

September 1, 2025 Volume 4, Issue 9

Thrive

with Project New Hope



Standing Together, Saving Lives: A Letter from our Founder

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Standing Together, Saving Lives A Letter from Our Founder

Dear Project New Hope Family,

September is Suicide Prevention Month, a time when we turn our collective attention to the quiet battles too many Veterans face behind closed doors. But for us at Project New Hope, this isn't just a one-month cause. It's a year-round mission.

Every day, we encounter Veterans carrying burdens most can't see. Some of them walk through our doors at Sully's Pantry. Others sit quietly at our Coffee Socials. Some reach out for a retreat, hoping for just one place to breathe. And too many stay silent, believing they must "tough it out" alone.

Let me be clear: you are not alone, and you never have to be.

Project New Hope was founded on the idea that healing happens in community. Strength is not measured by how long you carry the weight, but by your willingness to set it down and let someone stand with you. Whether it's through a hot meal, a warm cup of coffee, or a weekend of wellness and peace, our team is here to remind every Veteran that there is hope beyond the darkest day.

The Reality We Face

According to the Department of Veterans Affairs, an average of 17 Veterans die by suicide every day. Behind each number is a family, a community, and an irreplaceable life. Together, we can, and must, change this.

What We Offer at Project New Hope

- Wellness & Healing Retreats – safe spaces to process trauma and rediscover hope.
- Coffee Socials – connection and camaraderie without judgment.
- Sully's Food & Baby Pantries – nourishing both body and spirit.
- Peer Support Groups – reminders that no Veteran is ever alone.



Standing Together, Saving Lives

(continued)

A Veteran's Voice

"I came here at my lowest point. The people at Project New Hope reminded me that I wasn't alone. I'm still here because someone cared enough to listen."

— Anonymous Veteran

Two Things I Ask of You This Month

- Check in on someone you haven't heard from. A simple text or call could mean everything.
- Remind a Veteran in your life that help is available, without judgment, without cost, and with compassion.

Crisis Resources

If you or someone you know is in crisis, please call 988 and press 1 to connect with the Veterans Crisis Line. Help is available 24/7.

How You Can Help

- Volunteer at a Coffee Social or Pantry.
- Sponsor or support a retreat.
- Donate to keep these life-saving programs free.
- Share this message to spread awareness and hope.

To those who support this mission, our donors, volunteers, sponsors, and community partners, thank you. You're not just funding programs; you're saving lives.

With gratitude and resolve,

William H. Moore, MA
Founder & Executive Director
Project New Hope, Inc.
"Where Veterans Rebuild with Honor"





Sully's Pantry + Farmers Market = Nourishing Wellness

Food insecurity doesn't always look the way you expect. Sometimes it's a Veteran skipping meals so their kids can eat. Sometimes it's a quiet struggle between buying gas and buying groceries.

At Project New Hope, we believe no one who served this country should go hungry. That's why Sully's Food & Baby Pantry is here to help, without hassle or judgment. Whether you need a few essentials or a full restock, you'll find respect, care, and a welcoming space.

This summer, we've also partnered with the Worcester VA Clinic to bring fresh produce to Veterans and their families through our Veterans Farmers Market. Free fruits and vegetables are available every week, no questions asked. It's one more way we're ensuring healthy food is within reach for those who serve.

The link between nutrition and mental health is real. Hunger increases stress, anxiety, and depression, all of which can make everyday challenges feel overwhelming. Access to good food is not just about staying full, it's about staying well.

If you're a Veteran in need, please visit us. If you're a supporter, consider donating food, baby items, or hygiene supplies. Together, we can ensure every Veteran in our community is nourished with dignity and care.

**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

September 5th

September 19th





Worcester, MA

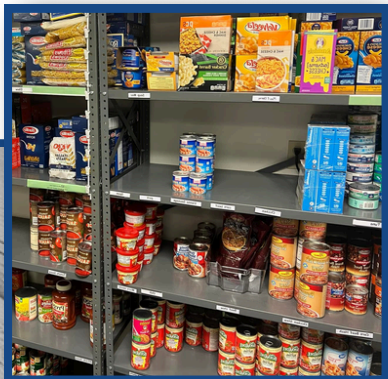
Proud to serve 431
Veterans & Family members
for August!

Office Hours:

Monday-9am-3pm
Tuesday 8:30am-2:30pm
Wednesday-8am-3pm
Thursday 8am-3pm
Friday 8am-2pm

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

(774) 243-7859



Please note, Sully's BABY
PANTRY will be CLOSING
as of January 1st 2026.
Please see additional
resources on our website
and social media as we get
closer to the new year, to
obtain needed supplies.



Westfield, MA

Proud to serve 494
Veterans & Family members
for August!

