

The Athol Women's Club and the Boardwalkers Share Reasons for Walking:

What Will Your Reasons Be?

By Amanda Carter, Event Coordinator

LifePath's annual walkathon has a history of dedicated walking teams that have made the event into a yearly priority. The reasons each team gets involved are as unique as each team.



The Athol Women's Club wearing their red aprons to show their Walkathon team spirit.

Christine Miranda, president of the Athol's Women's Club, has been walking with her team since 2017. On event day, one may identify the Athol Women's Club by the red aprons they wear to show their team spirit. Their signature attire makes it easy to spot these walkers. Christine shared that because they attend other events and have so many t-shirts, they wanted to try out a different look. Among the red-aproned members are Christine Miranda, Joyce Phinney, and Joanne Deacon, to name just a few.

Christine explained that The Athol Woman's Club were impacted by an article they read about LifePath, and felt inspired to assist in fundraising for an organization that provides supportive programs for older adults, those living with disabilities, as well as their caregivers. They were also motivated by how the gift of giving might return benefits to them on a personal level in the future. "Most of us do not use the services at this point in our lives, but recognize that we might need them in the years to come. It is essential to support the aging population—it is a give and take, win-win effort," says Christine. The Athol Woman's Club understands that every dollar sustains LifePath's community programs.

A team recently established in 2022, the "Boardwalkers," is made up of LifePath's board members and raised the most of any team in their inaugural year. Team captain and board member Judi Fonsh explained, "The event is the biggest fundraising effort of the year, and anyone and everyone who is able to contribute is much appreciated." Judi credits their success to, and emphasized the importance of, using social media exposure to raise funds through a personal fundraising page set up through LifePath. That link may be shared through email and social media as a way for supporters (your family and friends) to donate to your effort directly, securely, and easily.

To request a personalized online fundraising link, send an email to giving@lifepathma.org with "request for personalized online giving link" in the subject line. To see an example of a team's online presence, find the Boardwalkers online page here: <https://tinyurl.com/scpp5stz>.

Plan to get your team rallied for your own reasons and come together on Saturday, May 6, for the 31st annual Walkathon!

We'd like to recognize these Walkathon sponsors at the \$1000+ level

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The Healthy Living Department Launches Two New Free Programs!

By Andi Waisman, M.Ed., Healthy Living Program Manager

Coming off this spring's thaw, the Healthy Living Department will be adding two exciting new free programs in response to participant feedback.

Our new "Wellness Unplugged" series features health topics that we want to learn more about and that our workshops only touch on. Held on the last Monday morning of the month, April's group, "Dueling with Depression," will take place on April 24, from 10-11:30 a.m., with LifePath's Kate Moriarty, Program Director of Clinical Services. Upcoming topics include Managing Clutter, Mind/Body Medicine, Introduction to Mindfulness Based Stress Reduction, Heart-Centered Communication, and many more. For more information and to register, visit <https://tinyurl.com/2p8n6vef> or contact Andi Waisman (details below).

Our second new offering is the UCLA Memory Training, a 4-week workshop that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. It combines trainer presentations with group discussions, memory checks, and skill-building exercises for people with mild memory concerns. Each course is 2 hours, once per week, for 4 consecutive weeks. This workshop is for people who forget names and faces; where we put the keys, glasses, or wallet; or can't recall something that was just on the "tip of our tongue."

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The course is not intended for people with Alzheimer's disease or other forms of dementia.

Sign up for these free offerings or a spring workshop (listed below) which you can access in person, on your computer, or your phone. For more information or to register, contact Andi Waisman, Healthy Living Program Manager, at 413-773-5555 x2297, 978-544-2259 x2297, or awaisman@LifePathMA.org.

- **Living Well with Long-Term Health Conditions (Live Video Conference)** Techniques to improve symptoms of chronic conditions such as healthy eating, relaxation techniques, communicating, goal-setting, problem-solving, and more. **Tuesdays, May 9-June 20, 3:30-6 p.m.**

- **A Matter of Balance — Managing Concerns About Falls (In Person at Orange, MA Senior Center)** Teaches practical strategies to reduce the fear of falling and explores medical, behavioral and environmental risk factors for falls, stressing the importance of developing an exercise plan. **Mondays, May 8-July 3, 1-3 p.m.**

- **Diabetes Self-Management (In Person at Community Health Center in Greenfield)** For adults with pre-diabetes or diabetes or their caregivers, this workshop teaches the basics of balancing medication, diet and exercise, techniques to deal with hyper/hypoglycemia and meal planning, stress reduction, and more. **Wednesdays, May 10-June 14, 2:30-5 p.m.**

- **Healthy Eating for Successful Aging (Live Video Conference)** For adults hoping to improve their nutrition in order to lose/gain weight, lower cholesterol, manage blood sugar levels, or live well with any chronic condition. This workshop teaches the "My Plate" guidelines, nutrition basics, label reading, meal planning, goal setting, and problem solving. **Wednesdays, May 3-June 13, 9:30 a.m.-12 p.m.**

- **UCLA Memory Training (Live Video Conference)** For people with mild age-related memory challenges, Memory Training teaches memory enhancing techniques and practical strategies to boost memory functioning. **Tuesdays, June 6-June 27, 10 a.m.-12 p.m.**

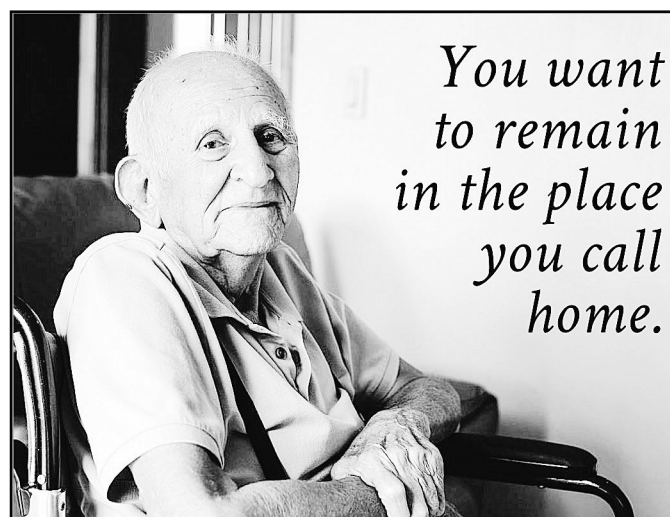
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