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THE GOOD LIFE

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Simple Acts of Kindness Build Strength in Our Community— Why Your Gift Matters!

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



John O'Farrell

As 2024 floats away and we welcome 2025, someone recently asked me, "What makes LifePath so special?" In quickly collecting my thoughts, it became abundantly clear to me in that moment that there would not be enough time during our short conversation to adequately describe all that we do, so I offered this instead: *"As individuals, we are often faced with overwhelming challenges along the way. Challenges that were never meant to be faced alone. That's why social connection and interaction with one another is so important. Throughout our lives, there have been people along the way to get us to where we are today. It could be a parent, a teacher, a sibling, or a friend, and that's where LifePath comes in. LifePath is proud to be a supportive partner along your journey, providing compassionate support, and helping to navigate life's ups and downs together. We are an advocate and teammate in providing viable options for caregivers and their loved ones to consider; helping families to make informed decisions that can positively affect their futures. Supported by a team of dedicated staff and caring volunteers, our programs help to provide stability and peace of mind in an ever challenging world."*

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From our Community Engagement Center and Personal Care Attendant programs, to our Rides for Health, Grocery Shopper, and Money Management programs, and everything in between, our primary focus is on helping others by listening and connecting people to resources and opportunities that help them to live their best possible lives.

Our Meals on Wheels program is just one great example, where Monday through Friday our delivery drivers provide that personal connection and social interaction, reassuring those we serve that they are not alone. This comforting exchange provides a wonderful opportunity to touch base, catch up on daily life, and to better understand the challenges that people might be facing.

You see, each of us can use our special powers by sharing our time to volunteer, to make a financial donation to a local non-profit, or by perhaps lending your knowledge and expertise to a new project. Our special powers can make transformative change happen right before our eyes. When we graciously support a local non-profit or civic organization with our gift(s), our community becomes stronger as a result of our involvement.

Making a difference doesn't have to be complicated or grandiose to have a huge impact. It could easily be a simple act of kindness towards a complete stranger to brighten their day. For example, starting an upbeat and thankful dialogue with the hard-working person at the drive-thru window can go a long way for that person who might be having a difficult day. Even holding a door

open for someone with a handful of items can provide a reassuring reminder that there are caring people in the world ready to assist and that we are not alone.

So you might be thinking, "Yes, that makes sense, but I'm not sure that my efforts alone will make any difference at all." Remember that the call to action, to make a difference, often comes from within our hearts first and that's the moment where positive change truly begins. The tremendous impact that our efforts have, along with simple acts of kindness, can be so impactful.

Similarly, people might feel hesitant to make a modest financial gift to their favorite non-profit because they don't feel that their gift is large enough or will make any difference at all. Nothing could be farther from the truth. Every gift matters in supporting the good work that organizations do within our local community. For example, a \$10/week gift can add up to a \$520 annual gift, making quite an impact and helping to keep services going for those in need of support.

As LifePath celebrates its 50th Anniversary, we are proud to still be going strong as an active and thriving partner in the community. Providing quality programs in support of older adults, individuals with disabilities, and their

caregivers, our success is only made possible by the many individuals and community partners that have helped us along the way. Those collective efforts have made it possible for us to make a positive difference in peoples' lives, and for that, we thank you.

As we look to the future, we must continue to put our best foot forward in all that we do, envision an even brighter future in delivering vital programs and services, and must never lose sight of the importance that social connection and interaction plays in everything we do. Your involvement today will help to make this all come together for the next 50 years. So join us today in our quest, as we continue to make a positive difference in our community.

For the moment though, let us pause to reflect on the New Year upon us, and give thanks to all the wonderful people throughout our community giving the gifts of time, talent, and financial resources. Some could even be ready to take that first step in becoming more involved and choosing to make a greater difference—we welcome you to join our efforts here at LifePath.

And the best part of all is the gift that comes back to you in the form of thankful smiles, relieved hearts, and faces filled with renewed hope that warms your heart, reaffirming that your actions truly do make a profound difference, and that your gifts do in fact matter.

To support LifePath's efforts, please go to our website to make your secure donation at <https://lifepath.app.neoncrm.com/forms/online-donations>. You can also send your gift through the mail to: LifePath, Inc., 101 Munson Street, Suite 201, Greenfield, MA 01301. Thank you!

To volunteer, please visit our website at <https://lifepathma.org/support-our-mission/volunteer/> to learn more.