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Thrive

with Project New Hope



The New Freedom for Veterans: Reflection on PTSD and Healing

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The New Freedom for Veterans: Reflection on PTSD and Healing

by Jennifer Cesaitis

Trauma doesn't tell time. Veterans living with post-traumatic stress, do you feel as though the days pass, seasons change, and still your body holds on to what the mind can't quite explain? You have heard from others the same stories and advice: go to therapy, see the VA, or bury it deep down and hope it doesn't interfere with your life. You're not alone. And we don't mean that others have similar experiences and that you're not the only one trying to cope. We mean that you don't have to cope with it alone. You don't have to try to heal alone. You don't have to find your answer alone.

According to the National Center for PTSD, roughly 12 million people in the U.S. are living with PTSD at any given time. For our friends, brothers, and sisters who have served, the road back to a sense of home and safety can be a steep one. And often, it's walked in silence; a silence that needs to be broken.

Speaking the Unspoken

PTSD, or PTS as some prefer to call it, doesn't wear a name tag. It's not easy to say, "Oh yeah, that's PTSD." It doesn't always look like panic attacks or nightmares. Sometimes, anger shows up uninvited. Sometimes you feel numb. Sometimes it's a smile that hides everything. Sometimes you don't even recognize that it could be part of your mind's trauma response. And too often, Veterans will avoid putting a name to it because of the stigma.

What makes healing hard isn't just the symptoms; it's the weight of feeling like you shouldn't have them in the first place, that having them is a sign of weakness, and it makes you somehow less of a warrior.

That's why helping Veterans overcome PTSD matters so much. Not because a calendar or social cues say it's time to care, but because every time someone speaks the truth about what they're carrying, the stigma loses a little ground, and the path to healing becomes a little easier.

You Don't Have to Do This Alone

It's easy to say "reach out," but much harder to do when the world feels unsteady. Endless calls to counselors who don't have room for another patient, fighting with the VA to cover payments, waiting for appointments, dreading having to talk about all the terrible things all over again, these are the barriers to healing. It's so hard to find the space you need, and the truth is, healing from trauma often begins in stillness and in safe company.

In New England, there are places where Veterans can press pause, breathe deeply, and simply be. Project New Hope's wellness retreats are one such option. These aren't your standard hotel conference rooms. They're multi-day experiences in quiet, natural settings, where things like connecting with each other, holistic wellness, and trauma-aware support aren't considered "extras," but essentials.

If you've spent years white-knuckling your way through daily challenges, these retreats offer something different: space. Not space to relive the past, but to feel yourself fully in the present. Maybe, just maybe, it's a space to see your future self, happy, healed, and at peace, and begin to make that your reality.

The New Freedom for Veterans

(continued)

What Healing Can Look Like

Trauma resolution looks different for everyone. For some, it's a movement. For others, it's sitting still. The Cortina Method (TCM), now available during retreats and on-site at Project New Hope's Worcester, MA location, is a tool that has been helping Veterans and their families work through trauma without being retraumatized.

Not every breakthrough happens in a session. Sometimes, it comes over coffee, literally. Weekly Veterans Coffee Socials provide an informal space to talk (or not talk) with people who understand.

These aren't therapy sessions. They're something older than that, community and connection.

Starting with the Basics

It's hard to talk about wellness without talking about food. When your nervous system is stuck in survival mode, nutrition is more than a detail; it's a lifeline. That's where Sully's Food Pantry comes in. Located at Project New Hope's locations, Sully's is stocked with dignity as much as it is with groceries. No questions, no red tape. Just kindness and a reminder: you're not a burden. You're a person who deserves to eat well, feel well, and heal well.

The Power of Being Seen

One of the things people often say after attending a retreat or stopping by a workshop isn't, "Thank you for fixing me," but rather, "Thank you for seeing me."

That's what this work is really about. It is not "fixing" anyone. But standing with people as they walk back toward themselves helps them become the person they love, once more.

Whether you're deep in your healing or quietly carrying the weight for someone you love, know this: you're not the only one. There are others on the trail, just a few steps ahead or behind. Some of them are at Project New Hope. Some are in your neighborhood.

Reach out. Say something. Or show up.

A Different Kind of Freedom

As we head into the summer months and reflect on independence, consider this: What if the freedom you fought for also includes freedom from suffering? What if thriving, and not just surviving, is part of the mission now? Healing isn't linear. It's not always pretty. But it is possible. And you don't have to go it alone.

If you're looking for the path with least resistance, and the resources to help you take the next step, whether it's a quiet place to reset, someone to talk with, or just a bag of groceries to get you through the week, take a look at what's available through Project New Hope, Inc. These aren't just services. They're starting points and roadmaps to thriving.

Because the truth is, no one heals in isolation. But healing by connecting? That's absolutely within reach.





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.

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



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



Project New Hope INC.

Where Veterans Rebuild With Honor



Project New Hope INC.

