

January 2026

THE PATH FORWARD

Reflecting on Our Journey, Paving the Way Ahead

LifePath
Supportive Services for Older Adults

 **Eddy SeniorCare**
ST PETER'S HEALTH PARTNERS

Brought to you by Eddy SeniorCare – providing support & care to older adults to allow them to remain in their homes. For help, call (518) SUPPORT

A Message from Gary March, LifePath Executive Director



As we begin a new year, I want to take a moment to thank everyone who helps keep LifePath's mission and programs strong. Our work is only possible because of the partnerships, volunteers and dedicated staff who show up every day for our older neighbors and caregivers across the Capital Region.

I continue to be inspired by the commitment of our team. From program staff and drivers to administrative and support teams, their compassion and professionalism ensure LifePath remains a trusted resource rooted in care, connection and support. At the same time, our volunteers and community partners extend our reach in ways we could never achieve on our own. Together, we are meeting people where they are and responding to needs that continue to grow and evolve.

As we look ahead, sustaining and strengthening our programs remains a top priority. We are focused on expanding access to nutrition services, strengthening behavioral health supports and addressing social isolation through collaboration and innovation grounded in dignity and respect. With the continued support of our partners and volunteers, we are keeping essential services accessible and impactful.

I invite you to join us in person at LifePath's Annual Meeting on Wednesday, February 25 at 8:30 a.m. at the Watervliet Senior Center. This gathering is an opportunity to celebrate our achievements, discuss our plans for 2026 and install new board members and officers who will help guide LifePath into the future.

Thank you for believing in LifePath and for being part of this work. Your support helps ensure our mission remains strong today and for years to come.

Warm regards,

Gary March
Executive Director, LifePath

Discover the Newgate Social Adult Day Program



Looking for a safe, engaging place to spend the day? The Newgate Social Adult Day

Program offers older adults a welcoming, structured environment with supervision and meaningful activities.

Newgate supports independence and well-

being in a person-centered setting. Participants enjoy breakfast and lunch, guided conversations on current events, daily health and wellness activities, crafts and opportunities to stay mentally engaged. Most importantly, the program offers time with peers and a chance to enjoy the day outside the home.

Newgate is a good fit for individuals who are able to leave home for part or all of the day but need more support

than a traditional center setting provides. At the same time, the program offers caregivers reliable respite, allowing time to work, attend appointments or take a break, knowing their loved one is safe and supported.

Even attending one or two days a week can make a difference. Newgate offers structure, companionship and a reason to look forward to the day.

**Interested in learning more or scheduling a trial visit?
Call 518-465-3322, ext. 120**

Building Connections with Eddy SeniorCare

Through our partnership with Eddy SeniorCare, a program of St. Peter's Health Partners, LifePath participants enjoy monthly programs at our Centers and the Newgate Social Adult Day Program. Each month, Eddy SeniorCare brings activities that keep participants engaged and social, from themed bingo and Jeopardy games to craft projects and hands-on learning experiences.

Eddy SeniorCare is the Capital Region's only Program of All-Inclusive Care for the Elderly (PACE). PACE is a proven model that helps older adults with long-term health care needs live safely at home by providing medical care, home health services, therapy and other supports in one coordinated program.

Joann from Eddy SeniorCare leads many of these programs, bringing energy and enthusiasm that brighten participants' days. By hosting programs in partnership

with LifePath, Eddy SeniorCare helps participants and their caregivers build a relationship before they may need a higher level of care, creating a smooth transition if and when more intensive services become necessary.

We are grateful for Eddy SeniorCare's ongoing partnership and look forward to the programs and activities they will bring to LifePath in 2026. Their dedication strengthens LifePath's mission and ensures older adults have access to engaging, supportive experiences while maintaining continuity of care.



Property Tax Savings for Homeowners 65 and Older

Did you know that if you are 65 or older and own your home, you may qualify for a property tax exemption that can lower your tax bill?



This New York State program is handled through your local assessor's office and applies to your primary residence.

Income limits apply, and many communities offer larger savings for households with lower incomes. Applications and renewals are required each year, with most deadlines falling on March 1.

To learn more or apply, contact your local assessor or visit the New York State Department of Taxation and Finance website: <https://www.tax.ny.gov/pit/property/exemption/seniorexempt>.

