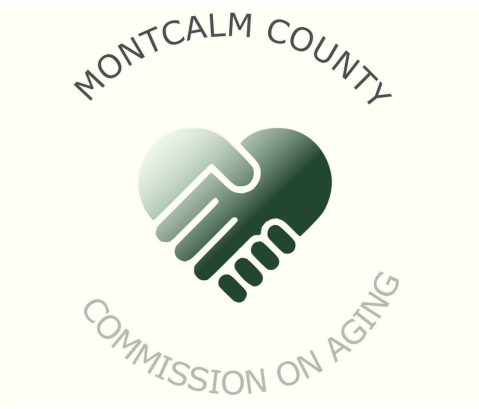


MONTCALM COUNTY SENIOR NEWS



The Commission on Aging is dedicated to promoting active participation among seniors within their communities, addressing feeling of isolation, and fostering a sense of belonging and connection. We would like to inform our senior community that our facility is open from Monday to Friday, 8 AM to 4 PM, with the exception of designated closure days. Our center is truly their center! Seniors are always invited to come by for coffee, cocoa, or tea. It serves as a complimentary space for socializing and enjoying card or board games. There is no need for a special event to visit us.

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LOCAL CENTER HAPPENINGS AND MEAL MENU
(CARSON CITY, EDMORE, GREENVILLE, & HOWARD CITY)

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EVENTS AND NOTES FROM AROUND THE COUNTY

PAGES 6-8

EVENTS, LUNCH MENU, AND HAPPENINGS AT THE STANTON COA *
FUN PUZZLES

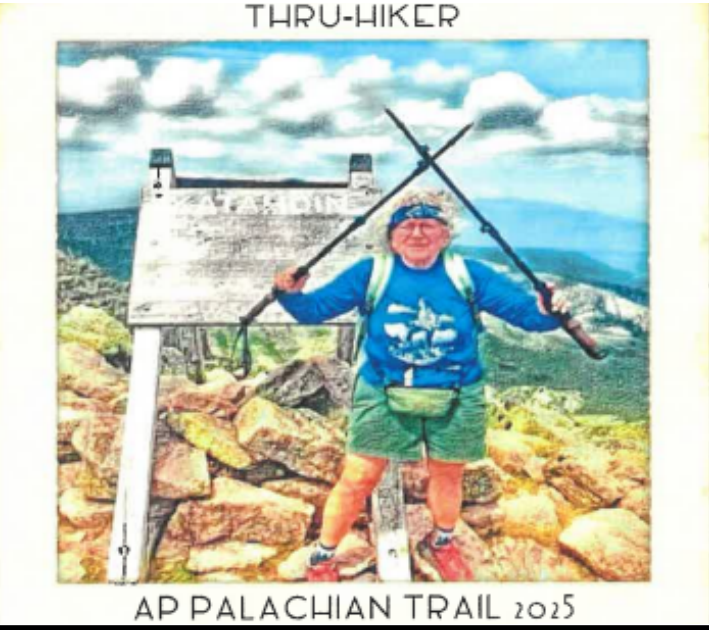
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LIBRARY HAPPENINGS
PUZZLE ANSWER KEY
SPECIAL SHOUT OUTS

PAGES 10-12

NUTRITION NEWS, LOCAL FOOD BANKS,
VOLUNTEER INFORMATION

Check out our exclusive interview with Betty Kellenberger on page 13!!



CLOSED

All Montcalm COA Locations
December 24th & 25th
December 31st
January 1st



THE
COMMISSION ON AGING
IS IN NEED OF

**ADULT PULL-UP BRIEFS
IN ALL SIZES**

DONATIONS MAY BE DROPPED OFF
AT ANY OF OUR COA LOCATIONS IN
STANTON, CARSON CITY, EDMORE,
HOWARD CITY, & GREENVILLE

PLEASE CONTACT US WITH ANY
QUESTIONS 989-831-7478

UGLY SWEATER CHRISTMAS PARTY



Wednesday December 17th
and
Thursday December 18th
Starting at 10:30am

- MEET SANTA & MRS. CLAUSE
- 1ST 2ND & 3RD PLACE WINNERS FOR THE UGLIEST SWEATER
- SING SOME CAROLS AND ENJOY THE SEASON WITH FRIENDS

Reservations will need to be made,
space is limited. **Must Reserve by Dec. 10th**
Call

Kari 989-831-7454 for the party
Carrie or Arletta for lunch 989-831-7476 opt. 1

See What's Happening at Your Local Center

(CARSON CITY, EDMORE, GREENVILLE, & HOWARD CITY)

