

# Thrive

with Project New Hope



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**Sully's Westfield Growing!**

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# Sully's Westfield is Growing!

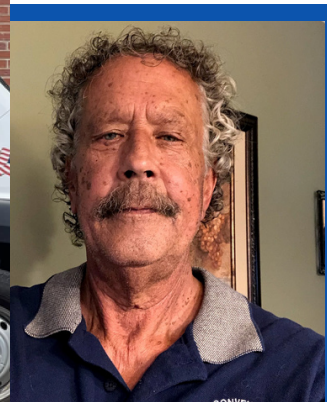
by Jennifer Cesaitis

Spring is coming, which means lots of new activity and the start of growing seasons! Sully's in Westfield is no different and has started growing throughout the Winter months. Project New Hope's staff at the Food and Baby Pantry, located in the Hampton Pond's Plaza in Westfield, MA, has been hard at work this winter making sure that Veterans and the surrounding community are being served.

Jordan Gaj and Dan Ware have both worked tirelessly this winter in the Westfield office of Project New Hope and Sully's Pantry. Through expanding the food pantry, they serve Veterans and community members, providing much-needed food and grocery items. They work closely with the local food bank, and because of this new partnership, Sully's in Westfield has seen about 80 new customers in February!

Jordan keeps the process streamlined and organized so that many customers who need food have access. Dan coordinates with the food banks and with the Worcester office of Project New Hope to ensure they have all the items needed in Western Mass. Each performs their duties with vibrant personalities, friendly and welcoming to those with the greatest need. Their consistent efforts mean that Sully's will continue to serve the Veterans and the community easily, helping to tackle the food insecurity that many in the area are feeling recently.

You can find them at various outreach events in and around Westfield when they are not in the office. If you are interested in volunteering in the Westfield office with Jordan and Dan, feel free to visit the website and sign up to help at Sully's in Westfield.



Westfield Volunteer shifts are:

Monday, Tuesday, and Thursday, 9:00AM to 1:00PM and Friday, 9:00 am – Noon

If you would like to volunteer, please reach out by clicking below.

<https://www.projectnewhopema.org/who-we-are/volunteer/>





**Project New Hope** INC.  
Where Veterans Rebuild with Honor

## 2023 Retreat Series

# Phoenix Tales Storytelling Retreat for Veterans

**April 14-16, 2023**

Grotonwood Camp & Conference Center 167 Prescott Street, Groton, MA 01450

**JOIN US TO DISCOVER THE POWER OF  
STORYTELLING!**

**LEARN TO CRAFT YOUR STORY AND SHARE YOUR  
PAST EXPERIENCES.**

**TRANSFORM YOURSELF AND OTHERS BY  
CONNECTING OVER SIGNIFICANT LIFE EVENTS.**

**HEAL AND GROW AT BEAUTIFUL GROTONWOOD.**



Lodging, meals, and activities are provided at no cost to participants.  
A registration fee of \$50 will be refunded one week after the completion of the retreat.  
You must arrange for your own transportation.

Please contact Susan Wilder for questions regarding this retreat.  
[smwilder@projectnewhopema.org](mailto:smwilder@projectnewhopema.org) (508) 762-9738



**Space is limited! Apply now at Project New Hope!**  
[www.projectnewhopema.org/home/retreats/](http://www.projectnewhopema.org/home/retreats/)







**Project New Hope** INC.

Where Veterans Rebuild with Honor

**2023 Retreat Series**

## Veteran's PTS Retreat

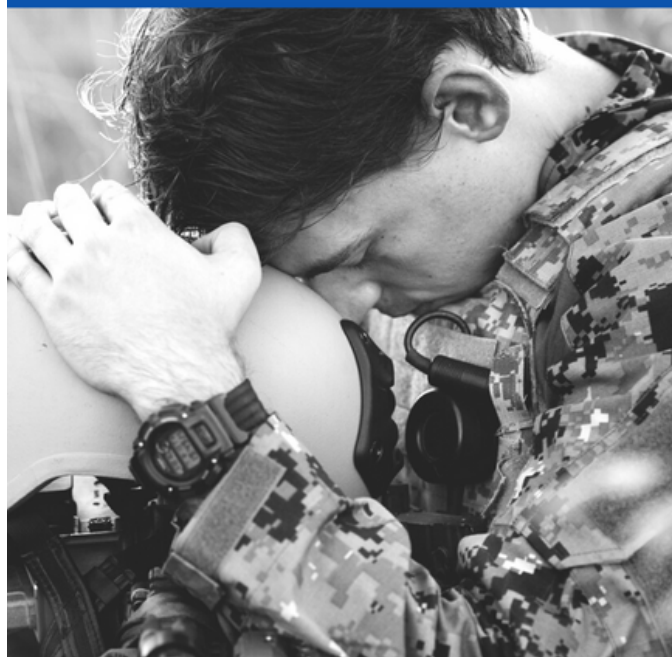


**August 20-25, 2023**

Camp Wightman

207 Coal Pit Hill Rd

Griswold, CT 06351



**ESCAPE THE DARKNESS OF PTS,  
DEPRESSION, AND OTHER LIFE STRUGGLES**

**USE YOUR EXPERIENCE AS FUEL TO LIVE.**

**LEARN FROM SILOUAN GREEN, CREATOR OF  
"THE LADDER UPP" PROGRAM.**

**FIND SOLACE AND STRENGTH IN THE SCENERY  
AND ACTIVITIES AT CAMP WIGHTMAN.**

**TAKE A STEP TOWARD LIVING FREE.**

**SPACE IS LIMITED! APPLY NOW AT PROJECT NEW HOPE!**

**[www.projectnewhopema.org/home/retreats/](http://www.projectnewhopema.org/home/retreats/)**

This retreat is open to individual Veterans and/ or couples. Proof of Military Service required.