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





Veterans Coffee Social



There's something special about gathering over a cup of coffee. At Project New Hope's Veterans Coffee Socials, the room quickly fills with laughter, stories, and the kind of camaraderie only shared service can bring. Veterans from every branch and generation come together to connect, find support, and enjoy simple moments of community, a reminder that none of us walk this path alone.

Join us and be part of the conversation. Come for the coffee, stay for the connections.

Worcester, MA

Every Tuesday 8:30 – 10:30 am

**70 James Street, Suite 129A
Worcester, MA 01603
(774) 243-7859**

Westfield, MA

3rd Thursday 9:00 – 10:30 am

**September 18, 2025
Hampton Ponds Plaza #9
1029 North Road, Rt 202
Westfield, MA 01085
(413) 315-3873**



TCM First Responders Retreat



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**
Where Veterans Rebuild With Honor

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

First Responders are invited to take a transformative step toward healing and resilience with workshops and therapies designed to resolve trauma, calm the mind, and regain joy. You answer the call for Americans 24 hours a day. This retreat is designed to provide a safe, supportive, and healing environment.

Everyone who attends will benefit from The Cortina Method (TCM), led by Trauma Resolution Expert Michael Cortina and his team. TCM helps resolve the trauma that leads to PTS, guilt, anger, fear, physical pain, or limiting beliefs. It offers a neuroscience-based solution for healing without requiring participants to relive any traumatic experiences.

Enjoy equine therapy, holistic yoga, Reiki, and reflexology, and other holistic wellness practices. Learn more about Michael Cortina and The Cortina Method at his website <https://michaelcortina.com/>.

Space is Limited: Only ten spots are available. Participants are responsible for arranging their own transportation to the retreat location.

After you submit your application, a Project New Hope team member will contact you to complete a phone interview, which is required to confirm attendance. Per the instructions during the phone interview, you will need to submit a copy of your employer identification card or DD214.

Lodging, meals, and activities are all provided at no cost to participants. There is a \$50 dollar registration fee that is refunded one week after the completion of the retreat. You must arrange your own transportation to and from Westfield, MA.

Please send questions to Sue at smwilder@projectnewhopema.org or call (508) 762-9738.

Priority Enrollment:

First Responders who have not attended a Project New Hope retreat will receive priority consideration.

Join us in taking this step toward healing, resilience, and rediscovering joy in life.

Start Date: Thursday, November 6, 2025

End Date: Sunday, November 10, 2025

Genesis Spiritual Life & Conference Center
53 Mill Street, Westfield, MA 01085





Veteran Spotlights

Mike Armendo

Mike is a cherished regular at our weekly Veterans Coffee Socials in Worcester and a friendly helping hand at our Friday farmers' markets. Born and raised in Worcester, he graduated from St. Peter's High School in 1976 and enlisted in the Army the very next day. By September, he was training at Fort Dix, NJ, followed by Military Police School at Fort McClellan, AL. From 1977 to 1979, he served as a Military Policeman in Germany, a time he calls "the best years of my life," and one he'd gladly repeat.

Mike's pride doesn't stop at his service. He's a proud father to two sons, Anthony (33) and Christopher (32), whom he describes as "the best sons a guy could have." His deep love for them is evident in every word.

We're grateful to have Mike as part of our PNH family, always ready with a story, a smile, and a helping hand.



Halyna Adamchak

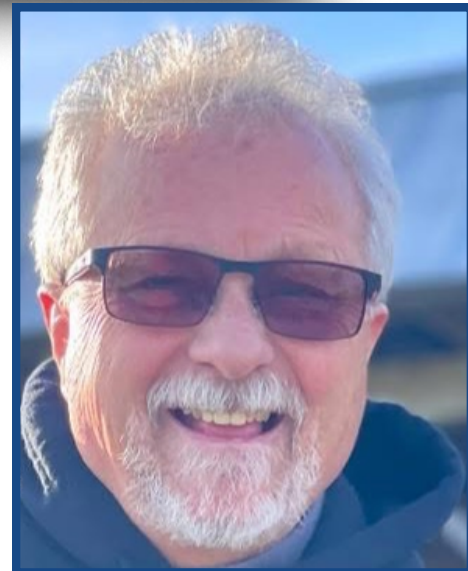
Halyna Adamchak served in the Air Force Reserves from 1978 to 1991, driven by a deep sense of gratitude for the country that gave her family a new start. Born in a displaced persons camp in Germany, she joined the military to give back to the United States. During her service, she was stationed at Chanute, Howard, Goose Bay, and Westover. Her roles ranged from avionics and navigational systems technician to sewing parachute covers, and later, serving as a Safety Officer and in Administration. Halyna's career reflects both dedication and versatility, and we're proud to honor her service.



