

2025 New Beginnings and Flashbacks

2025 started and ended with new experiences. The rest of the year was full of fun, Ageless Grace®, gardening, Rensselaerville Historical Society and lots of company in Rensselaerville.



January found me fostering a black cat, Tony, who took no time wrapping me around his paws. He loves to play, snuggle, eat, and purr. So as Ellen (Dan) said “What else do you want?” The day before I left for a winter visit to Rensselaerville (President’s Day weekend), he became mine officially! He’s not too keen on riding in the car, but since he now has a “playpen” for travel, he does ok. And a dose of Rescue Remedy also helps (thank you Katherine Fannin for the suggestion). Tony is a big boy, over 14 pounds, and he just turned three in October. He loves being outside, but with all the chipmunks, squirrels, and birds around (and he’s

a great hunter), he explores wherever he is in his harness and leash.

He actually takes me on walks 😊. When we are in Rensselaerville, he gets to roam free inside my fenced in garden. His very own “Catio.” I often get flashbacks of Mo, Spiker and Digger when playing with Tony. He has characters of each of them and it brings me smiles as I remember them.



Kristin's Radiant Stars

Another new beginning was I took a long arm quilting class so I could rent the long arm sewing machine at my local quilt shop. After renting the long arm to quilt the quilt I made for Rensselaerville, I then took a ruler class and learned how to use rulers with the long arm. I was able to rent the machine to finish quilting the quilts I designed for Kristin and Kaitlin (with their input). See the Dan article for more on the quilts. I was pleased with the way the quilts turned out.



Kaitlin's Kaleidoscope

I guess I get my love of quilting from my great-grandmother, Nana, who’s hand pieced, and quilted quilt she made in 1926 was displayed at the annual Historical Society art show this year.



Nana's Baskets quilt hand stitched in 1926.

I continue to spend April-November in Rensselaerville where I get to walk the hills, watch the eagles and eaglet, spend time in the garden, drink my coffee on the porch, volunteer at the Rensselaerville Historical Society, and play hostess to friends and family that come to enjoy all the wonders of Rensselaerville. So if you are ever in the upstate New York

(Albany) area please feel free to come visit.

I am still teaching a virtual Ageless Grace® class weekly through the City of Greenbelt, and teach it in-person (and virtually) when I'm in MD. This year I also went to St. Joseph, MO where my friend, Marghi, and I presented at the Midwest Symposium on Therapeutic Recreation.



Charles Mulford Niles headstone.

We also visited Kansas City and found the gravesite of my great, great grandfather, Charles Mulford Niles, who fought in the Civil War and stood guard at Lincoln's casket at Fort McHenry.

Marghi and I also presented at the Florida Conference on Aging in August in Orlando, FL. We love presenting at conferences and enjoy meeting all the participants. If you have a

conference or event that you are looking for a presenter, we offer a fun and invigorating program. Please feel free to reach out to me.

Speaking of Marghi, Tony and I drove to Tallahassee, FL in November to help Marghi when she had her knee replaced. Since I'd been through the procedure twice, I was able to help her before, during, and after the surgery. I was glad I could be of assistance to her. After about a week with her, Tony and I drove to New Bern for Thanksgiving.

I'm ending the year with a new insulin pump, the Ilet by Beta Bionics. This pump learns me (and it's still in training, as am I!) and I have to keep from trying to micro-manage it, like I had to do with my previous pumps. So far, it's going pretty well, but I'll be glad when the "training" is done.



Jeffrey has been experiencing a lot of back pain, which has limited some of what he likes to do (like fishing). He does the best he can "grinning and bearing" it. He still does work in his woodworking shop, though for shorter periods of time. He has created some beautiful boxes, all from scrap wood.

We wish you all a Happy Holiday and hope that 2026 is full of fun, laughter, and lots of adventures with family and friends.

Karen Haseley



Karen and Marghi, St. Joseph, MO



New beginnings