

# Thrive

with Project New Hope



## TCM Couples Retreat is Transformative!

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## TCM Couples Retreat is Transformative!

Love, laughter, and healing filled the halls of the Genesis Spiritual Life and Conference Center from March 13 to 16 as Veteran and Military couples gathered for a retreat like no other. Hosted by Project New Hope, Inc. (PNH), the TCM Couples Retreat offered Veterans and their spouses a sacred space to reconnect, recover, and reimagine life beyond trauma.

At the heart of the retreat was The Cortina Method (TCM), a pioneering brain-based trauma resolution program led by expert Michael Cortina and his team, Michelle Starnes, Brynn Rangel, Heather Henley, and Sarah Marie Cearn. Their mission was simple yet powerful: help couples heal without reliving the pain.

"I couldn't understand how I could address the past event without reliving it, but TCM was amazing," one participant shared. "I feel better equipped to dismiss unhelpful thoughts and give my energy and focus to my loved ones and myself."

And it wasn't just about the mind—it was about the whole person. The retreat featured equine therapy, holistic yoga, Reiki, reflexology, and workshops on topics like the gut-brain connection and expressive art therapy. Couples explored new ways of communicating, managing pain, and leaning into vulnerability with grace.

"I've always been intimidated by horses," said one attendee, "but I really enjoyed the equine therapy. The staff from PNH, TCM, and Genesis were all very approachable, welcoming, and helpful."







## TCM Couples Retreat is Transformative! (continued)

One of the most touching moments came during a painting workshop led by resident artist ShyAnne Glebocki, where couples painted spring tulips side by side, their canvases reflecting not just flowers—but growth, patience, and renewed connection.

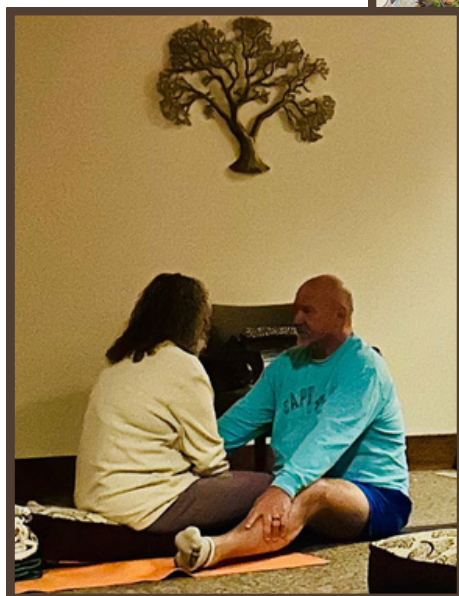
“This retreat was amazing,” another couple said. “I learned so much and can utilize these skills at home to relax. I cannot remember when I have been so stress-free.”

Project New Hope’s holistic approach wouldn’t have been possible without the care of dedicated providers like Clarissa, Donna, Denise and Lisa, who each helped create a safe and nurturing environment.

And then there’s Derby—a service dog whose quiet loyalty reminded everyone just how deep the bond runs between a Veteran and their four-legged partner. Service dogs like Derby don’t just comfort—they anchor.

Mealtimes, too, became moments of togetherness, thanks to the kitchen team at Genesis. As PNH President Bill Moore wrote, “The delicious, nourishing food you serve not only fuels our bodies but also warms our hearts.”

The retreat ended, but the stories of transformation continue. As one Veteran expressed, “I will continue to promote and encourage fellow Veterans to reach out and attend future TCM/PNH retreats. This is truly a gift that provides an unbelievable alternative to mainstream methods.” It was more than a retreat—it was a return to self, to love, and to hope.









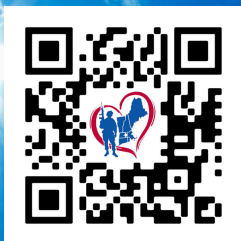


Fifteen years ago, Bill and Donna Moore founded Project New Hope, Inc. from their home with a simple mission: to support Veterans and their families.

Today, they are proud to say that PNH has continued to uphold that commitment, offering critical programs that make a real difference in the lives of those who have served.

PNH is looking for individuals, businesses, and community members to volunteer and support our mission. If you'd like to get involved, please reach out to us today!

If you or a Veteran you know could benefit from our services, please don't hesitate to reach out to one of our offices. We're here to help.



**Supporting  
Military, Veterans  
& Families for  
15 years!**



## Retreats

Project New Hope is founded on providing wellness resources for Military, Veterans and their Families. Central to many of these retreats is The Cortina Method (TCM), brain based healing that helps people resolve trauma without having to relive the pain. Our no-cost retreats offer safe and supportive places for Veterans to begin rebuilding with honor.



