

# Thrive

with Project New Hope



## Rockin 4 Vets Presents: Home Grown Rock to benefit Veterans!



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## Rockin 4 Vets Presents: Home Grown Rock to benefit Veterans!

Get ready for a night of incredible music and community connection at **Home Grown Rock**, presented by **Rockin' 4 Vets**. On **Saturday, March 29, 2025**, music lovers and Veterans are invited to the **Vernon Hill American Legion Post 435** at **267 Providence Street, Worcester, MA**, for an unforgettable event.

The **James Montgomery Band**, famous for their high-energy, blues-style shows, will be joined by **Kevin James Graham** from *The Voice* and the incredible **Far From Eden**. Fans of live music, you don't want to miss this legendary show!

VIP packages are available to make your night even more fun! These include a **pre-show wine and cheese meet-and-greet with the artists**, a rare chance to chat with the musicians, and some relaxed, personal time before the show kicks off.

Tickets are available now, and purchasing them is easy:

- Scan the QR code on the event flyer.
- Visit the Eventbrite page at [JMB-ProjNewHope2025.eventbrite.com](https://www.eventbrite.com/e/jmb-projnewhope2025-tickets-754444444444).
- Stop by Project New Hope Inc. at 70 James Street, Suite 129A, Worcester, during business hours. Debbie Erickson handles sales on-site and is happy to answer any questions at (508) 685-5830.

- 

This event is about more than great music—it's a chance to support **Project New Hope, Inc.** Every ticket purchased helps fund vital programs and services that make a real difference in the lives of those who have served.

Whether you're a Veteran, a music enthusiast, or just looking for a good time with great people, **Home Grown Rock** is an event to mark on your calendar. Share this opportunity with friends, bring the family, and come out for a night of music, camaraderie, and support for an amazing cause!



# ROCKIN' 4 VETS PRESENTS HOME GROWN ROCK

## the **James Montgomery Band**

by Jer

**Live**  
SATURDAY  
MARCH 29

featuring

**Kevin James  
Graham**

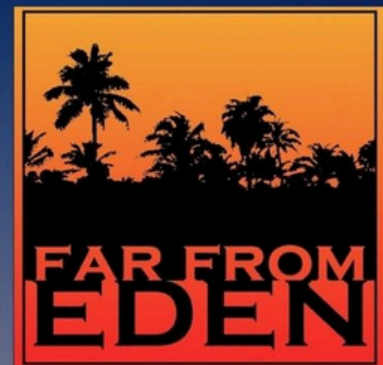


@ Vernon Hill  
American Legion Post 435

267 Providence Street  
Worcester, MA

7:30 PM

Special Guest



**VIP PACKAGES**  
Pre-show Wine & Cheese Meet & Greet  
**AVAILABLE**



Tickets available @

**American Legion Post**

267 Providence Street, Worcester, MA

on-line @ [JMB-ProjNewHope2025.eventbrite.com](https://www.eventbrite.com/e/JMB-ProjNewHope2025) 2025





# 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

## Connection and Compassion at The Blue Cord Ball

Project New Hope is proud of our case manager, Shelby Frysinger, who is a true advocate for Veterans and their families. As a military spouse of 12 years, Shelby has lived through the unique challenges of military life firsthand. Her deep compassion and understanding shine through her work as case manager with Project New Hope, where she consistently goes above and beyond to support Service Members and their loved ones.

In February 2025, Shelby was honored to speak at the Blue Cord Ball, an annual event that brought together military community members from the 181st and 182nd Infantry Battalions of the Mass. National Guard.

During her speech, Shelby addressed a major issue among Veterans, Military, and their families: mental health. She spoke openly about the emotional toll that deployments and military life can take on Veterans and their families. She highlighted the incredible support available through PNH, including therapeutic retreats, and resources designed specifically for military families.

The message from Shelby to all attendees- prioritize your mental health. Seek support and help to build a culture of understanding, compassion, and connection in the military and Veteran community.







## Gillian Braley

Gillian is a shining example of generosity and dedication in our community. As a volunteer, she brings an incredible amount of energy and kindness to everything she does, from organizing the food pantry to helping with food distribution and outreach events. On distribution days, Gillian is always there, making sure things run smoothly and that everyone feels cared for. Her willingness to take on any task—big or small—demonstrates her deep commitment to serving others. With her positive attitude and genuine enthusiasm, Gillian is not only an invaluable part of our team but also an inspiring reminder of how much one person's selflessness can impact the lives of Veterans and community members, alike.

