacks with a starter kit of supplies provided by local Dollar Tree stores, Corporate and individual donors as children head back to school. Project New Hope Inc. assists our Active-Duty, National Guard, Reservist, and Veteran families with this costly task.



GET INVOLVED AS A SUPPORTER

- Collect supplies & gift cards at your workplace.
- Make a tax-deductible donation to Project New Hope Inc. which will go to help Military families through our Back-to-School Brigade.
- Contact Bill at bmoore@projectnewhopema.org or 508-762-9738

Support Project New Hope, Inc.







Provide you financial support with your Amazon Purchases. Amazon will donate .05% of the purchase price to Project New Hope. Click on the link to sign up. PNH Store – Shop for Project New Hope Branded apparel. Proceeds from your purchases will help to manage and fund the different programs, events and services provided by Project New Hope.

Donate to Project New Hope with a tax deductible financial donation.

Choose one time donation or a recurring gift. You can give anonymously or donate to honor or remember a fallen Veteran.

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Do You Need Assistance Filing a Claim?

Will Valliere, a Veteran Service Officer (VSO) with Vietnam Veterans of America. will be available the 2nd and 4th Saturday of each month from 9:00 AM - 1:00 PM to assist Veterans with their claims.



Project New Hope, Inc. 70 James Street, #129A Worcester, MA 01603

2nd & 4th Saturday of each month 9:00 am - 1:00 pm

You Served Your Country, Now it is our turn to Serve You

Project New Hope Connects the Dots

Jeannine Germain is the spouse of a 25-year Army Special Forces Veteran, who comes to Project New Hope with extensive experience working with Veterans in the non-profit setting.

As the Case Manager for Project New Hope, she works on "Connecting the Dots", a new program to meet unmet needs in our local Veteran population.

Jeannine will function as the peer mentor, resource navigator, and case manager for Veterans interested in services.

Her goal is to help Veterans maintain and increase stability in their lives, enhance social and living situations, and help collaborate overall with the Veteran on finding local resources to meet any needs they may have.

Please contact Jeannine by filling out the Intake Form HERE if you know of Veterans who are looking for services.







Project New Hope has been selected again to receive \$1 from every \$2.50 reusable Community Bag sold during the month of September 2022 at:

Stop & Shop located at 949 Grafton Street, Worcester MA