Coming Together for LifePath's Mission

LifePath fundraisers are a wonderful way for our community to come together, have fun and support programs that make a real difference. While grants, contracts and program revenue help, they don't cover everything needed to deliver our programs and services. Fundraisers help bridge that gap, allowing us to continue providing the nutrition and vital support services our neighbors rely on while sharing experiences and making a positive impact.

Some fundraisers take place at our Centers, giving older adults a night out, a chance to get dressed up, enjoy time with friends and give back to programs that enrich their lives. Others are larger community fundraisers that unite neighbors, businesses and friends across the Capital Region to support LifePath's mission. All of these gatherings foster a sense of belonging and purpose while keeping our programs strong.

Mark Your Calendar: Join us for these upcoming events and experience the impact firsthand:

ST. PATRICK'S DAY DINNER

Wednesday, March 11, 2026 • 5:00 p.m. • Cohoes Senior Center

30TH ANNUAL THIRD AGE ACHIEVEMENT AWARDS LUNCHEON presented by CDPHP

Friday, April 17, 2026 • 11:30 a.m. • Wolferts Roost Country Club

CINCO DE MAYO FESTIVAL

Tuesday, May 5, 2026 • 1:00 p.m. • Watervliet Senior Center

THE CARPENTER'S DINNER THEATRE

Thursday, May 28, 2026 • 5:00 p.m. • St. Matthew's Church

LIFEPATH'S COHOES SENIOR PICNIC presented by CDPHP

Wednesday, June 17, 2026 • 1:00 p.m. • Cohoes Senior Center

LIFEPATH'S WATERVLIET SENIOR PICNIC presented by CDPHP

Wednesday, June 24, 2026 • 1:00 p.m. • Watervliet Senior Center

28TH ANNUAL TRAVERS SOIRÉE

Friday, August 21, 2026 • 6 p.m. • Saratoga National Golf Club

DINNER & DANCING THROUGH THE DECADES

Thursday, September 17, 2025 • 4:30 p.m. • Watervliet Senior Center

MINI SENIOR EXPO

Friday, October 2, 2026 • 12:00 – 1:00 p.m. • Westview Homes

THE CARPENTER'S DINNER THEATRE

Thursday, October 8, 2026 • 5:00 p.m. • Cohoes Senior Center

35TH ANNUAL CAPITAL REGION SENIOR EXPO

Friday, October 16, 2026 • 8:30 a.m. – 1:00 p.m. • Crossgates Mall

MINI SENIOR EXPO

Wednesday, October 28, 2026 • 12:30 – 1:30 p.m. • Watervliet Senior Center

MINI SENIOR EXPO

Thursday, November 12, 2026 • 12:00 – 1:00 p.m. • St. Matthew's Church

MINI SENIOR EXPO

Wednesday, November 18, 2026 • 12:30 – 1:30 p.m. • Cohoes Senior Center

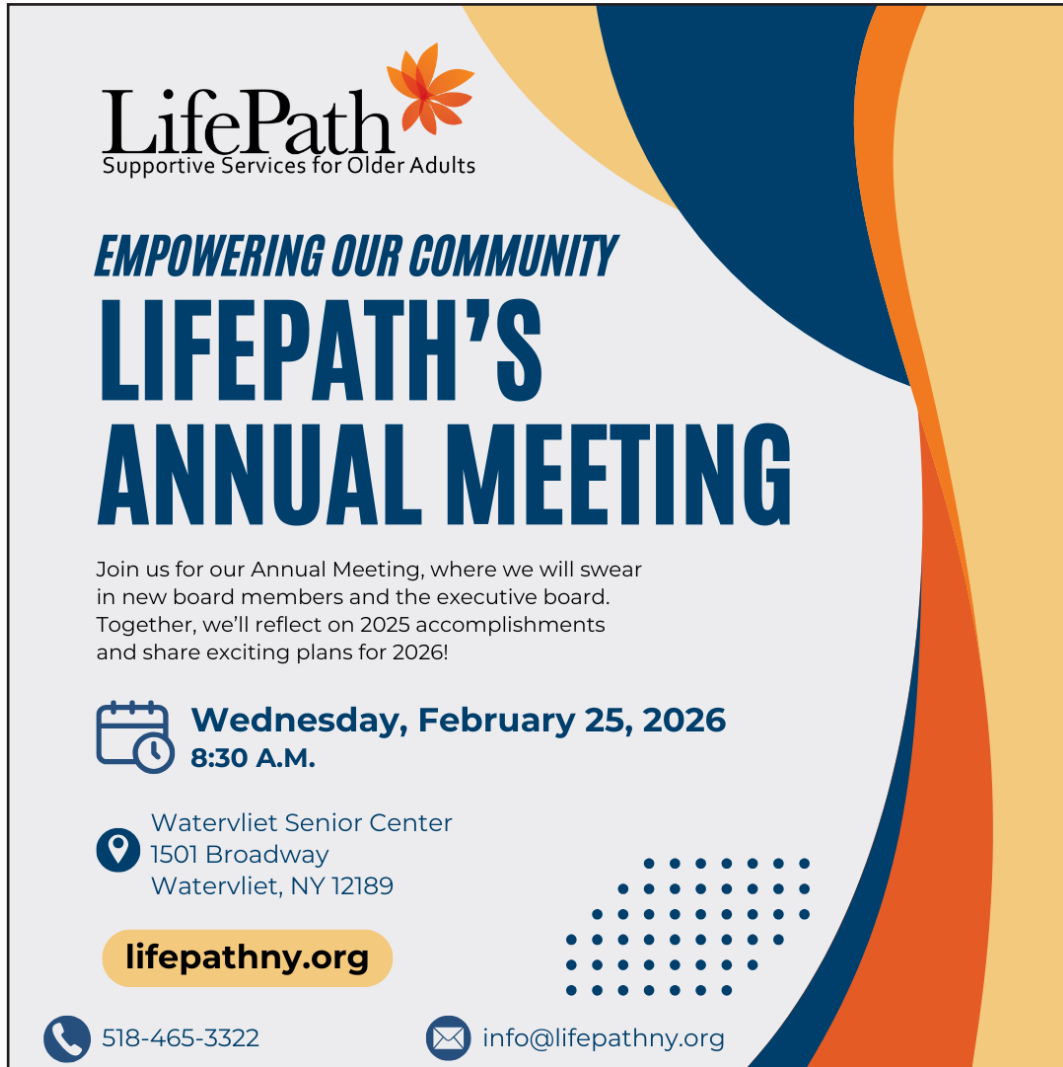