Where Veterans Rebuild With Honor

Veteran, Spouse, & Children

TCM Visits



Project New Hope, Inc.

Resolve trauma/ PTS and other disturbing emotions, thoughts, and behaviors with The Cortina Method (TCM).

TCM uses brain-based healing without reliving painful emotions.

No COST

Private & Confidential
via telehealth

Get seen within 1-14 days.

Appointments are limited.



Sign up [HERE](#) for your
No Cost TCM Visit
Today!



Project New Hope, Inc. Veterans' Holistic Wellness

Chair Massage

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

Reflexology

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

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

- 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

VA Claim Assistance

DO YOU NEED ASSISTANCE
FILING A CLAIM?

We are here to serve you and your family.

Jason Main, VSO Leomister, 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



Sue Katz
Certified Financial Wellness Coach



Project New Hope INC.
Where Veterans Rebuild With Honor

Veterans
Coffee
Social



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

Worcester, MA

Every Tuesday
8:30 - 10:30 am

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

(774) 243-7859

Westfield, MA

Third (3rd) Thursday of month
9:00 - 10:30 am

Project New Hope, Inc.
Hampton Ponds Plaza #9
1029 North Road, Rt 202
Westfield, MA 01085

(413) 315-3873

www.projectnewhopema.org



Project New Hope INC.
Where Veterans Rebuild With Honor

Veterans' Farmers Market

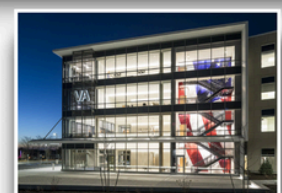


**Fresh fruit and vegetables
provided for Veterans and their
Families.**

Worcester VA Clinic

403 Belmont St
Worcester, MA 01604
11:00 am - 1:00 pm

July 11th	August 1st	September 5th
July 18th	August 22nd	September 19th



www.projectnewhopema.org



Worcester, MA

Proud to serve
421

Veterans & Family members
for June!

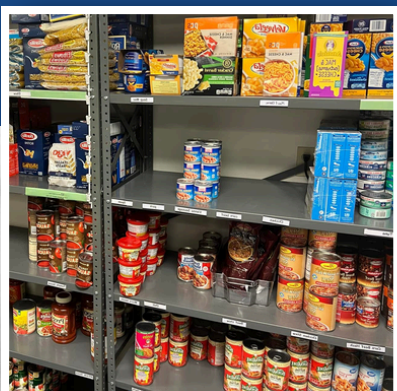
Office Hours:

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

Project New Hope, Inc.

70 James Street, Suite 129A
Worcester, MA 01603

(774) 243-7859



The people we
serve each month
grow and we
depend on your
donations to
continue serving
our Veterans and
their Families!



Westfield, MA

Proud to serve
548

Veterans & Family members
for June!

Office Hours:

Mon, Tues, Thurs 8:30am-1:30pm
Wednesday & Friday Closed

Project New Hope, Inc.

Hampton Ponds Plaza #9
1029 North Road, Rt 202
Westfield, MA 01085

(413) 315-3873





Volunteer Spotlight

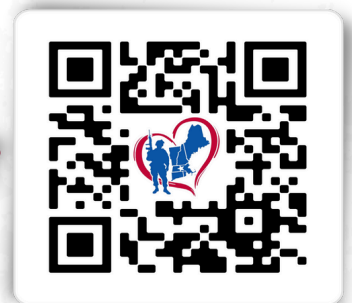
Ken Mossman



Since joining Project New Hope, Inc. as a volunteer in March, Ken has consistently gone above and beyond in every task he's taken on. Whether it's assisting with events, organizing supplies, or supporting fellow volunteers, Ken approaches each responsibility with enthusiasm and a can-do attitude. His warm smile and genuine kindness uplift everyone around him, creating a welcoming and supportive atmosphere for both staff and clients. Ken's dedication, reliability, and team spirit make him an invaluable part of our organization, and we are truly fortunate to have him on our team.

Would you like to Volunteer?

Apply [HERE](#)! It's
easy with our
online application.



VOLUNTEER!



New Tools, Open Trails: Summer Resources for Veterans

The Fourth of July always brings with it a mix of celebration and reflection. For many Veterans, the idea of freedom is personal. It isn't just about a flag or a date on the calendar. It's about the quieter kind, too, the kind that shows up when your body finally rests or when your mind gets a little peace. That version of freedom can feel harder to reach, especially after years of pushing through.

But what if this summer could be something different? What if this season offered not just rest, but renewal?

Several new and expanded resources are now available, worth knowing about. Some are built for your phone, while others are built for your boots. All of them are meant to help Veterans reconnect with their health, their surroundings, and themselves.

A Quiet Support That Texts You Back

When things get overwhelming, it helps to have reminders, not lectures, not alarms, just something steady and supportive. That's where the Annie App for Veterans comes in. Developed by the VA, Annie is a free service that sends personalized text messages to help you keep track of your wellness.

