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A publication of  
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options for independence  
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# THE GOOD LIFE

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## Walking Helps to Improve Health, so be Proactive and Sign Up for the Walkathon

By John O'Farrell,

Associate Director of Marketing and Development



John O'Farrell

As we are now officially on the other side of the Labor Day holiday, our minds automatically shift to the many things on our to-do list before the colder weather arrives. In between though, are a whole list of great activities that provide wonderful opportunities

to get together with family and friends and to enjoy the best that Fall has to offer here in New England, like our upcoming Walkathon on October 19th.

Having grown up about an hour north of New York City, I attended college in Springfield, MA and from there had the privilege of working in Western Massachusetts, as well as New Hampshire and Vermont. Over the years, I've come to discover the many things that make New England so great, but at the top of the list has always been the close-knit nature of local communities and peoples' kind heartedness to step forward and help others in times of need.

Similarly, it's one of the main reasons I decided to join the LifePath team back in May. Since then, I have been continuously in awe at the large range and variety of programs that LifePath offers, delivering positive, life-changing programs and services in support of older adults, individuals with disabilities, as well as their caregivers throughout Franklin County, the Upper Quabbin region, and parts of Berkshire, Hampshire, and Hampden Counties.

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 viable options that help people to live their best possible lives. Supported by a team of dedicated staff and caring volunteers, our programs help to provide stability and peace of mind in an ever changing world.

Our Meals on Wheels program is one such example, where Monday through Friday, our delivery drivers provide that personal connection, reassuring those we serve that they are not alone. This exchange provides a wonderful opportunity to touch base, catch up on daily life, and to better understand what's going on in their worlds. It's all about taking care of one another.

Speaking of taking care of one another, a friendly reminder that September marks Falls Prevention week from September 23rd through September 27th. This yearly initiative puts an important focus on taking proactive steps through routine exercise, such as walking. Walking on a regular basis, actually helps to strengthen our muscle groups, improves balance, and allows us to maintain our flexibility.

When combined together, these attributes actually help to decrease the odds of having to deal with a potentially damaging fall. Like the

wheels of a car and it's suspension, these parts are critical to effectively functioning on a daily basis, requiring proper care and maintenance to keep things running smoothly. Each day, simply putting one step in front of another pays huge dividends in return and is a renewed commitment to ourselves to just keep moving forward and to keep on climbing.

So why not keep the momentum going through October and join us at our Walkathon on October 19th at the Franklin County Fairgrounds. Registration and check in begin at 9:30 a.m. and the Walkathon begins at 10 a.m. There will be fun activities, information tables, food and refreshments to enjoy. Through your support and participation in our upcoming Walkathon, your financial support helps us to provide that encouragement and support to those in our care, as we work with caregivers in connecting them to vital programs that can positively affect the future of their loved ones.

So go ahead and sign up today. It's easy! There are so many ways that you can help.

1) You can sponsor the event. There are numerous sponsorship opportunities available to choose from and the brochure is available on our website at: <https://lifepathma.org/events-workshops/walkathon/>

2) You can create your own walking team and each team member can collect donations from those they know in support of the event. *There's two ways to get started:*

Option #1: Register through our website using the link above and click on the Fundraising Team Sign Up Button. Once you complete

your registration, send an email to [jofarrell@lifepathma.org](mailto:jofarrell@lifepathma.org) to let us know that you registered. We can then send you your personalized fundraising page link that you can share with your friends, family and colleagues. There will also be a registration link in the email as well to send to your team members who are participating that day, so they can register and fill out their t-shirt size.

Option #2: You can also choose to download a paper version of the donation form directly from our website at the link above. There you can print out a copy for yourself and share the form with those you know.

3) If you or someone you know can't make it to the event, but would still like to support our efforts, they can visit our website to make a secure online donation, or if they prefer, can simply mail in their check to LifePath at 101 Munson Street, Suite 201, Greenfield, MA 01301. Thank you!

4) If your community organization would like to participate on October 19th by having a table, we would be happy to have you join us. Please feel free to contact John O'Farrell at [jofarrell@lifepathma.org](mailto:jofarrell@lifepathma.org) for more information and next steps.

We look forward to seeing everyone on October 19th and we appreciate your efforts in helping to raise funds in support of LifePath's impact throughout our local community and beyond. Together, we can make great things happen, one step at a time.

For questions about the Walkathon, please contact John O'Farrell at 413-829-9211 or by email at [giving@lifepathma.org](mailto:giving@lifepathma.org).

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