

Thrive

with Project New Hope



Veterans' Farmers Market Returns

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Veterans' Farmers Market Returns

by Jennifer Cesaitis

Food insecurity remains one of the most persistent and under-discussed issues impacting our nation's Veterans. After years of service and sacrifice, too many of our heroes struggle to put fresh, nutritious food on the table. Project New Hope (PNH) recognizes this injustice and is stepping up again to ensure no Veteran goes hungry.

This July, the Veterans' Farmers Market is making a much-anticipated return to the Worcester VA Outpatient Clinic at 403 Belmont Street. The market will offer free fruits and vegetables to Veterans and their families on the 1st and 3rd Fridays of each month, from 11:00 AM to 1:00 PM. In addition, PNH's Westfield office will receive fresh produce deliveries on the 1st and 3rd Mondays of each month, further expanding access to healthy food.

More Than Just a Market—A Lifeline

This isn't just about fruits and vegetables. It's about restoring dignity and health to those who've given so much. These markets provide a critical supplement to existing food assistance efforts and ensure that Veterans and their loved ones don't have to sacrifice nutrition due to financial strain.

The Veterans' Farmers Market initiative is about equity, ensuring Veterans can nourish themselves and their families without compromise. PNH also works to build connections with Veterans and strengthen the fabric of our communities.





Veterans' Farmers Market Returns (continued)

Sully's Food and Baby Pantries: Supporting Beyond the Market

In addition to the Farmers Market, Project New Hope continues its work through Sully's Food Pantry and Sully's Baby Pantry. These essential programs offer:

- Weekly food distributions, including staples and fresh items.
- Diapers, formula, baby food, and hygiene products for infants and toddlers.
- Ongoing support for low-income and food-insecure Veterans and Military Families.

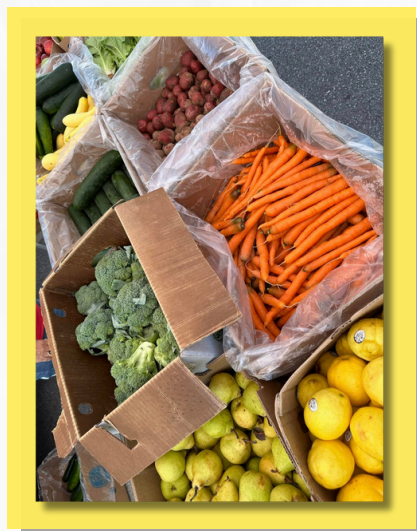
These pantries cater to a growing need, especially among Veterans with young children or living on a fixed income. For many, Sully's Pantry isn't just a service, it's a lifesaver.

Building Trust, Delivering Impact

At its core, Project New Hope is about forming meaningful connections between Veterans and the people, services, and resources that truly benefit them. Founded by disabled Air Force Veteran William H. Moore, PNH is a Veteran-led nonprofit with a mission to support Veterans, service members, and their Families through compassionate, practical services that restore hope. Whether through food programs, wellness retreats, or advocacy, every initiative at PNH is crafted with the understanding that one-size-fits-all solutions don't work. They listen, adapt, and build programs that respond directly to the real, lived experiences of the Veteran community.

How You Can Help

The continued success of these programs depends on community support. Every action, whether donations, volunteer hours, or spreading the word, helps sustain these critical services. Want to get involved? Visit projectnewhopema.org to learn more about volunteering or donating. Project New Hope is more than an organization. It's a promise kept to our Veterans, a promise that says, "We see you; we value you, and we will stand beside you—always."





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.](#)**



Proud to serve
467
Veterans &
Family members
for April!

WORCESTER, MA

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

Open 1st & 3rd
Saturdays

9:00am – Noon
by appointment



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

Office Hours:

Mon – Thurs 9:00am – 1:00pm

Friday 9:00am – 2:00pm



Proud to serve
469
Veterans &
Family members
for April!



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

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



Volunteer Spotlight

Walmart Employees



Our heartfelt Volunteer Spotlight shines on the dedicated Walmart employees from 10 different store locations who came together on April 19th to support our food pantry efforts. Their hands-on help, filling bins with care and loading food directly into the vehicles of Veterans and their Families, made a powerful impact. It's the selfless contributions from partners like Walmart that make our mission possible. Without their unwavering support, our ability to provide vital resources to those who served would not be what it is today.