You don't need to download anything. Once enrolled, Annie sends you short, useful texts based on your preferences. You might get a nudge to check in on your sleep or a breathing technique to help with anxiety. Some Veterans use Annie to manage health conditions like diabetes or high blood pressure. Others find value in the daily motivation or PTSD-related tips.

It's private, it's consistent, and it works quietly in the background. On the days when things feel heavy, even a simple message can serve as a reminder that you're doing better than you think. To learn more, visit mobile.va.gov/app/annie-veterans.

Finding Ground Under Open Skies

There is something about nature that settles the nervous system in a way few other things can. That's not just opinion; it's something many Veterans have experienced firsthand. In a recent conversation hosted by the American Legion's Tango Alpha Lima podcast, Veterans shared how hiking, camping, and being outside helped them reconnect with a sense of purpose. Nature didn't demand an explanation from them; it just made space.

Thanks to updated federal policy, Veterans and Gold Star families now receive free lifetime entry to national parks and public lands. That means you can visit places like Acadia, the White Mountains, or Cape Cod National Seashore without the cost barrier.

Not every national park offers Veteran-specific programming, but many do collaborate with nonprofits and local organizations to create events such as:

- Peer-led hikes and group outings
- Mindfulness walks and nature-based wellness activities
- Wilderness immersion experiences with trained facilitators

You can listen to that podcast or read more about these programs here: [American Legion – How National Parks Help Veterans Thrive](#)



Outdoor Opportunities in New England and Beyond

Whether you're the type to hit the trails or someone who just enjoys sitting quietly in a park, there's a growing number of programs designed to support Veterans in nature-based healing. Here are some options to explore this summer:

Veteran Wellness Retreats

- Project New Hope offers multi-day wellness retreats with trauma-informed yoga, outdoor mindfulness, and community connection. These take place in peaceful corners of New England and are designed to support both Veterans and their families. Learn more at projectnewhopema.org.
- Travis Mills Foundation in Maine provides adaptive outdoor retreats for post-9/11 wounded Veterans and their families. Activities range from kayaking and cycling to campfire circles and reflection time.

Outdoor Adventure Programs

- Outward Bound for Veterans offers free, week-long trips into the wilderness. These courses are designed to rebuild confidence and foster peer connection through hiking, canoeing, and backpacking.
- Veterans Outdoor Adventures USA organizes kayaking, hiking, and archery outings in the Northeast, with a focus on building community. Their events are open to Veterans and often include families as well.

Local Fitness and Community

- Team Red, White & Blue has chapters throughout New England and hosts regular outdoor workouts, rucks, and wellness events. These gatherings are a great way to move your body and meet other Veterans.
- Catch A Lift Fund organizes summer "Warrior Weekends" focused on fitness, recovery, and outdoor activities for combat-injured Veterans.

Accessible Events and Stand Downs

- Adaptive Sports New England provides inclusive athletic opportunities for individuals with disabilities, including Veterans. While not exclusive to the Veteran community, their events, such as rowing and cycling, often include Veterans and their families.
- Massachusetts Department of Veterans' Services continues to host summer Stand Down events that offer access to benefits, wellness screenings, and community activities, many of which are held outdoors in local parks and public venues.

There's No One Way to Heal

Healing doesn't follow a playbook. It comes in different forms and at its own pace. Sometimes it starts with a text message. Sometimes it begins in a forest. And sometimes it's just a quiet moment where, for the first time in a long while, you feel your breath come easily.

This July, while the country reflects on independence, consider your own. Not the kind written into law, but the kind that whispers to you when you feel strong in your body and clear in your head. These tools and trails are available for your use. And you're not alone on the walk.

11th Annual

Salute our Veterans

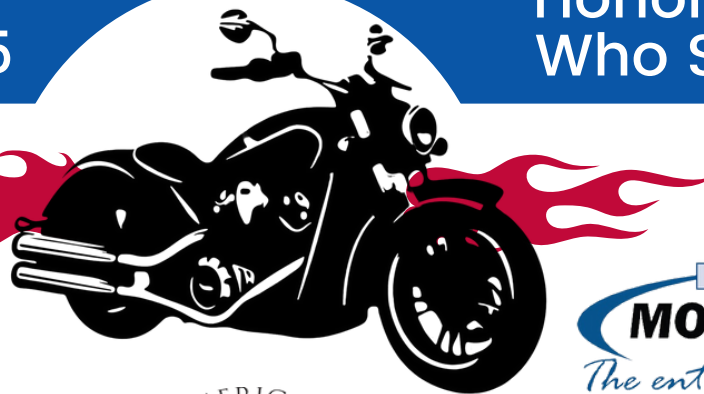
Motorcycle Ride

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

(508) 762-9738

An American flag is visible in the top left corner, and the front wheels and lower parts of several motorcycles are visible in the top right corner.

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 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

Registration is full.

We are still

accepting

Sponsors!

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.

www.projectnewhopema.org