

February - March 2026

THE PATH FORWARD

Reflecting on Our Journey, Paving the Way Ahead

LifePath
Supportive Services for Older Adults

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LifePath Holds 2026 Annual Meeting and Welcomes New Leadership

LifePath welcomed board members, partners, staff and supporters to its 2026 Annual Meeting, celebrating a year of impact and looking ahead to the work still to come.

Executive Director Gary March shared highlights from 2025, underscoring the growing need among older adults living on fixed incomes. Over the past year, LifePath delivered more than 120,000 meals through home-delivered, community dining and the social adult day program. Staff also provided more than 2,800 assists at LifePath centers and hosted nearly 300 programs that helped reduce isolation and strengthen connection.

Gary also highlighted the successful merger of the Cohoes Companions and Newgate social adult day programs, creating one stronger and more unified service model. He noted the importance of expanding partnerships, diversifying revenue and preparing for the development of LifePath's next strategic plan in 2026.

Outgoing Board President Susan Nixon reflected on her tenure



and thanked fellow board members for their dedication. The organization recognized Thomas Miller and Stephanie Kozak for their years of service and commitment to LifePath's mission.

During the meeting, the 2026 Executive Officers were elected:

President: Aaron Carbone

Vice President: Kim Eriole

Treasurer: Edward Tremblay

Secretary: Amal Cooney

LifePath also welcomed four new board members beginning three-year terms through December 2028:

Sarah Grimes, director of business development, NYSARC Pooled Trust

Ann-Marie Smith, CPA and owner of A. Smith Accounting

Valerie Osborne, director of Medicare sales, MVP Healthcare

Phillip Vacchio, partner at Herzog Law Firm

Aaron Carbone was officially sworn in as president and shared his vision for the year ahead, including strengthening strategic partnerships, responding to evolving community needs and placing greater focus on behavioral health among older adults.

LifePath extends sincere thanks to the partners, funders and community leaders who attended and continue to stand alongside the organization. Their support ensures older adults in our community age with dignity, connection and care.

Watervliet Winter Olympics Bring Community Together

The Watervliet Senior Center came alive with laughter, cheers and friendly competition during its own Olympic Games, led by Program Manager Pauline Bush.

Participants kicked off the festivities by creating festive decorations, centerpieces and a custom Chocolate Olympic torch. The torch began its journey with a randomly chosen guest and was passed from participant to participant, following directions from an Olympic poem written by Bush. The final torch recipient got to take it home as a keepsake from the celebration.

The games had something for everyone: seated cross-country skiing, tabletop "ice" hockey, curling for the gold, a Snowball Fling competition, a virtual bobsled ride and a gondola photo experience. Energy, teamwork and playful rivalry filled every activity, bringing participants together in a truly memorable week.

The festivities ended with a medal ceremony celebrating team and individual achievements. Special honors went to Janet Chiorgno for torch passing, Sharon Irizzary for favorite photo and Carol Mead for sportsmanship. Team awards went to Sexy Seniors, first place; Fun N Games, second place; and Team Snoopy, third place. Trivia champions were "The Girls and a Guy."

Group photos and visits from special guests, including Mayor Charles Patricelli, capped the celebration. The Winter Olympics brought joy, connection and community spirit to the center, leaving everyone smiling and energized.



Nutrition Services Keeps Community Members Nourished and Connected

LifePath's Nutrition Services team plays a vital role in supporting older adults across the Capital Region.

Each year, the team prepares and serves over 120,000 meals through a network of 10 community dining sites while also delivering meals to hundreds of homebound individuals each week. These meals do more than provide nutrition. They offer connection, consistency and peace of mind for those who rely on them.

Community dining sites create opportunities for social interaction, helping reduce isolation while offering balanced, healthy meals in a welcoming setting. For those unable to leave home, meal delivery ensures they continue to receive both nourishment and regular check-ins.

Together, these services help older adults remain independent and connected to their communities.



Westview Homes Welcomes Tulip Queen and Author Series

Residents of Westview Homes recently enjoyed a special afternoon tea hosted by Albany's Tulip Queen, Abigail "Bat Girl" Williams, along with members of her court, Alyssa Kamara, Cait Tizzone and Theadora Welch.

The event featured local photographer and author Stephanie Bartik, who shared excerpts from her memoir *Front Row Life: Chasing the Light* and stories from her years in the rock music scene. A 2025 Eddies Award winner for Music Photographer of the Year, Bartik spoke about embracing new adventures later in life, inspiring residents with her journey.