Volunteer Spotlight

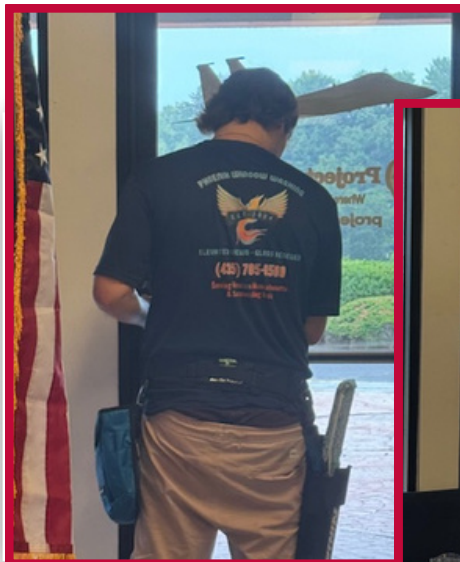
Ray Robidoux

Ray, a retired Air Force Veteran, has been volunteering with us in Worcester for the past three years and has become an invaluable part of our team. From driving our vans to pick up supplies to delivering essentials to first responders, Ray is always ready to serve. He's the first to step in when something needs fixing, and the first to offer a helping hand. His dedication, reliability, and quiet leadership reflect the very heart of our mission. Thank you, Ray, for everything you do.



Jackson Blanchard

Jackson Blanchard generously spends most Mondays, and even jumps in on short notice, to help unload trucks and stock shelves at Sully's Pantry in Westfield. He's always willing to lend a hand, whether it's assisting clients with their bags or tackling behind-the-scenes tasks. This month, he even brought his window-washing gear from his small business to give our windows a sparkling clean. Jackson's helpful spirit and reliability make a big impact. We're grateful to have him as part of the PNH family.



Would you
like to
Volunteer?

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



Event Success Announcement!

On Saturday, August 16, 2025, Project New Hope Inc. hosted two incredible events: the 11th Annual Salute Our Veterans Motorcycle Ride and the 8th Annual Birdies for Vets Golf Tournament. Both events were a huge success!

Salute Our Veterans Motorcycle Ride

We had 150 registered riders, raising an outstanding \$17,876 to support our Veterans and Military Families.

Birdies for Vets Golf Tournament

Spearheaded once again by Robyn Coons, this year's tournament brought together 148 golfers who raised \$23,021. Robyn has faithfully run this tournament for the past 8 years, and her leadership continues to make an incredible impact.

Together, these events raised over \$40,000 to fund Project New Hope Inc.'s free programs for Veterans, Service Members, and their families. Thank you to our riders, golfers, sponsors, volunteers, and community partners who made this possible.

Learn more, volunteer, or donate at: www.projectnewhopema.org



Gratitude in Action

Thank You to Our August Donors & Sponsors

Because of you, Veterans and their families are nourished, supported, and seen.

Golf Tournament & Motorcycle Ride Champions

Your sponsorship helped fund retreats, support services, and emergency assistance for Veterans. Thank you to:

- Wagner Motorsports
- Vernon Hill American Legion Post 435
- Heritage Country Club
- Peoples Bank
- Country Bank
- Country Hyundai
- Fairway Independent Mortgage
- Southbridge Credit Union
- American Legion Riders
- Oxford VFW Post 5663



Sully's Pantry & Farmers Market Donors

From fresh produce to full meals, your generosity stocked shelves and filled hearts. Special thanks to:

- Western MA Food Bank
- Table Talk Pies
- Stop & Shop – Westfield
- Costco – Worcester
- Veterans Affairs – Worcester Clinic

Community & Program Partners

For stepping up, showing up, and giving back, thank you for helping us build community with care. We're grateful for:

- North Brookfield Savings Bank
- Southwick Fire Department
- Granby Police Department
- Home Depot – Auburn
- Lions Club of West Brookfield
- Knights of Columbus Council #11080

"You don't need to wear a uniform to serve."

To every donor, volunteer, and silent supporter, your kindness echoes far beyond this month. You are part of every retreat, every meal, and every moment of hope we deliver.



