

Dear LIFEPath Meals on Wheels Walk-a-Thon supporter.

This year is LifePath's 30th Walkathon season. Deborah and I will again captain our team and make the walk. Please help us this year to continue to provide for older adults, individuals with disabilities, and their caregivers. The power of community, the walkathon fundraisers and their supporters continue to be integral to the well-being of those LifePath services. On behalf of our church team, Deborah and I are requesting donations to ensure that LifePath's efforts continue to feed those homebound elders who are unable to obtain meals on a regular basis, serving an average of 550 meals weekly, through the efforts of 45 drivers covering over 42K miles yearly. Hot meals are now delivered daily as well as a wellness check for each elder. Over the last 5 years my wellness checks have found three elders with major medical problems, one stroke, one heart attack and one liver function failure. Other problems encountered were no heat, no phone, no available medicine.

Let's again commit to a season of goodwill and activity to result in something we can all be proud of on Saturday, May 7, 2022, marking the full season of activity. We are attempting to top last year's total of over \$4,000.00.

Please consider donations to LifePath on behalf of the 1st Congregational Church of Shelburne and Alan & Deborah Coutinho using the link below.

**On Line Donations: Alan and Deborah:**

<https://lifepath.app.neoncrm.com/np/clients/lifepath/campaignTeam.jsp?campaignId=66&teamId=106&>

**Checks:** donations should be in the form of a check, made out to LifePath and mailed to Alan L. Coutinho, 406 Taylor Road, Shelburne, MA 01370.

For those friends who live nearby, arrangements can be made by calling 413-625-8480, so Deborah and I can directly pick up your donation, or if you choose, you can drop it off at our house. Cash is also accepted.

Thank you for your support.

Alan L & Deborah Coutinho