## Sully's

Sully's Food & Baby Pantries provide discreet assistance for Military, Veterans and their Families who need food and baby items. We have groceries, clothes, over-the-counter medicines, and winter gear available!



## Connecting the Dots

Our case manager, Shelby Frysinger, helps Military, Veterans and Families "connect the dots" for assistance and to achieve stability. Please call Shelby at 508-762-1459 today if you or another Veteran you know is in need.

## Veterans Coffee Social

Connect with other Military and Veterans each Tuesday morning!

## VA Claims Assistance

Veterans receive help filing their VA disability claims.

## Our Other Programs

### Jeepers Christmas

Our sponsors help fill holiday wishes for Military, Veterans and Families in need.

## Holistic Wellness

Veterans Massage & Reflexology for Military, Veterans and Families.

## Back to School Brigade

Military, Veterans & Families receive back packs and supplies.





# TCM Male Veterans Retreat

Do you struggle with PTS, Guilt, Anger, Fear, Physical Pain, Limiting Beliefs? The Cortina Method (TCM) resolves & dissolves these problem areas. Based on neuroscience, TCM is Brain-Based Healing that helps people get over trauma, WITHOUT having to relive ANY pain. Replace pain with joy, gratitude, relief, and excitement. Also enjoy Equine Therapy and holistic wellness of Yoga, Reiki, and Reflexology.

**10 openings – Complete your application TODAY!**  
**Phone interview and Employment ID/ DD-214**  
**required.**

**August 7–11, 2025**

**Genesis Spiritual Life  
& Conference Center**



2025 RETREATS



**Retreat Information:**

**Click Here or**  
**use our QR code**



**Project New Hope** INC.

Where Veterans Rebuild With Honor





# TCM

## First Responders Retreat

**November 6-10, 2025**

**Genesis Spiritual Life & Conf. Center  
Westfield, MA**

**First responders often face immense emotional & psychological challenges due to the traumatic nature of their jobs.**

**This can lead to mental health struggles including depression, anxiety, and post-traumatic stress disorder (PTSD).**

The Cortina Method (TCM) resolves & dissolves these problem areas. Based on neuroscience, TCM is Brain-Based Healing that helps people process trauma, WITHOUT having to relive ANY pain.

Replace pain with joy, gratitude, relief, and excitement.

Enjoy Equine Therapy and holistic wellness of Yoga, Reiki, and Reflexology.

**10 openings - Complete your application TODAY!  
Phone interview and Employment ID/ DD-214  
required.**



2025 RETREATS



**Project New Hope** INC.

Where Veterans Rebuild With Honor

**[Click Here for  
Retreat  
Information &  
Registration.](#)**





## CONNECTING the DOTS Corner

Once a month our Case Manager, Shelby Frysinger facilitates a Veteran's Group at the Odd Fellows Home, a nursing and rehabilitative facility. These special gatherings bring Veterans together to engage in various activities including Tufts therapy dogs, music, Red Cross workshops, and of course Bingo! These events foster support, camaraderie and a sense of community among Veterans where they can enjoy meaningful activities together.

Shelby works with many other organizations to help Veterans Connect the Dots to services and support they need. You can reach Shelby at PNH.

70 James Street, Suite 129A  
Worcester, Massachusetts 01603  
Office: (508) 762-1459  
[sfrysinger@projectnewhopema.org](mailto:sfrysinger@projectnewhopema.org)



## Would you like to Volunteer?

Apply HERE – it's easy  
with our online  
application.



*VOLUNTEER!*



## Veteran of the Month

## Holice Turnbow

In late 1950, I discovered I was next to the bottom on the draft list for January 1951. Unsure whether I could secure a deferment, I sought guidance from my local recruiting office. They suggested that, given my unique skills—typing and playing the organ—the U.S. Air Force might offer an opportunity to serve as a Chaplain's Assistant.

I decided to enlist and was sitting in the room, ready to be sworn in, when enlistments were suddenly halted. A group of us, all with some college experience, were told we'd be ideal candidates for Army Officer Candidate School. After completing eight weeks of basic training and just one week of pre-OCS, I realized that path wasn't for me. Fortunately, I received an assignment in the Chaplain's Office, where I served until I was offered a post with a small military unit stationed at the atomic lab in New Mexico. There, we provided administrative support to civilian scientists during nuclear testing in the Pacific. I took part in two of those tests. I served my original three-year enlistment and extended for another year, completing four years in the U.S. Army from 1951 to 1955.

