

Thrive

with Project New Hope



Caregivers Retreat

Page 2

Fabulous Photos!

Pages 7-9

PNH On Location!

Worcester, MA

Page 3

Westfield, MA

Page 4

White River Junction, VT

Page 5

Connecting the Dots

Case by Case

Page 1



Connecting the Dots Case by Case

by Jennifer Cesaitis



Project New Hope (PNH), Inc.'s mission is to help Veterans rebuild with honor. Their goal is to provide a clear path that allows Veterans to meet their current challenges with the integrity they experienced wearing the uniform of the U.S. Military. The case management program "connects the dots" for Veterans, making connections to help individuals and families. These connections often provide a way to find critical essentials like a safe home and food. Whether Veterans reach out for themselves or a loved one refers them, Jeanine Germain, PNH's Case Manager, works to find relief for all difficulties they face today.

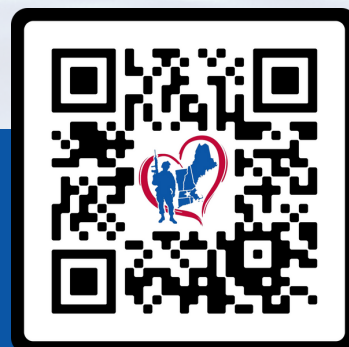
Veterans who need assistance in finding help can reach Jeanine through PNH's website and complete an intake form, or they can have someone do it for them. Connection is meaningful because there is so much help available in local communities but finding that help isn't always simple or straightforward. PNH maintains a network of local resources and programs that can combat the risks of living with mental health challenges and limited incomes. The lack of access to services and financial stability are the main contributing factors to the risk of homelessness, untreated PTSD, and food insecurities. PNH sees these as the three main issues facing Veterans currently, with no real long-term solutions on the horizon.

PNH offers resources that can complement the VA, which all Veterans are encouraged to use. But sometimes, civilian organizations can provide faster relief. PNH has Sully's Food and Baby Pantries at all three locations: Worcester, MA, Westfield, MA, and White River Junction, VT. Local and regional mental health programs help Veterans face PTSD or other lasting mental health challenges. PNH also maintains a database of grants that may be available for Veterans, the Military, and their Families. This comprehensive collection of ways to find help would be daunting and overwhelming for the average Veteran. PNH does the work for the Veterans by constantly networking with more and more people who want to help. Imagine needing to find a list of three specific tools to fix your car. All three tools are in three different locations, but you must search hundreds of places before finding them. The same overwhelming process is the task facing Veterans who are accustomed to overcoming challenges independently. PNH knows where to look and can make the connection for Veterans.



Project New Hope Client Intake Form:
<https://www.projectnewhopema.org/intake-form/>

Jeanine Germain
Case Manager, Project New Hope, Inc.
(508) 762-1459
jgermain@projectnewhopema.org



Client Intake Form

Military & Veteran Caregivers Retreat: Sharing, Learning and Fun!

Project New Hope hosted their annual Caregivers Retreat in Oceanwood Maine this past August 21-26, 2022. Those who attended enjoyed the beautiful Oceanwood Conference Center in Ocean Park, Maine at no cost, taking the time to relax, learn and grow alongside other Caregivers.

Workshops included journaling, powerful talks about trauma and grief, and Jennifer Foxworthy's expert sessions about balance and boundaries.

Visitors were treated with an afternoon at Pirate's Cove Mini Golf and fried dough and pizza on the pier, also an ice cream social and a cruise with Captain John's Charters.

Caregivers of wounded or disabled Veterans connected with others experiencing similar challenges, gained tools to incorporate into their daily lives, and relaxed and rejuvenated in a safe and comfortable environment.



See our back pages
for more photos!



PNH On Location!



Worcester, MA

70 James St., #129A
Worcester, MA 01603

(774) 243-7859

Email Diane Soave:
dsoave@projectnewhopema.org

Hours:

Monday - Thursday 9:00am - 1:00pm

Friday 9:00am - 2:00pm

Sully's Food Pantry
Open 1st & 3rd Saturdays
9:00am - Noon

What to Bring (one of the following)
Driver's License noting Veteran
VA healthcare card • DD214
DOD Military/ Dependant ID • CAC Card

Sully's Baby Pantry
Open Monday - Friday
9:30am - 11:30am

Clothes Shoes Food Diapers
Wipes Formula much more!
Bring Veteran ID &
Immediate Dependent Information

Veterans
Coffee
Socials

Tuesdays 9:00am - 10:15am
All branches, all eras welcome!
Have a coffee, share a story, regroup
with other Veterans

Need Assistance with a claim?

Will Valliere
Veteran Service Officer (VSO) with
Vietnam Veterans of America.



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

PNH On Location!



Westfield, MA

Hampton Ponds Plaza
1029 North Road, Suite 9
Westfield, MA 01085

(413) 485-7988
Email Jordan Gaj
jgaj@projectnewhopema.org

Hours:

Monday, Tuesday, Thursday 9:00am - 2:00pm
Friday 9:00am - Noon

Sully's Food Pantry

Open Mon, Tues, Thurs 9:00am-2:00pm
Fridays 9:00am - Noon

What to Bring (one of the following)

Driver's License noting Veteran
VA healthcare card • DD214
DOD Military/ Dependant ID • CAC Card

Sully's Baby Pantry

Open Mon, Tues, Thurs 9:00am-2:00pm
Fridays 9:00am - Noon

Clothes Shoes Food Diapers

Wipes Formula much more!

Bring Veteran ID &
Immediate Dependent Information

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 [HERE](#) - it's easy with our online application.





PNH On Location!



White River Junction, VT

222 Holiday Drive, Suite 9
White River Junction, VT 05001
At The Junction Of I-89 & I-91

(802) 431-0936

Email Jennifer Danielson
jdanielson@projectnewhopevt.org

Hours:

Tuesday, Wednesday, Thursday 9:00am - 1:00pm

Sully's Food Pantry
Open Tues, Wed, Thurs
9:00am - 1:00pm

What to Bring (one of the following)
Driver's License noting Veteran
VA healthcare card • DD214
DOD Military/ Dependant ID • CAC Card

Sully's Baby Pantry
Open Tues, Wed, Thurs
9:00am - 1:00pm

Clothes Shoes Food Diapers
Wipes Formula much more!
Bring Veteran ID &
Immediate Dependent Information

Veterans
Coffee Socials

Wednesdays 9:30am - 11:30am
All branches, all eras welcome!
Have a coffee, share a story, regroup
with other Veterans



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



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.

8th Annual Salute Our Veterans Motorcycle Ride



"Birdies For Vets" Golf Tournament

Heritage Country Club
Charlton, MA



Barnes Family Day 2022 Westfield, MA



Caregivers Retreat 2022

