

LIFE PATH'S 39th Meals on Wheels Walk-a-Thon

Once again, Deborah and I will again be leading our Church's team during the Meals on Wheels Walkathon on Saturday 6 May 2023.

Every week, the Meals on Wheels program brings a cheerful hello, and a hot meal to individuals residing within 18 Western Massachusetts towns. Because of the addition of providing dinner, supper and weekend meals, our home delivered meals kitchen puts together close to 3,500 meals PER WEEK. Right now, LifePath has 36 drivers and 55 routes covering approximately 40K miles yearly.

For the past 17 years, Alan, and now with Deborah's assistance, have personally delivered up to 25 consumers weekly, driving approximately 60-65 miles per day. We deliver hot meals Monday through Friday which are now also accompanied by a chilled supper meal. Weekend (frozen meals are also delivered each week on Friday). We again seek your support to this cause through your donations.

More importantly, in addition to the delivery of food, we provide a "wellness check" for all consumers; ensuring that they are not in need of assistance as of the delivery date. Unfortunately we have encountered three heart attacks, one stroke and one liver failure during our delivery times. Many others have been found with no heat, electricity and phone service.

On behalf of our team, Deborah and I are requesting your assistance to ensure that LifePath's efforts continue to feed those homebound elders who are unable to obtain meals on a regular basis.

The power of community, the walkathon fundraisers and their supporters continue to be integral to the well-being of those LifePath services.

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,

Alan L Coutinho
413-625-8480

