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LifePath
options for independence

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THE GOOD LIFE

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Beacons of Reassurance in an Uncertain World

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



John O'Farrell

I haven't seen fireflies in my backyard in quite some time, so you can imagine my surprise when I spotted one last week. I am amazed at the simple beauty of a firefly as it seems to fly across the field upon its nightly journey. I have often considered them to be a sign of good luck and hope, as their intermittent light flashes like a beacon in the night, offering a peaceful reassurance that you are not alone in the dark.

The same holds true for lighthouses. These towering architectural wonders are such a captivating sight to see from both land and sea. From land, it gives us a sign that we are getting closer to the shore and provides a higher perspective from above to better understand our surrounding environment. From sea, back before technological navigation took hold, lighthouses allowed sailors to know precisely where they were along their journey as each lighthouse was painted in its own unique color schemes along the coast. By night, lighthouses provide unique sequences of flashing light to let sailors know their position as they traverse the ocean.

Fireworks also help us to celebrate the many wonderful occasions and milestones throughout our history, as they help to illuminate the night sky so that we can better see through the darkness and as we gain our bearings in strategizing our next steps toward a brighter future.

As LifePath continues to navigate the current and future uncertainty with both Federal and State budget constraints, we have decided to shift our in-person Fall Walkathon Event to a peer-to-peer fundraising campaign taking place from October 2 through October 30. This month-long campaign will allow our traditional Walkathon donors to continue to support our efforts this fall without the logistical overhead

associated with running an in-person event.

Why do this, you might ask? Well, by going in this direction it allows us to accomplish a number of things. First and most importantly, it continues to give our traditional teams, sponsors, and individual donors that have historically been involved in this long-standing event, the opportunity to continue to support the important work that we do, under a similar format. In moving away from an in-person event, we are hoping to include more people to participate in this mobile campaign fundraising structure, helping to address decreasing attendance over the years. This change also helps to prevent competition with other live events going on during the busy fall season.

Additionally, the move to a more traditional fundraising campaign format provides us with an opportunity to save more than \$10,000 in event and staff-related costs, maximizing the impact of your gift to go even further in making a positive difference in the lives of those we serve through our programs.

We are asking people to follow up with those you have approached in the past to support LifePath through this event to ask for their continued support of our efforts. Donation collection forms will be available starting August 24 on our website at lifepathma.org, and copies will be available at local senior centers in your area and at our main office in Greenfield. There is also the option to make your donation directly online or it can be mailed to LifePath, Inc., 101 Munson Street, Suite 201, Greenfield, MA 01301. Our goal this year is to raise \$60,000 in support of our Meals on Wheels program, and I know that we can surpass that goal with everyone's continued support.

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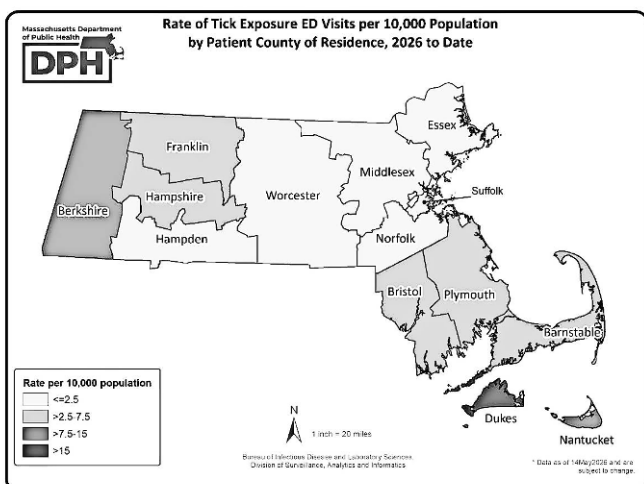
The power of your support is a reassuring beacon that cannot be overstated, as it helps us to chart a course towards calmer waters, as we sustain our life-changing programs in serving those throughout our community and beyond. For questions about your gift or to help us raise funds in support of our efforts, please feel free to contact John O'Farrell at jofarrell@lifepathma.org. For more information on LifePath's many programs, call 413-773-5555 or visit our website at lifepathma.org to learn more.

Tick Information

Sourced from The Massachusetts Executive Office of Aging & Independence (AGE) May 2026 Newsletter

What are ticks?

Ticks are bugs that feed on the blood of people and animals. When they bite you, they can make you sick. Two kinds of ticks found in Massachusetts can carry diseases: deer ticks and dog ticks.



Tick and Mosquito Prevention

How can I protect my family, my pets, and myself from tick and mosquito bites?

The best way to prevent tick and mosquito related diseases is to prevent bites. Ticks are most commonly found in grassy, brushy, or wooded areas. They only attach when you come into direct contact with them, they cannot jump or fly. Mosquitoes need water to lay their eggs in and plants to hide in so they are usually found around water and plants. Mosquito eggs are laid on water or damp soil where the young mosquitoes grow and develop. Follow these prevention steps:

- Check yourself for ticks once a day.

- Use repellents that contain DEET on your exposed skin and those that contain permethrin on your clothes.
- Stick to main pathways and the center of trails if you can.
- Weather permitting, wear long-sleeved, light-colored shirts and long pants tucked into your socks. This will help keep ticks away from your skin and make it easier to spot ticks on your clothing.

Where do ticks often attach?

Favorite places ticks like to go on your body include: areas between the toes, back of the knees, groin, armpits, and neck; along the hairline; and behind the ears.

When to remove ticks?

A tick should be carefully removed as soon as possible. The longer an infected tick remains attached to you, the more likely you are to get sick.

Why are mosquito bites a concern?

Some mosquitoes carry germs that can make people and some animals sick. Mosquitoes can transmit germs when they bite. In Massachusetts, the diseases linked to mosquitoes are West Nile virus (WNV) and eastern equine encephalitis (EEE) virus.

How long does it take for the tick to spread disease?

It can take 24 hours or more for infected ticks to spread disease, so even if you get a tick bite, you may be able to stop yourself from getting sick just by removing the tick promptly.

Do all mosquitoes spread germs to people?

No. In fact, most mosquito bites will only cause itching or skin irritation. However, some species found in Massachusetts carry viruses that can cause illness.

Visit [Mass.gov/tick-borne-diseases](https://www.mass.gov/tick-borne-diseases) for more information on tick-borne diseases and how to prevent them.