Stay tuned for details about each event, and thank you for your ongoing support. If you have questions or are interested in attending or supporting one or more fundraisers, contact Maria Jones, Director of Marketing & Special Events, at 518-362-5481 or mjones@lifepathny.org.



LifePath's Annual Meeting is an opportunity to reflect on the year behind us and look ahead to what's next. It brings together community members, partners, volunteers and supporters who care deeply about ensuring older adults and caregivers have access to trusted programs and services.

We look forward to sharing updates on our work, celebrating progress and welcoming new leadership as we continue to strengthen LifePath's mission and impact across the Capital Region.

We hope you'll join us and be part of the conversation.




The poster features the LifePath logo at the top left, with the tagline 'Supportive Services for Older Adults'. The main title 'LIFEPATH'S ANNUAL MEETING' is prominently displayed in large, bold, blue letters. Below the title, a paragraph invites attendees to join for the Annual Meeting to swear in new board members and the executive board, reflecting on 2025 accomplishments and sharing plans for 2026. The date and time, 'Wednesday, February 25, 2026, 8:30 A.M.', are listed with a calendar icon. The location, 'Watervliet Senior Center, 1501 Broadway, Watervliet, NY 12189', is provided with a location pin icon. The website 'lifepathny.org' is highlighted in a yellow rounded rectangle. Contact information includes a phone number '518-465-3322' and an email address 'info@lifepathny.org'. A decorative graphic of blue dots is on the right side of the poster.


LifePath
Supportive Services for Older Adults

EMPOWERING OUR COMMUNITY



**LIFEPATH'S
ANNUAL MEETING**

Join us for our Annual Meeting, where we will swear in new board members and the executive board. Together, we'll reflect on 2025 accomplishments and share exciting plans for 2026!

 **Wednesday, February 25, 2026**
8:30 A.M.

 Watervliet Senior Center
1501 Broadway
Watervliet, NY 12189

lifepathny.org

 518-465-3322  info@lifepathny.org

Donate & Volunteer: LifePath relies on the kindness of sponsors and supporters and the dedication of committed volunteers to provide crucial services to older adults in the Capital Region.

Annual Support Opportunities: Spotlight your company in LifePath's newsletter, at events, or throughout the year! Contact Maria Jones, director of marketing & special events, for additional details at 518-362-5481 or mjones@lifepathny.org.

LifePath
Supportive Services for Older Adults

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