

April 2026

THE PATH FORWARD

Reflecting on Our Journey, Paving the Way Ahead

LifePath
Supportive Services for Older Adults



Eddy SeniorCare

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Third Age Achievement Awards Celebrate Impact and Purpose



LifePath's 30th Annual Third Age Achievement Awards marked a milestone year with a memorable awards luncheon at Wolferts Roost Country Club. The room was filled with energy, connection and a shared sense of purpose as the community came together to celebrate this year's honorees.

The event recognized eight individuals - Bob Belber, Connie Centrello, William Kennedy, Chet Opalka, Bob Passonno, Deb Riitano, Anne Saile and Crickett Thomas-O'Dell - whose lives and contributions reflect a clear commitment to staying active, engaged and involved. Their

stories continue to challenge the idea that getting older means stepping back, showing instead what is possible through continued leadership and service.

Presented by CDPHP, the event reflects a valued partnership that supports LifePath's mission.

The program was led by Chair Paul Grondahl and emcee Benita Zahn, both former honorees. Their connection to the awards brought added perspective to the program and helped guide the celebration of this milestone year. In honor of the 30th anniversary, 35 past honorees were also in attendance, creating a powerful reminder of the legacy and impact built over time.

Tribute videos allowed each honoree to share their story in their own words, offering a closer look at the experiences and values that continue to shape their work. These moments grounded the program in real stories and reinforced the purpose behind the awards. The Third Age Achievement Awards continue to reflect an important truth. Purpose and contribution do not diminish with age. They often grow stronger through continued involvement, leadership and connection to community.

Strong attendance and support from sponsors and community partners helped make this year's event a success. Proceeds will support LifePath's work of providing nutritious meals, socialization opportunities, community connection and access to essential services that help individuals remain independent and engaged throughout every stage of life.

Volunteer Appreciation Month at LifePath

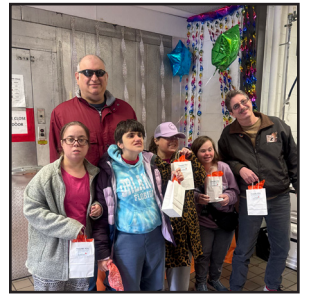
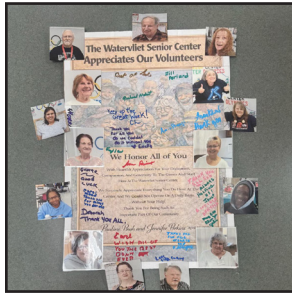
April was Volunteer Appreciation Month, and LifePath recognized the hundreds of volunteers who help support programs across the organization.

Volunteers play an essential role in delivering Meals on Wheels, ensuring nutritious meals reach individuals throughout the community. Others help set up and serve meals, creating welcoming spaces at LifePath's ten community dining locations.

Support also extends behind the scenes. Volunteers assist in kitchen operations, including bagging bread and preparing meal bags for delivery. At both the Centers and administrative office, they provide valuable help with clerical and organizational tasks that keep daily operations running smoothly.

To show appreciation, each volunteer received a cup with a message of thanks as a small token of gratitude for their time and commitment.

Their dedication makes a meaningful difference across every part of LifePath's work.



Center Participants Enjoy Day at the Symphony



Participants from the Cohoes and Watervliet Senior Centers recently enjoyed a special outing to the Albany Symphony, made possible by the symphony's generosity. Transportation to and from the performance was provided with support from CDPHP.

The performance featured works by Joel Thompson, Sergei Rachmaninoff and Edward Elgar, led by Music Director David Alan Miller, with pianist Garrick Ohlsson. Set in Troy Savings Bank Music Hall, the program offered a rich and memorable musical experience.

Participants shared enthusiastic feedback, highlighting the welcoming atmosphere and thoughtful planning throughout the day. From the pre-concert talk to the performance, the outing provided an opportunity to connect and enjoy something new.

Experiences like this support LifePath's work to provide meaningful socialization and community connection. The day at the symphony offered more than a performance. It created a shared experience and lasting memories.

Cohoes Rotary Hosts Spaghetti Dinner to Support LifePath

The Cohoes Rotary Club recently hosted a spaghetti dinner at LifePath's Cohoes Center, bringing the community together in support of LifePath's programs and services.



The event welcomed guests for an evening of good food and connection, with proceeds benefiting services that help individuals remain active, engaged and connected in their community. Support from organizations like the Rotary plays an important role in sustaining and strengthening LifePath's work.

LifePath is grateful to the members of the Rotary for their continued commitment and partnership.

Community led events are a meaningful way to support LifePath's mission. Those interested in hosting a fundraiser or third-party event are encouraged to contact Maria Jones at 518-362-5481 to learn more.



A tribute to the **DINNER THEATRE**
CARPENTERS
 to benefit LifePath

\$25 per person

Thursday, May 28, 2026 • 5 PM
ST. MATTHEW'S CHURCH
 25 Mountain View Rd. • Voorheesville NY

LifePath
 Supportive Services for Older Adults
 Reserve your seat by May 21
 518-465-3322 x 103 • info@lifepathny.org

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Albany Public Library Brings Pop-Up Program to Westview Homes

Albany Public Library Outreach Librarian Meghan Kelly has been visiting Westview Homes each month since December to host a popup library for residents.

The program brings books and games directly to the community, offering residents an easy way to browse materials, enjoy activities and stay engaged. The monthly visits provide both entertainment and connection, creating a welcoming space right at home.



Newgate Social Adult Day Program Guests Enjoy Time Outdoors

Participants in LifePath's Newgate Social Adult Day Program recently enjoyed time outdoors at the program site, taking advantage of warmer weather and sunshine. The change of setting offered a relaxed and refreshing part of the day.

Guests gathered outside for light stretching and gentle movement designed to support mobility and overall well-being. The activity also created time for conversation and social connection in a comfortable, familiar environment.

Moments like these are an important part of the day program, which provides structured, supportive services focused on independence, engagement and quality of life. Time outdoors offers both physical and emotional benefits while encouraging connection among guests and staff.

The Newgate Social Adult Day Program in Albany is always welcoming new guests.



SAVE THE DATES!!

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 WATERVLIIET SENIOR PICNIC *presented by* CDPHP

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

28TH ANNUAL TRAVERS SOIRÉE

Friday, August 28, 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 *presented by* Norlite

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, mjones@lifepathny.org or 518-362-5481.

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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