Lodging, meals, and activities are provided at no cost to participants.

A registration fee of \$50/ person will be refunded one week after the completion of the retreat.

You must arrange for your own transportation.



Please contact Susan Wilder for questions regarding this retreat.  
**[smwilder@projectnewhopema.org](mailto:smwilder@projectnewhopema.org)** (508) 762-9738



2023 RETREATS





**Project New Hope** INC.  
Where Veterans Rebuild with Honor

## 2023 Retreat Series

# Veteran's Equine Retreat

September 29 - October 1, 2023

Camp Aldersgate & Retreat Center 1043 Snake Hill Road, North Scituate, RI 02857



**VETERANS DEALING WITH THE  
CHALLENGES OF PTS, SUBSTANCE USE  
DISORDERS, MENTAL HEALTH ISSUES, OR  
EMOTIONAL DISTRESS?**

**THE VETERAN'S EQUINE RETREAT  
IS FOR YOU!**

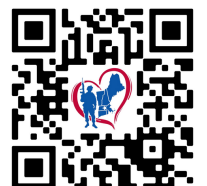
**CONNECTING WITH HORSES HELPS YOU  
CONNECT WITH YOURSELF SO YOU CAN  
INCREASE SELF-ESTEEM, DEVELOP  
SELF-AWARENESS, FOCUS ON WELL-BEING,  
AND ENJOY THESE  
INCREDIBLE CREATURES!**

**Please contact Susan Wilder for questions regarding this retreat.  
[smwilder@projectnewhopema.org](mailto:smwilder@projectnewhopema.org) (508) 762-9738**

**Lodging, meals, and activities are provided at no cost  
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**Space is limited! Apply now at Project New Hope!**

**[www.projectnewhopema.org/home/retreats/](http://www.projectnewhopema.org/home/retreats/)**

**2023 RETREATS**



## Sharon Bolduc

Sharon is our volunteer in the Westfield location. She works every week for a couple of days to help make sure Sully's Pantry runs smoothly and serves as many Veterans and community members as possible. Without her selfless service with Project New Hope, Inc., we would not be able to deliver quality and consistent service to our customers. Thank you, Sharon!

## 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!

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



***VOLUNTEER!***





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

**March Saturdays**

**Open 9:00 am – Noon**

**March 4th**

**March 18**

Proud to serve  
295  
people in  
February!

**Worcester, MA**

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

Office Hours:

Mon – Thurs 9:00am – 1:00pm  
Friday 9:00am – 2:00pm

(774) 243-7859

Email Diane Soave:

[dsoave@projectnewhopema.org](mailto:dsoave@projectnewhopema.org)

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

**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,  
CAC Card, DD214 DOD Military/ Dependent ID



A variety of canned goods,  
meat, dairy products, and  
children's clothes are  
available for Veterans and  
their Families!

**Open Weekly!**

**Monday, Tuesday, Thursday 9:00am–2:00 pm**

**Friday 9:00 am – Noon**

Proud to serve  
207  
people in  
February!

**Westfield, MA**

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

(413) 485-7988  
Email Jordan Gaj  
[jgaj@projectnewhopema.org](mailto:jgaj@projectnewhopema.org)

Call or Email today to set up your next appointment!





Since its inception, Veterans of Foreign Wars VFW has been on a mission to help Servicemembers and Veterans.

We want to give a “HUGE” thank you to Burnham-Manning Post No. 1105, Watertown, MA., for the donation that enabled us to purchase this 2023 Van.

Thank you, Leo Diaz...Ed Aucoin...Ralph Holmberg...Dawn Slaven...Rick O'Sullivan...Steve Stefan... for the great camaraderie!

This will go a long way in helping us address food insecurity for Members of the Armed Forces, Veterans, Student Veterans, and their Dependents.



Thank you, Webster/Dudley  
Post 184 Auxiliary for this  
wonderful donation to Sully's  
Veterans Baby Pantry at  
Project New Hope Inc. Non-  
Profit Veterans Organization







## Veterans

## Coffee Socials



Have a coffee, share a story, connect with other Veterans.

Tuesdays  
9:00 am - 10:15 am

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

All branches,  
all eras  
welcome!

## Need Assistance with a VA claim?

Will Valliere, VSO with  
Vietnam Veterans of  
America is at  
Project New Hope to  
help!



Saturday, March 11 & 25  
9:00am - 1:00pm

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