My name is Holice Turnbow, and while my military service is a proud chapter of my life, my lifelong passion has been quilting. Although I officially began quilting in the early 1970s, my love for the craft took root much earlier. Growing up in Texas, I spent countless childhood days visiting my grandparents and aunts on their farms. I was always surrounded by the sights and sounds of quilting—helping stretch quilts in their frames or playing underneath them as they were stitched above.

Over the years, quilting has taken me on an incredible journey. I've served as a consultant for fabric companies and quilt product manufacturers, and I've been a certified judge with the National Quilting Association since its program began. I've judged everything from local county fairs to major national quilting conventions, and I became a Certified Teacher in the early 1990s. Teaching has been one of the great joys of my life—whether in quilt shops, for guilds, or at large conventions. My goal has always been to help both new and experienced quilters create their best work.

One of my particular interests lies in quilting design and motifs, whether done by hand or machine. I believe in “back to the basics and on to the future”—embracing time-honored techniques while also exploring innovative, stress-free methods that enhance both creativity and satisfaction.

Through this blog, I hope to share thoughts, tips, and insights on the art and craft of quilting. My aim is to encourage and support fellow quilters in achieving their personal goals, while celebrating the ever-evolving beauty of quilt making. To start, I'll be sharing an overview of the work I've done over the past thirty years—a reflection of a lifelong passion rooted in tradition and driven by creativity.

[holiceturnbow.com](http://holiceturnbow.com)







Proud to serve  
**498**  
Veterans &  
Family members  
for March!

**WORCESTER, MA**

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

Open 1st & 3rd  
Saturdays

9:00am – Noon  
by appointment



**We have winter  
clothes for kids!**

**What to bring:**

Driver's license noting Veteran,  
VA healthcare card,  
DD214,  
DOD military/dependant ID,  
CAC Card

(774) 243-7859

Patty Moore:

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

Office Hours:

Mon – Thurs 9:00am – 1:00pm

Friday 9:00am – 2:00pm





Proud to serve  
**501**  
Veterans &  
Family members  
for March!



**WESTFIELD, MA**

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

**Monday, Tuesday, Thursday**  
8:30am-1:30 pm

**CLOSED WEDNESDAYS & FRIDAYS**

Call or Email today to set up your next  
appointment!



(413) 485-7988

Barbara Sirkissoon:

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





# VA Claim Assistance

**DO YOU NEED ASSISTANCE  
FILING A CLAIM?**

**We are here to serve you and your family.**

**Jason Main, VSO Leominster, Sterling,  
and Leicester**

or

**Meg Murphy, VSO Pepperell**

**2nd Saturday of each month  
8:00 am – 12:00 pm**



**Project New Hope** INC.

**Where Veterans Rebuild With Honor**

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





## Are you in need of **Fuel Assistance?**

Are you a Central Massachusetts Veteran behind on your fuel payment and are in need of support, **Project New Hope Inc.** is here to support you, in partnership with the **United Way.**

Grant Funding is provided by the National Grid Foundation to address the demand for utility assistance to Military and Veterans by providing the fuel neutral utility assistance.

### Requirements:

- Veteran Verification Documentation
- Past Due Bill
- Attendance at 1 Budgeting Class with Sue Katz

\*\* Grant is open to Central Mass Veterans Only

\*\* Payment will be submitted directly to fuel company. Funds available while supplies last.

Please reach out to our Case Manager, Shelby Frysinger, for more information.

(508) 762-1459

[sfrysinger@proejctnewhopema.org](mailto:sfrysinger@proejctnewhopema.org)



Sue Katz  
Certified Financial Wellness Coach



nationalgrid



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



**UNITED WAY**  
Central  
Massachusetts





# Veterans Coffee Social

Tuesdays 8:30 – 10:30 am  
Project New Hope, Inc. 70  
James Street, Suite 129A  
Worcester, MA 01603  
(774) 243-7859



After nearly five years of dedicated service to Project New Hope, Diane Soave finished her journey with PNH and began an exciting new chapter in her career with the Department of Transportation.

We want to take a moment to thank Diane for her unwavering commitment to supporting Veterans, their families, and everyone who walked through our doors. Her compassion, warmth, and tireless efforts have left a lasting impact on our community.

This Coffee Social pictured below was the last opportunity that Veterans enjoyed Diane's delicious homemade treats—her famous blueberry muffins, chocolate chip cookies, and butterscotch blondies. Please wish her a warm farewell and the very best on her new path! Thank You Diane!



