

Rest in Peace, Mo!

Hello all!

Karen once again spent the winter in MD, teaching Ageless Grace® in Greenbelt and having a blast. She loves teaching in-person since the energy, laughter, and fun are so contagious! She taught all year long; virtually, too. Please reach out if anyone is interested in joining us. This year she also added her “10 at 10” Ageless Grace® (AG) zoom classes on Monday and Wednesday. 10 min of AG at 10 am and of course time to chat afterwards.

She had many trips, including Thanksgiving, Christmas, and the Craven Cancer Classic golf tournament (volunteer) in New Bern. She also attended three weddings: Erin & James’ wedding in February where she was blessed to read one of Erin and James’ favorite poems *Love Song* by William Butler Yeats; Jordan and Bethany Malik’s wedding in July; and Emily and Shoji’s wedding in September. She also went to Emily’s NC and NY showers. She went to Maine for the first time to attend Jewell’s (Stuart’s sister-in-law) Memorial Service. The trip and sharing with family and getting to know Robert even better was a great experience.

Karen and Marghi McClearn presented two sessions at the Missouri Parks and Rec conference in St. Louis, MO in March. They had a great time exploring St. Louis, despite the rainy weather!

She continued to travel back and forth between Rensselaerville and Maryland (April-Nov) since her insurance only covers doctors in MD. This may be changing in 2025 when she starts Medicare.



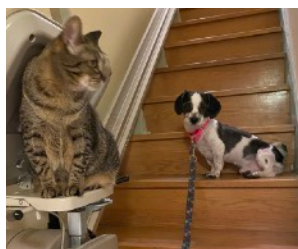
St Louis



Marghi and Karen



Mo



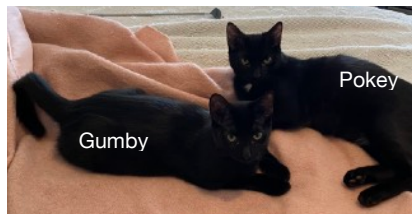
Mo and Doc

On June 18, Karen’s beloved cat, Mo, unexpectedly died. She wasn’t even four years old yet. Karen was very sad, as Mo was full of love, adventure, playfulness and she traveled well, too. Mo did not like other cats, so Karen fostered a couple of small dogs while she was in MD. Mo got along well with dogs!

After Mo passed, Karen thought she could foster cats again so starting in August, she fostered a Mom, Stormy, and her black kitten, Thunderpaws, until she left for the Cancer Classic in September. Stormy and

Thunderpaws got adopted by a loving family while she was away. She then fostered Gumby and Pokey and loved having these shy cats around. She relinquished Gumby & Pokey to another foster home before she left Rensselaerville for the winter. She's hoping to foster again in MD after the holidays.

Karen continues to volunteer at the Rensselaerville Historical Society, managing their website, as well as



Gumby

Pokey



Thunderpaws

Stormy

helping with advertisements and volunteering at their fund raisers. The second annual Hilltown Hoedown (community contra dance) was held this year in memory of Janet. Though attendance was lower this year than last, the RHS brought in more donations. So it was a very worthwhile and fun event.

This year, Marghi was able to attend the Hilltown Hoedown and Karen and Marghi facilitated an Ageless Grace® recertification and seminar from Rensselaerville.

Karen continues to “Farm” in her garden. She loves tending to the plants and she even enjoys weeding, but there are SO MANY WEEDS! This year, the weeding took a back seat, but thankfully, they did not drown out the plants. 2025 plans are to be more consistent with clearing the walkways in the garden.



A new addition to Rensselaerville this year was an eagle’s nest on Hilltown Commons (old Carey Center) grounds. Karen would walk often with her binoculars to watch the eagles, the nest and the eaglet. Only one eaglet hatched, but watching it was always fun. Hopefully

the eagles will return in 2025 and once again have some offspring.

Jeffrey continues to be supportive of Karen’s comings and goings and they do spend quality time together when possible.

That just about sums up the 2024 news for Karen. Wishing you all the happiest of holidays and a blessed New Year. Please remember to water, prune and feed all your plants, pets and people to keep them happy and healthy for the next 12 months!

-Karen Haseley