The program is part of a growing partnership designed to bring engaging, accessible literary experiences to residents. Events are designed to be inclusive, allowing participants to listen, reflect and join in discussion regardless of reading ability.

Upcoming events include:

April 19, 12 to 2 p.m.
featuring works by
Charlayne Woodard

April 26, 12 to 2 p.m.
featuring author Liam
Sweeny



Cherry Blossoms in Bloom at Newgate

Guests at LifePath's Newgate Social Adult Day Program welcomed spring with a creative and educational activity inspired by cherry blossoms.



Participants painted delicate cherry blossom designs on paper, then transformed their artwork into handmade

lanterns. The room filled with color as each guest added their own personal touch. During the activity, guests also learned about the history of cherry blossoms in Washington, D.C., and how the trees have become a symbol of beauty and renewal across the country.

The project sparked conversation, creativity and connection among participants, offering both a meaningful learning experience and a chance to socialize in a supportive setting.

Programs like Newgate provide a safe, structured environment where older adults can engage in enriching activities while building friendships and maintaining independence.

Do you know an older adult who could benefit from a welcoming, supportive environment or a caregiver who could use time to rest and recharge? To learn more about becoming a guest at the Newgate Social Adult Day Program call 518-465-3322 ext. 120.

LifePath's 30th Annual Third Age Achievement Awards: Honoring Leaders Who Inspire

LifePath is proud to celebrate 30 years of leadership, innovation, and community impact at the Third Age Achievement Awards. Join us Friday, April 17, 2026, at 11:30 a.m. at Wolferts Roost Country Club to honor individuals who prove that growing older doesn't mean slowing down.



This year's honorees, recognized for their extraordinary contributions across business, journalism, faith, workforce development, healthcare and community service, are:

Bob Belber, General Manager, MVP Arena

Connie Centrello, St. Vincent's de Paul Church

William Kennedy, Novelist & Journalist

Chet Opalka, Community Leader

Bob Passonno, Community Volunteer

Deb Riitano, Director, Hubbard Interfaith Sanctuary

Anne Saile, Healthcare and Government Executive

Crickett Thomas-O'Dell, Director, Statewide Pre-Apprentice Program for Workforce Development Institute & NYS Building & Construction Trades Council

CDPHP is the presenting sponsor for this milestone event, and past honorees Paul Grondahl and Benita Zahn return as Chair and Emcee to lead the celebration.

Support these inspiring leaders and be part of a community that celebrates achievement at every age.

Cohoes St. Patrick's Day Fundraiser Draws a Crowd

The Cohoes Senior Center was filled with energy and community spirit during its St. Patrick's Day fundraiser, which welcomed nearly 100 guests for an evening of food, music and connection

Attendees enjoyed a traditional corned beef dinner prepared by our talented nutrition services team while listening to live music from the Twisted Kilt Duo. The event brought people together to celebrate the holiday while supporting LifePath's work at the center.

Thanks to the generosity of sponsors, including CDPHP, CDTA, Centers Health Care, Harp Star Cleaning, Art Hunsinger, Mitola Family Dentistry and MVP Healthcare, the fundraiser was a success.

A special moment came during the 50/50 raffle when Dave Montalvo of CDPHP, whose ticket was drawn, chose to donate his winnings back to LifePath, further supporting programs and services at the center.

Events like this highlight the strong sense of community in Cohoes and the impact of local support. Funds raised will help continue programs and opportunities that keep older adults active, engaged and connected.



The Eliot at Troy Brings Smiles to Newgate Program Participants

LifePath's Newgate Social Adult Day Program recently enjoyed a pizza party generously sponsored by The Eliot at Troy.

Participants shared laughter, stories and plenty of pizza, creating a relaxed and joyful atmosphere. The event reflected LifePath's mission to foster community, connect participants and support caregivers.

LifePath is grateful to The Eliot at Troy for making the afternoon special. Programs like this enrich the lives of participants and strengthen the sense of belonging at LifePath centers.



Upcoming Events and Fundraisers

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

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

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

Watervliet Celebrates Women's History Month With a Twist on Bingo

The Watervliet Senior Center marked Women's History Month with a creative take on a familiar favorite.

Before each round of bingo, guests were introduced to notable women featured on their bingo cards. Staff shared brief stories about each woman's accomplishments and contributions, turning the game into both a fun and educational experience.

The format encouraged conversation and curiosity, as participants learned new facts and shared their own thoughts and experiences. The activity sparked meaningful discussion and brought an added sense of purpose to a classic game.

By blending learning with social engagement, the program created a welcoming space for connection and reflection while honoring the achievements of women throughout history.

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 
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