### Would you like to Volunteer?

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



***VOLUNTEER!***



# PNH & Our Community!

Thank you, Kerrie Gustafson MacQuarrie, and the GFWC Auburn Junior Woman's Club, Inc., for stopping by on Saturday with your generous donation!

Auburn Junior Woman's Club is a volunteer community service organization in Auburn, Massachusetts, dedicated to Living the Volunteer Spirit!



A heartfelt thank you to Patty and Shelby for representing Project New Hope at the 65th Annual District 33-A Lions Mid-Winter Conference this weekend. We also extend our gratitude to the Worcester Lions Club for organizing a service project to collect much-needed items for PNH.

We deeply appreciate all the District 33-A Lions Clubs that contributed to this Food Drive.

A heartfelt thank you to Charlene Van Cott, Care Coordinator at Disabled American Veterans (DAV) of MA Service Fund Inc. VICTORY CAMPUS (Gardner, MA), for visiting Project New Hope this afternoon to pick up extra boxes of meat for their food pantry.

This pantry, formerly run by Veteran Homestead Inc., is now officially operated by DAV Dept. of MA Service Fund Inc. under the Veteran Advancement Program.

With this transition, the program is expanding its reach, providing even more essential support and services to veterans and their families.

We are proud to collaborate with organizations like DAV that are dedicated to ensuring our veterans receive the care and resources they deserve.







Community Impact had a great two-day volunteering session with PNH in Worcester! They worked to help prep for the monthly food pantry: fulfilling orders, taking inventory, and unloading donations. On Saturday, they were here at 7am to load veterans cars with pantry items, milk, eggs, bread, and toiletries. We enjoyed getting to know the team and watching them connect with Veterans.



Thank you, Gill and Becca, for supporting our Valentine's Day Lunch at Texas Roadhouse Worcester today! Your generosity helped us honor our heroes and share love and appreciation with the citizen soldiers and airmen of the National Guard, as well as the soldiers, airmen, Marines, sailors, and Coast Guardsmen who have served our nation.

A huge thank you to our incredible volunteers for braving the extreme cold, February 15, to serve our Veterans and Military families. Your dedication makes a real difference in the lives of those who have sacrificed so much for our country





Proud to serve  
**490**  
Veterans &  
Family members  
for February!

**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

Diane Soave:

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

Office Hours:

Mon – Thurs 9:00am – 1:00pm

Friday 9:00am – 2:00pm





Proud to serve  
**480**  
Veterans &  
Family members  
for February!



**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

Patty Moore:

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



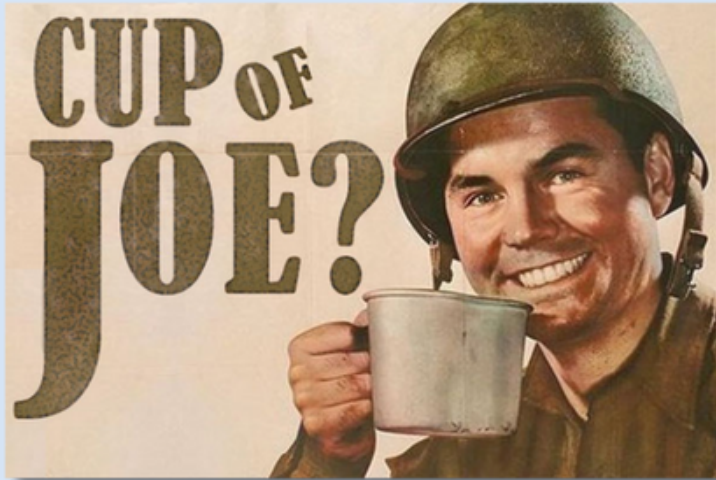
**Project New Hope**  
Where Veterans Rebuild With Honor



**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

Have a coffee, share a story,  
or reconnect with other Veterans.

**All branches of all eras welcome!**





**11th Annual**

# Salute our Veterans

## Motorcycle Ride

Saturday  
August 16, 2025

Honoring All  
Who Served



**Project  
New  
Hope** INC.

Where Veterans  
Rebuild With Honor



**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

An American flag is visible in the top left corner, and the front wheels and handlebars 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](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)**





## 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**