Have a coffee, share a story, or reconnect with other Veterans.  
**All branches of all eras welcome!**



# Project New Hope, Inc.

## Veterans' Holistic Wellness

### Chair Massage

**Enjoy the relaxation and  
health benefits  
of a chair massage with  
Delaney!**

- First Monday of each month
- 20-minute sessions
- Appointments from 5-7 pm

### Reflexology

**Whole Body benefits through  
the feet.  
Feel relaxed and refreshed  
with Dawn!**

- Fourth Tuesday of each month
- 30-minute sessions
- Appointments from 6-8 pm

**Please call our Worcester office to schedule  
your appointment today!  
(774) 243-7859**



# **Project New Hope** INC.

**Where Veterans Rebuild With Honor**



**11th Annual**

# Salute our Veterans

## Motorcycle Ride

**Saturday**  
**August 16, 2025**

**Honoring All**  
**Who Served**



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



**WAGNER**  
**MOTORSPORTS**  
*The enthusiast's dealership!*

**MUSIC BY**



**LUNCH BY**



**CHECK-IN**  
**9:30 AM**

**KICKSTANDS UP**  
**11:30 AM**

**FUN & FOOD 'TIL**  
**4:00 PM**

**POLICE ESCORTED RIDE**

**CAMARADERIE**

**RAFFLES**



**REGISTER**

**\$20/Rider**

**\$10/passenger**  
**Lunch Included**

**New  
Location!**

**RIDE START:**  
**WAGNER MOTORSPORTS**  
460 SOUTHBRIDGE STREET  
AUBURN, MA 01501

**RIDE END:**  
**VERNON HILL AM. LEG. POST 435**  
267 PROVIDENCE ST  
WORCESTER, MA 01607

**All proceeds benefit Veterans by funding programs through Project New Hope, Inc.**

[WWW.PROJECTNEWHOPEMA.ORG](http://WWW.PROJECTNEWHOPEMA.ORG)

**(508) 762-9738**



**11th Annual**

# **Salute our Veterans**

## **Motorcycle Ride**

### **Sponsorship Information:**

**<https://projectnewhopema.charityproud.org/Events/Index/22053>**

**Platinum Sponsor:** \$1000, 4 Ride Tickets and 4 tee-shirts, Logo on back of ride tee-shirt, 4 catered lunch admissions, Logo included on the banner hung at lunch site. Company logo on social media Platforms, Special recognition from podium at opening ceremony & lunch.

**Gold Sponsor:** \$500, 2 Ride tickets and 2 tee-shirts, Logo on the back of ride tee-shirt, 2 catered lunch admissions, Logo included on banner hung at lunch site, Company logo on social media Platforms, Special recognition from the podium at lunch.

**Silver Sponsor:** \$250, 1 Ride ticket and one tee-shirt, Logo on back of ride tee-shirt, one catered lunch admission, Company logo on social media platforms.

### **RIDE with US!**

The deadline for sponsorship artwork / logo submissions is **July 18th, 2025.**

All artworks should be submitted either as a .JPEG or .TIF.

Files should be sent to:

**Bill Moore at [bmoore@projectnewhopema.org](mailto:bmoore@projectnewhopema.org) or 508-713-3362.**

**Please make a check made payable to: Project New Hope, Inc.**

**Mail it to:**

**Project New Hope, Inc  
70 James Street, Suite 155  
Worcester, MA 01603**

**All proceeds benefit Veterans by funding programs through Project New Hope, Inc.**





# Project New Hope INC.

Where Veterans Rebuild with Honor

**WAGNER**  
**MOTORSPORTS**  
*The enthusiast's dealership!*



**Chick-fil-A**  
**WORCESTER**



**BIRDIES**

**FOR VETS**

**8TH ANNUAL**  
**GOLF TOURNAMENT**

**Saturday,  
August 16, 2025**

**Heritage  
Country Club  
Charlton, MA**

**REGISTRATION  
12 NOON**



**SHOTGUN START  
1:00 PM**



**ENTRY FEE  
\$150.00/ PLAYER**



**REGISTRATION INCLUDES GOLF, CART,  
DINNER & PRIZES.**

**LUNCH WILL BE PROVIDED BY  
CHICK-FIL-A OF WORCESTER.**

**HOLE-IN-ONE CAR PRIZE IS  
SPONSORED BY WAGNER MOTORS.**

**FIRST & SECOND PLACE PRIZE PACKS  
SPONSORED BY TEXAS ROADHOUSE  
WORCESTER.**



## REGISTRATION

**1. To pay by Credit Card**, visit the link below. Register as an individual but make sure you identify a team captain of your 4-person team and enter their name.

**2. To pay by Check**— Make checks payable to Project New Hope and mail to:  
CAPT Robyn Coons  
70 James Street, Suite 155  
Worcester, MA 01603.