Would you like to Volunteer?

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





Community Partnerships: Making a Difference Together

April was a shining example of what's possible when communities rally behind a cause. From national brands to local clubs, the outpouring of support for Project New Hope (PNH) showed the depth of compassion for our Veterans.

One of the standout moments came when Ralph Lauren donated a stunning collection of brand-new menswear, now proudly refilling the clothing racks at Montachusett Veterans Outreach Center. These high-quality clothes weren't just stylish. They gave confidence and comfort to Veterans preparing for job interviews or simply needing a fresh start. PNH's partnership with Ralph Lauren doesn't just provide clothing; it restores dignity and readiness.

Meanwhile, the Massachusetts National Guard Family Assistance Center received a generous delivery of apparel and support materials. These items, distributed to Airmen at Westover Air Reserve Base and the 104th Fighter Wing, reinforced how deeply PNH values the service of our military members and their families.

And thanks to the help of Niki Kristolaitis, Tucker Grace, and the tireless readiness teams, these donations reached those who needed them most.

Fallon Health also stepped up in a big way, inviting Veterans and their families to enjoy Military Appreciation Day at Polar Park, cheering on the Worcester Red Sox. The game-day suite, complete with incredible views and a relaxing atmosphere, gave our honored guests a chance to kick back and feel truly appreciated. It's gestures like this that remind our Veterans how valued they are beyond their time in uniform.





Volunteer Highlights: Hearts in Action

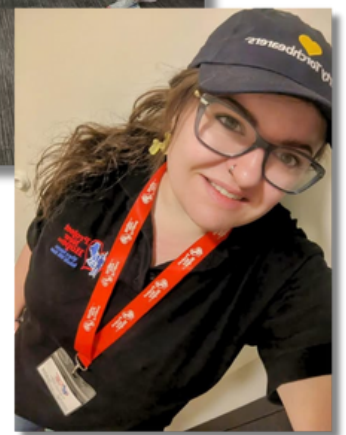
April's success would not have been possible without the energy, kindness, and commitment of our volunteers. Whether it was rolling up sleeves, lifting heavy boxes, or simply offering a smile, every moment counted.

A special shoutout goes to the unstoppable team from Jubilee Worcester. Their day of service was more than physical work—it was a heartfelt act of faith, compassion, and human connection. By volunteering at Sully's Veterans Food Pantry, they lived their mission of love and healing.

Then came the Assumption College Women's Lacrosse Team, who brought their teamwork off the field and into the pantry. Watching these young leaders fill food orders with focus and care was nothing short of inspiring. Their presence not only helped stock the shelves but also infused the space with vibrant energy.

We also saw intergenerational giving at its finest when 14-year-old Connor Leblanc, alongside Officer Mike "Lombo" Lombardozzi, cleaned up roadside cans in Leicester. Their collection was donated to PNH, proving that community support comes in all ages and from all corners.

And let's not forget Miranda Monaghan Desmarais, who continues to shine as a beacon of generosity. Her \$2,500 Torchbearers 100 Club grant will go directly toward fueling our Veteran programs. Her ongoing support truly lights the way.





Events and Outreach: Building Stronger Bonds

Our calendar was filled with meaningful gatherings that fostered connection and awareness.

One major highlight was the Departure Ceremony of the 182nd Medical Company (AS). Known as the “Witch Doctors,” this historic unit is heading to Poland in support of Operation Atlantic Resolve. PNH stood proudly beside them at their send-off, reaffirming our unwavering commitment to every branch and every mission.

Another heartwarming event was the Earth Day Cleanup at Vernon Hill American Legion Post 435, organized by Commander Bill Moore and Debbie Erickson. Volunteers joined forces to clean the grounds and surrounding areas, turning the day into both a service project and a celebration of community pride. The before-and-after photos were a testament to what a motivated group can achieve in a single day.

Then there was VOICE (Veterans Outreach Into Community Engagement)—a powerful collaborative meeting at the American Legion Post #266 in Granby. By uniting state, federal, and nonprofit leaders, this initiative is helping to streamline services and get critical information into the hands of Veterans who need it. PNH was proud to have representatives at the table.

