

# LIFEPATH LOCATIONS

## Congregate Dining & Centers

**Town of Berne Community & Senior Center**  
1360 Helderberg Trail • Berne, NY 12023

**Cohoes Senior Center**  
10 Cayuga Plaza • Cohoes, NY 12047

**Livingston School Apartments**  
315 Northern Blvd. • Albany, NY 12210

**Ohav Sholom Apartments**  
115 Krumkill Rd. • Albany, NY 12208

**South Mall Towers**  
101 South Pearl St. • Albany, NY 12207

**St. Matthews Roman Catholic Church**  
25 Mountainview St. • Voorheesville, NY 12186

**Watervliet Senior Center**  
1501 Broadway • Watervliet, NY 12189

**Westview Homes**  
680 Central Ave. • Albany, NY 12206

**Wyman Osterhout Community Center**  
7 The Old Rd. • Voorheesville, NY 12186

## Social Adult Day Programs

### Cohoes Companions

Cohoes Senior Center  
10 Cayuga Plaza • Cohoes, NY 12047

### Newgate

LifePath Administrative Office Building  
28 Colvin Ave., Suite 1 • Albany, NY 12206

### Meals on Wheels Kitchen

20 Warren St. • Albany, NY 12202

**LifePath Administrative Offices**  
28 Colvin Ave., Suite 2 • Albany, NY 12206  
P: 518-465-3322 • Fax: 518-465-6188  
info@lifepathny.org • www.lifepathny.org

Expressing gratitude to our valued major donors, funders, and grantors whose generous support in 2023 has played a pivotal role in advancing the LifePath mission. Their contributions have enabled LifePath to deliver vital programs and services to the older adults within our community.

Aimee Allaud • Altes Family Fund\* • Jillian Callanan • Christopher Cimijotti • Fenimore Asset Management • Marvin & Sharon Freedman Fund\* • Christopher & Shirley Greagan • Hoffman Giving Fund • Humana • Frederick McDonald Trust • Edward & Nancy McEwan Advised Fund\* • Mary P. Nicholaou • Charlie & Betty Peer Advised Fund\* • John D. Picotte Family Foundation • Picotte Family Foundation • Renaissance Corporation • Roddy Giving Fund • David M. Schultz - Media Logic • Robert J. Sinacore • Sinacore Family Fund • South Mall Towers • Walter Borisenok Family Foundation • David & Candace Weir Foundation

\* Grant is part of the Community Foundation for the Greater Capital Region.



Administration for Community Living



Daniel P. McCoy



Office for the Aging



ALBANY HOUSING AUTHORITY



CITY OF COHOES



THE CITY OF WATERVLIET



A plan for life.



CDTA



e-NABLE



MVP



# 2023 Annual Report

We are dedicated to keeping our older neighbors healthy and safe by providing effective programs and supports to help them stay connected to our communities.



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– LifePath Mission

## 2023 PROGRAM HIGHLIGHTS

- The Review Foundation granted funds to support Program Managers in aiding older adults in completing forms & scheduling appointments.
- Worked with Albany Housing Authority to secure a three-year Resident Opportunity and Self-Sufficiency (ROSS) Grant. This funding aims to enhance the array of programs and services available for the residents of Westview Homes.
- Marra's Pharmacy and CDPHP Rx hosted Blood Pressure and Flu Shot Clinics in Cohoes & Watervliet.
- LifePath worked jointly with Russell Sage College to offer hands-on training to 12 Occupational Therapy students in our Social Adult Day Programs.
- Collaborated with Norlite to organize a Senior Picnic for Cohoes residents.
- In partnership with the Albany County Department for Aging:
  - an Open House at the Berne Senior Center, drew nearly 100 individuals from the Hilltowns. Attendees learned about the programs and services offered to older adults in Albany County.
  - we conducted a 10-session evidence-based Aging Mastery Program® at the Cohoes Senior Center, benefiting 40 participants.
  - and the Albany County Legislature, bus trips were organized to Olana State Historic Site, the Empire State Aerosciences Museum, and the Schenectady Festival of Trees. 50+ participants had the opportunity to learn about these historical sites and programs.

## 2023 PROGRAM OUTCOMES

- 138,195 meals were prepared and delivered from our kitchens
- 20 committed staff members, along with 200+ volunteers, collaborated to prepare and deliver meals throughout the year.
- 676 older adults savored the experience of enjoying one or more of our 34,376 community meals.
- 129 senior enrichment programs at our Centers were attended by 903 people.
- 26 seniors received over 15,878 hours of care while enjoying their days in a secure environment with friends at our Social Adult Day Programs.
- Nearly 20 caregivers found support through our telephone support groups, one-on-one counseling sessions, and educational programs.
- Our proficient case managers offered 1,236 hours of one-on-one case assistance to 240 clients.
- Our knowledgeable staff enthusiastically engaged in more than 30 tabling events, conferences, and networking events across the Capital Region, ensuring the community is well-informed about the programs and services offered by LifePath.

## 2023 EVENT HIGHLIGHTS

Our Major Fundraisers raised:

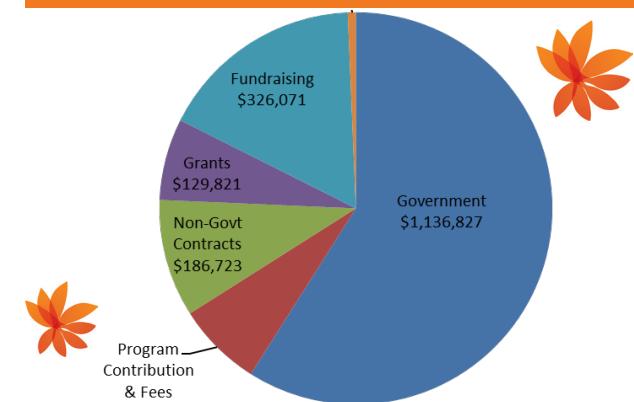
**27th Annual –  
Third Age Achievement Awards**  
\$31,387

**25th Annual –  
Travers Soirée**  
\$95,184

**32nd Annual –  
Capital Region Senior Expo**  
\$54,215

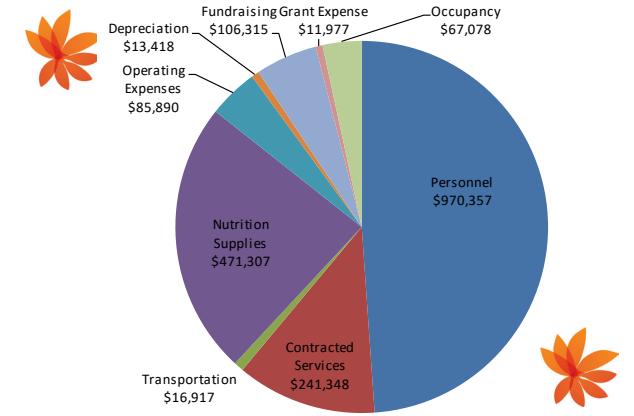
## 2023 FINANCIAL STATEMENT

### REVENUE



LifePath derives its revenue from diverse channels. The predominant source remains government funding, primarily from the NYS Office for Aging, Albany County, and the Cities of Cohoes and Watervliet.

### EXPENSES



LifePath is dedicated to minimizing overhead costs, ensuring that the majority of our resources are directed towards programs and support systems. This commitment aims to assist our older neighbors and friends in staying healthy, safe, and connected to our communities.