Mark Your Calendar: September 2025

- Sept. 2** – Coffee Social, Worcester Sully's Pantry, 70 James Street, Suite 129A, Worcester, MA 01603, 8:30 am – 10:30 am
- Sept. 5** – Veterans Farmers Market, Worcester VA Clinic, 403 Belmont St, Worcester, MA 01604, 11:00 am – 1:00 pm
- Sept. 6** – Suicide Prevention 5K & Resource Fair, Westover ARB, 2:30 – 4:30 pm
- Sept. 6** – Sully's Pantry Pickup, Worcester Sully's Pantry at PNH, 70 James St, Worcester, MA 01603
- Sept. 8** – Chair Massage, Worcester Sully's Pantry, 70 James Street, Suite 129A, Worcester, MA 01603, 5:00 pm – 7:00 pm, by appointment (774) 243-7859
- Sept. 9** – Coffee Social, Worcester Sully's Pantry, 70 James Street, Suite 129A Worcester, MA 01603, 8:30 am – 10:30 am
- Sept. 12** – Veterans Appreciation Day at the Big E, 7:00 am – 4:00 pm
- Sept. 13** – VA Claims Assistance, Worcester Sully's Pantry, 70 James Street, Suite 129A, Worcester, MA 01603, 5:00 pm – 7:00 pm, by appointment (774) 243-7859
- Sept. 16** – Coffee Social, Worcester Sully's Pantry, 70 James Street, Suite 129A Worcester, MA 01603, 8:30 am – 10:30 am
- Sept. 19** – Veterans Farmers Market, Worcester VA Clinic, 403 Belmont St, Worcester, MA 01604, 11:00 am – 1:00 pm
- Sept. 18** – Coffee Social, Westfield Sully's Pantry, Hampton Ponds Plaza #9 1029 North Road, Rt 202, Westfield, MA 01085, 9:00 am – 10:30 am
- Sept. 20** – Sully's Pantry Pickup, Worcester Sully's Pantry at PNH, 70 James St, Worcester, MA 01603
- Sept. 23** – Coffee Social, Worcester Sully's Pantry, 70 James Street, Suite 129A Worcester, MA 01603, 8:30 am – 10:30 am
- Sept. 24** – Reflexology, Worcester Sully's Pantry, 70 James Street, Suite 129A Worcester, MA 01603, 6:00 pm – 8:00 pm, by appointment (774) 243-7859
- Sept. 30** – Coffee Social, Worcester Sully's Pantry, 70 James Street, Suite 129A Worcester, MA 01603, 8:30 am – 10:30 am

September is Suicide Prevention Month

2nd Annual Center for Suicide Research and Prevention Conference (Virtual): The Massachusetts General Hospital and Harvard-affiliated center is hosting a free virtual conference on Tuesday, September 9, from 9 a.m. to 2 p.m. EST.

Water Lantern Ceremony & Candlelight Vigil (New Bedford): A National Suicide Awareness Event will be held on Wednesday, September 10, from 6:30 p.m. to 9 p.m. at Rivers End Park. It will include guest speakers and a candlelight vigil.

Question, Persuade, Refer with Bay State Community Services (Quincy): A free QPR suicide prevention training will be hosted at the Thomas Crane Public Library on Wednesday, September 17, from 6 p.m. to 7:30 p.m..

3rd Annual Suicide Awareness Night (Franklin): A fundraising event will take place on Saturday, September 20, at the Franklin Elks Lodge to support mental health and suicide awareness.

QPR Suicide Prevention Training (Northborough): The Northborough Health and Human Services Department is hosting a free QPR training at the Northborough Free Library on Tuesday, September 23, from 6 p.m. to 7:30 p.m..

27th Annual Samaritans 5K Run/Walk (Boston): Join this major event on Saturday, September 27, at the Artesani Playground in Brighton/Boston. Registration is available through the Samaritans website.

South Walk to Prevent Suicide (Hingham): This American Foundation for Suicide Prevention (AFSP) community walk is scheduled for Saturday, September 27, at Bare Cove Park.

Hidden Opponent 5K for Suicide Prevention (Beverly): Hosted by The Hidden Opponent at Endicott College, this 5K on Saturday, September 27, raises money and awareness to fight the stigma surrounding mental health.

7th Annual Night of Hope (Lynnfield): This free annual awareness event will include a community walk to the Town Common for a speaking program and candlelight vigil. It will be held Sunday, September 28, starting at 6 p.m. at Lynnfield Middle School.

These events are not sponsored or organized by Project New Hope, Inc. However, they support our mission to help Veterans rebuild with honor by fundraising for suicide prevention.

Crisis Resources


You are not alone. You are not a burden. You matter.

This Suicide Prevention Month, we want every Veteran, service member, caregiver, and family member to know: asking for help is not a weakness, it's a strength.

Whether you're in crisis or simply feeling overwhelmed, there are people ready to listen, without judgment, 24/7. You do not have to carry it all on your own.

Emergency & Mental Health Resources


Veterans Crisis Line

 Dial 988, then Press 1

 Or text 838255

 veteranscrisisline.net

National Suicide Prevention Lifeline

 Dial 988 (for everyone)

VA Mental Health Resources

 www.mentalhealth.va.gov

Annie App for Veterans (VA mobile mental health support)

 mobile.va.gov/app/annie

If this month feels heavy, take a pause. Breathe. Call someone. Text a friend. Come to a Coffee Social. Visit Sully's. Show up for yourself the way you've always shown up for others.

You are seen. You are valued. You are never alone in this community.

— The Project New Hope Team

www.projectnewhopema.org