



SPONSORED CONTENT

A publication of  
**LifePath**  
options for independence  
Editor, Janis Merrell  
GoodLife@LifePathMA.org  
(413) 773-5555 x2255

# THE GOOD LIFE

Find past editions on [www.LifePathMA.org](http://www.LifePathMA.org)

[www.facebook.com/LifePathMA](http://www.facebook.com/LifePathMA)

## New Dementia Journey Group for Those Living with Dementia and Their Care Partners

By *Therese Fitzsimmons, MS, Dementia Coach*



Beginning February 3, 2025, LifePath will be offering a new, free of charge, 8-week group for people in the early stage of their dementia journey with their care partners. The group will be offered Mondays, 2/3/25-3/24/25, from 10:30 a.m.-12:30 p.m.

During the group sessions, people living with dementia and their care partners will participate in activities and discussions, separately and together. Topics discussed will include Daily Life, Quality of Life, Communication, Relationships, Health, Dementia Supports, and Planning for the Future.

A diagnosis of dementia is life-changing. Some people may feel that they don't know where to turn first; others may experience feelings of fear, anxiety, or grief that might leave them feeling helpless. "The goal of the program is to empower participants with the knowledge, skills, and support they will need to live well with dementia," says Kate Moriarty, LifePath's Clinical Services Program Director. "The program will offer practical tools to navigate each step of the journey with increased confidence, less stress, and a focus on quality of life."

This program will expand upon the work of two newer programs at LifePath—the Community Engagement Center, and the Dementia Solutions Project. The Community Engagement Center (CEC) is an innovative social day program that provides respite and resources for caregivers, while providing social opportunities and meaningful activities for center participants. The Dementia Solutions Project, developed by Ariadne Labs, provides a framework for conversations regarding what matters most to the individuals at this stage of their journey. Both programs seek to address the social isolation that people living with dementia and their care partners experience. Research shows that between 40 and 70% of family caregivers experience clinical symptoms of depression, which can often be caused by feelings of isolation and loneliness associated with the caregiving experience (Source: Family Caregiver Alliance).

There is no charge to participate in this program. Lunch will be provided. The program will be held in the LifePath Community Engagement Center, 101 Munson Street, Greenfield, South Entrance.

To learn more or to register, call LifePath's Information & Caregiver Resource Center (ICRC) at 413-773-5555, x1230, or email [info@lifepathma.org](mailto:info@lifepathma.org). Space may be limited; please register by January 31. This program is funded by the MA Executive Office of Health and Human Services in partnership with Ariadne Labs.

## A New Year, a Stronger You!

By *John O'Farrell, Associate Director of Marketing and Development*



John O'Farrell

January is noted as the International Quality of Life Awareness Month: A time to take stock in ourselves, evaluate where we are, and establish a plan of action on how to improve our lives from all sides, both physically and emotionally, while practicing positive self-care and enhancing our overall state of well-being in the process.

Each year, I try to come up with a motivating life motto for myself that encapsulates the focus of the new year ahead and I am sure others do as well—that certain phrase that provides a constant sense of direction and a friendly reminder to always keep moving forward. However, what if we took it one step further for a moment and instead of letting outside influences affect our daily lives, we become the catalyst to affect the world around us by the decisions we make right from the start.

In crafting our direction for the new year, I encourage you to focus on the year ahead with an "I can do that attitude" vs. a "When I get to it mindset." That's where the power to make a difference within us lies. When we make that declaration within ourselves that there's no time like the present to start broadening our horizons, that is the moment when we create real, positive change.

I truly believe that life was never designed to be easy, but rather to test us and challenge us along the way, helping us to grow in knowledge and strength, while applying what we've learned to the weeks, months, and years ahead. Always striving to make ourselves the best that we can be. We are all amazing individuals, each with our specific skills set, talents, and unique life experiences, that when combined together can successfully help to move things forward in our lives. But sometimes we need a little help, and that is where LifePath can be a great resource to lean on. Individually, we were never expected to tackle life's challenges alone, so let's conquer them together!

Reflection and imagination are two very powerful items within life's toolbox. Reflection allows us to gain a calming perspective on how far we have come, and helps to clarify what still remains on life's to do list. At the same time, we also get to acknowledge all that we have accomplished over the past year and with it an increased sense of self confidence in our abilities to tackle what's next. Then there is imagination, providing us with the opportunity to dream big, while mustering the courage to chart our goals as we continue to build bright and promising futures.

With the millions of permutations and combinations in the world today, each of us has a specific role to play in helping to make a difference in the lives of the people around us, as well as in the communities in which we live and work. But most of all, we have an obligation to keep investing in ourselves in the process, as we take steps to become even stronger, always putting our best foot forward each and every day. LifePath is always at the ready to be a guiding presence along life's path in helping to make 2025 your best year yet! To learn more about LifePath and our many helpful and life-changing programs, please visit our website at [www.lifepathma.org](http://www.lifepathma.org).