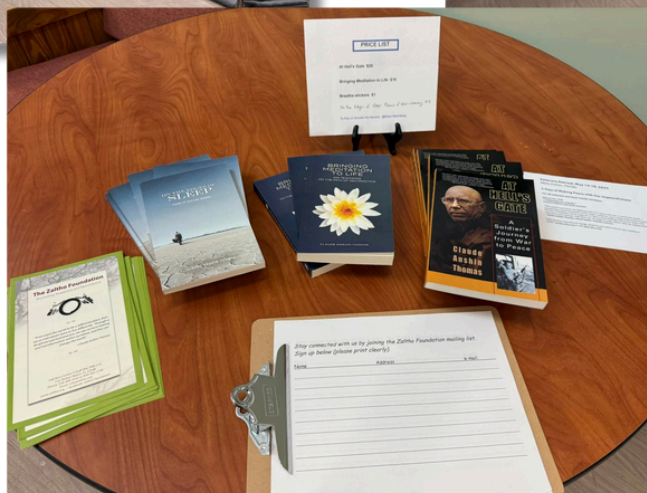




Retreats: Everyday Impact, Lifelong Change



April also saw our Veterans' Mindfulness Meditation Retreat come to a close. This unique experience allowed Veterans to step away from the demands of daily life and reconnect with their inner selves through meditation, silence, and reflection. The feedback from participants was overwhelmingly positive, with many calling it transformative. These retreats provide space to heal emotionally and mentally; vital support that's often hard to find.





Generosity and Recognition

One of the most joyful April highlights was the visit to the Odd Fellows Home in Worcester. Our case manager, Shelby, along with the therapy dog team from Paws for People, brought two incredible dogs—Maui and Sheldon—to visit the Veterans living there. The room lit up with smiles as stories were shared and tails wagged. It was a simple moment, but deeply human—proof of how healing comes in many forms.

PNH also proudly attended the General Federation of Women's Clubs of Massachusetts Annual Convention. Not only did Executive Director Bill Moore speak about our mission, but the club also made a generous food and financial donation to Sully's Pantry. These gifts will directly benefit local Veterans and their families in our Westfield office, reinforcing how important these partnerships are.

Another simple yet impactful gesture came through the support of Andrea Castinetti, who signed on as a Silver Sponsor for the upcoming 11th Annual Salute Our Veterans Motorcycle Ride. Her sponsorship helps fund critical programs, retreats, and emergency services. It's people like Andrea, quietly lifting the mission with financial backing and personal belief, who keep our momentum going.

Let's also give thanks to those helping behind the scenes—like the businesses supporting our Donation Box Program: Flynn's Truck Stop (Shrewsbury), Tony's Automotive (North Grafton), Paradise Pizza (Worcester), Eller's Restaurant (Cherry Valley), Barrows Hardware (Worcester). Every coin dropped into a box helps fund a program that makes a real, measurable difference.

April wrapped with a bang at Veterans Rock!, hosted by Speed Demon Promotions. The event brought together bands like Ravager, Fallen Monarch, and Dead Man's Trigger, raising \$300 for Project New Hope. Music, camaraderie, and a shared mission made the night unforgettable. Huge thanks to the organizers and bands who rocked the stage for our cause!.





Veterans Coffee Social

Tuesdays 8:30 – 10:30 am

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

(774) 243-7859

Thursdays 9:00 – 10:30 am

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

(413) 485-7988

ANNOUNCING COFFEE SOCIALS IN WESTFIELD EVERY THURSDAY 9:00 – 10:30 am.

We're excited to welcome Patty, our new Office Assistant and Retreat Host, to the Worcester office! Patty brings her friendly spirit, strong work ethic, and heartfelt commitment to supporting Veterans.

Our Veterans Coffee Social is open to Veterans of all eras and branches—whether you're looking to share stories, reconnect with fellow Vets, or just enjoy some time in good company, this is the place to be.

Why Join Us?

- Meet and mingle with fellow Veterans
- Share experiences and support one another
- Learn about resources and services available
- Relax in a warm, welcoming environment

No RSVP needed—just show up! Grab a coffee, pull up a chair, and be part of a community that understands and supports you.

Veterans Helping Veterans Because together, we rebuild with honor.



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

All branches of all eras welcome!



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



UNITED WAY
Central Massachusetts



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**

Saturday, May 10th



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