



AGE-FRIENDLY

Franklin County & North Quabbin

What is Age & Dementia Friendly Franklin County & North Quabbin?

We make it easier for older adults to stay connected, active, and supported.

[The Regional Action Plan](#), developed by local partners & residents, offers a roadmap for making our community an even better place to grow older.

FUNDING OPPORTUNITIES

Age & Dementia Friendly Community Grants

Grants of up to \$3,000 aim to make our communities welcoming and accessible for all ages. Franklin County and North Quabbin towns, libraries, Councils on Aging, Senior Centers, Village organizations, businesses and other for-profit and non-profit organizations are encouraged to apply. Funding supports projects that foster progress in the set of 8 domains detailed in the [Regional Age Friendly Action Plan](#). Support for this opportunity was provided by Point32Health Foundation.

Applications due February 1, 2025. [Click here for details and instructions.](#)

CHIP Mini-Grants

Got local ideas for bringing neighbors together? The [Community Health Improvement Plan \(CHIP\) Network](#) is offering grants up to \$1,500 for community-building projects. Projects must be completed by June 2025 and can take place in Athol, Charlemont, South Deerfield, Greenfield, Hawley, Montague, Orange, Petersham, Shelburne Falls, or Sunderland. **Applications accepted on a rolling basis. [Click here to learn more.](#)**



AARP Community Challenge Grant

AARP is currently seeking proposals for quick-action projects to enhance community livability. The 2025 program offers three opportunities: **Flagship Grants** for public space and infrastructure improvements; **Capacity-Building Microgrants** with educational resources; and **Demonstration Grants** to replicate successful local initiatives in areas like pedestrian safety and broadband access. Since 2017, AARP has distributed over \$20.1 million through 1,700 grants nationwide. **Eligible nonprofits and government entities can apply through March 5** at [AARP.org/CommunityChallenge](https://www.aarp.org/CommunityChallenge).

Food as Medicine Mini-Grant

The University of Massachusetts Amherst's Food is Medicine program is offering mini-grants of \$500 to \$1,000 to address food insecurity in Western Massachusetts. Led by School of Public Health and Health Sciences Dean Anna Maria Siega-Riz, the initiative will fund community groups in Franklin County to support urban gardening, cooking programs, and sustainable food networks between farmers, grocery stores, and local organizations. **Application deadline is February 3rd. [Click here for more information.](#)**



Age & Dementia Friendly Programs

[LifePath's Healthy Living offers workshops three times a year \(next sessions are February & March\) and monthly zoom seminars.](#)

Workshops are evidence-based, free, and open to people with one or more long-term health conditions (like diabetes, heart disease, arthritis, and chronic pain), caregivers and loved ones. Our workshops offer the information, motivation and support needed to make lifestyle changes, know we have control over our health, and know that we are not alone. Some workshops are offered in person, some virtually, and some by phone. Monthly zoom seminars invite area professionals to teach about additional health topics such as: Decluttering for health, Managing a terminal diagnosis, and Dealing with insomnia. **[Click here to sign up or for more information.](#)**



Webinar: Creating a Dementia-Capable Workforce of First Responders. February 20th, 3-4PM, hosted by the National Alzheimer's and Dementia Resource Center. **[Click here for more info & to register.](#)**

LifePath has a regular in person presence at the Athol Library-- sharing information (including Dementia Friendly updates!) on the second Thursday every other month from 9:30 to 11:30AM.

LifePath's Rainbow Elders Social Support Group takes place at the Council on Aging in Orange every month on the second Tuesday of

every month from 2-3:30. [Click here for more information about Rainbow Elders at LifePath.](#)

The poster has a yellow background. In the top left, the text "we want to hear from you!" is written in a black, handwritten-style font. To its right is a large white speech bubble with a black outline containing the text "HOW CAN TRANSPORTATION OPTIONS BE IMPROVED IN FRANKLIN COUNTY?". Below the speech bubble, on the left, is the text "Take a survey!" followed by the URL "https://www.surveymonkey.com/r/LLQBQDV" and "Scan here:". To the right of this text is a QR code. Further right, in a black-bordered box, is a paragraph of text about the project's funding. At the bottom of the poster is a row of icons: a car, a bus, a bicycle, a person walking, a winding road, and the FRCOG logo.

we want to hear from you!

HOW CAN TRANSPORTATION OPTIONS BE IMPROVED IN FRANKLIN COUNTY?

Take a survey!
<https://www.surveymonkey.com/r/LLQBQDV>
Scan here:

For more information, please contact Megan Rhodes, Livability Program Manager, FRCOG at mrhodes@frcog.org.

Project led by the Franklin Regional Council of Governments (FRCOG) and funded by the National Aging and Disability Transportation Center (NADTC). The NADTC is administered by Easterseals and USAging, with funding from the Federal Transit Administration and guidance provided by the Administration for Community Living.

Icons: Car, Bus, Bicycle, Pedestrian, Road, FRCOG logo

Our thanks to the Age & Dementia Friendly Franklin County & North Quabbin steering committee members:

- Michael Archbald - Foothills Health District
- Jean Dodge - LifePath's Rainbow Elders
- Lynne Feldman - LifePath
- Mary Giannetti - Heywood Healthcare
- Cathy Savoy - Athol Council on Aging
- Denise Schwartz - OASIS council at Greenfield Community College
- Meg Ryan - FRCOG
- Rachel Stoler - FRCOG
- Phoebe Walker - FRCOG



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