## OTHER WAYS TO PARTICIPATE

### **Sponsor A HOLE:**

Platinum – \$1500.00 (hole sign, banner and foursome)  
Gold – \$500.00 (hole sign and banner)  
Silver – \$250.00 (hole sign and banner)

**Donor:** \$100.00 donation places your name and/or business on the donation flyer.

**Raffle:** Donate a Gift Card or item for the Raffle.

**Sponsor A VET(s):** Sponsor a Vet to play by donating registration fee(s).

**Contact CAPT Coons, Tournament Administrator, at 508-887-6264 or [rcoons@bop.gov](mailto:rcoons@bop.gov).**

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





## PNH & Our Community!

Thank you to John F. Rondeau, Manager III-US, NE Gas Capital at National Grid, and his incredible team, led by Director, Jeff Fecteau, for volunteering their time in our food pantry today. From 9 AM to 12:30 PM, they rolled up their sleeves and made a real impact in the fight against veteran food insecurity.



The 104th Fighter Wing Chiefs Council visited today and generously presented a check for \$527.00, raised through their Ammo Can Drive.

The 104th Fighter Wing (104 FW) is part of the Massachusetts Air National Guard, based at Westfield-Barnes Regional Airport (Barnes Air National Guard Base) in Westfield, Massachusetts. When activated for federal service, the Wing operates under the United States Air Force Air Combat Command. We extend our heartfelt thanks to the Chiefs Council and the entire 104th Fighter Wing for their support and dedication. Your generosity makes a difference, and we truly appreciate it!

A heartfelt thank you to Dominic from E.L. Hollingsworth Company in Westfield, MA, for stopping by this morning with a generous food donation. Your kindness and support help us continue serving those in need.

Also pictured with Dominic are Sherri and Doris, two dedicated members of our team who help make our mission possible every day.

Your contributions make a real impact, and we are grateful for community partners like you who step up to support our efforts!







We had a fantastic weekend at the New England Veterans Experience Action Center connecting with over 100 Veterans!



At Project New Hope Inc., we believe that instilling the values of service, compassion, and community at a young age helps shape future leaders. Today, we witnessed that spirit in action as eight young men from the Energy 9U and 12U travel baseball teams stepped up to make a difference at Sully's Veteran Food Pantry.

Their dedication and willingness to give back demonstrate the power of youth in service. By volunteering their time and effort, these young athletes are not only supporting our Veterans and their families but also learning the importance of honoring those who have served our country. They are building a foundation of generosity, teamwork, and gratitude that will stay with them for years to come.

To the players, coaches, and families who encourage this commitment to community—thank you. Your kindness and hard work bring hope and support to those who need it most. We are proud to have you as part of our mission, and we appreciate your efforts in making a real impact. Keep swinging for the fences—on and off the field!



A heartfelt THANK YOU to our incredible volunteers and staff for their dedication! Your hard work ensures that Veterans and their families receive the support they need.





We had an absolute blast today at the Worcester St. Patrick's Day Parade! The energy, the community spirit, and the sea of green made for an unforgettable day. A huge thank you to our incredible team for showing up with enthusiasm and pride—you all made this event truly special!

From waving to the crowd to representing our mission with heart, every moment was filled with camaraderie and joy. Events like this remind us of the power of unity and the importance of coming together to celebrate tradition, service, and community.

Looking forward to doing it all again next year! Sláinte!



**VERNON HILL**  
**AMERICAN LEGION POST 435**  
267 PROVIDENCE STREET  
WORCESTER, MA 01607

## **SPEED DEMON PROMOTIONS**

### **VETERAN'S ROCK!**

**SATURDAY APRIL 19, 2025**

FEATURING PERFORMANCES BY

**DEAD MAN'S TRIGGER**

**JOINT DAMAGE**

**FALLEN MONARCH**

**RAVAGER**

**A THOUSAND AUTUMNS**

**One Demon Down**

**\$15 COVER**

**DOORS @ 3PM**

**ACTIVE DUTY:**  
**FREE ADMISSION**

**ALL PROCEEDS DONATED TO:**



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

**(LINE-UP SUBJECT TO CHANGE)**





# LUMINOUS LAUGHS AT

\$20 TICKETS



# BRIGHT IDEAS BREWING

[BuddhaJoeComedy.com](http://BuddhaJoeComedy.com)



# LEE SYATT

W/ ALEXA ZANIKOS & MANNY SIERRA

## FRIDAY APRIL 25<sup>TH</sup> 8PM

FUNDRAISER  
FOR



PIONEER  
VALLEY  
TRADING CO.

Locally Owned Dispensary



VETERAN  
OWNED BUSINESS

Host



Buddha Joe

# Project New Hope



109 Apremont Way, Westfield, MA