FOOD WITH FRIENDS MEALS ARE SERVED MON THROUGH THURS AT 12 PM
FOR SENIORS 60 AND OVER A \$3.00 SUGGESTED DONATION,
UNDER 60 IS A \$6.50 CHARGE



MEAL SITE

PARTICIPATION GUIDELINES

TO HELP ENSURE ENOUGH OF THE ADVERTISED MEALS ARE ORDERED, PLEASE SIGN UP ON THE SHEETS PROVIDED AT THE MEAL SITE OR BY CALLING THE COA BY NOON A WEEK IN ADVANCE. PLEASE CLARIFY IF YOU PREFER A TO-GO OR DINE IN.

989-831-7476

OPTION 1

SIGN UP

Meal Site Cancellations and Closings

During the school year, meals may be canceled due to poor weather conditions. If the Central Montcalm Public Schools are closed due to bad weather, meals will not be served that Day.
*Meals are not served on Federal Holidays



GREENVILLE	SERVED ON WED & THURS	FRIDAY THE WEEK PRIOR
HOWARD CITY	SERVED MON - THURS	MONDAY THE WEEK PRIOR
CARSON CITY	SERVED TUES & THURS	MONDAY THE WEEK PRIOR
EDMORE	SERVED MONDAYS	FRIDAY THE WEEK PRIOR



CHRISTMAS CELEBRATION

MEAL SITE DATES

EDMORE & HOWARD CITY 12/22/25
CARSON CITY 12/23/25
GREENVILLE 12/18/25



BIRTHDAY CELEBRATIONS

HOWARD CITY	4TH THURSDAY OF THE MONTH
GREENVILLE	2ND THURSDAY OF THE MONTH
CARSON CITY	2ND TUESDAY OF THE MONTH
EDMORE	2ND MONDAY OF THE MONTH
STANTON	2ND TUESDAY OF THE MONTH

Meal Site Menus

Dine in begins at 12 pm for all meal sites

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

12/1/2025
SALISBURY STEAK BAKED POTATO BROCCOLI ROLL APPLESAUCE
12/8/2025
BBQ CHICKEN CORN SPINACH CORNBREAD APPLESAUCE
12/15/2025
HERB ROASTED CHICKEN BAKED POTATO BROCCOLI ROLL FRUIT
12/22/2025
HAM W/ GLAZE CHEESY POTATOES GARLIC GREEN BEANS HAWAIIAN ROLL FRUIT CHOCOLATE CREAM PIE
12/29/2025
BEEF HOT DOG SWEET POTATO PUFFS MIXED VEGETABLES FRUIT

12/2/2025
CHICKEN TENDERS MIXED VEGETABLES BAKED BEANS FRUIT
12/9/2025
THREE BEAN CHILI BAKED POTATO BROCCOLI CRACKERS ORANGE
12/16/2025
PULLED PORK POTATO SALAD PICKLED BEETS FRUIT
12/23/2025
CHICKEN NOODLE SOUP CAESAR SALAD APPLESAUCE
12/30/2025
BEEF PEPPER STEAK BAKED POTATO STEWED TOMATOES ROLL FRUIT

12/3/2025	12/4/2025
TACOS REFRIED BEANS BANANA	CHICKEN SALAD SANDWICH BROCCOLI CHEESE SOUP PICKLED BEETS FRUITED JELLO
12/10/2025	12/11/2025
CHICKEN PARMESAN NOODLES & SAUCE BROCCOLI BREADSTICK BANANA	SALISBURY STEAK MASHED POTATO GREEN BEANS ROLL FRUIT CRISP
12/17/2025	12/18/2025
SWEET & SOUR MEATBALLS RICE CAULIFLOWER SALAD BANANA	POT ROAST MASHED POTATOES GLAZED CARROTS ROLL BANANA PUDDING
12/24/2025	12/25/2025
CLOSED	Merry Christmas
12/31/2025	
CLOSED	HAPPY New Year

See What's Happening at Your Local Center

Greenville Area Senior Citizens Center

715 S. Baldwin, Greenville



FOOD WITH FRIENDS MEALS
SERVED ON WED & THURS AT
12PM

Meal Site Hostess
Diana Farran
Call 616-894-2255

for meal reservations or
cancelations

MARCIA'S PENNY BINGO

SPONSORED BY:
MONTCALM COMMISSION ON AGING

10AM-11:30AM
EVERY WEDNESDAY

BINGO

MUSIC

EVERY THURSDAY 11A-12P



The Center is also available for
private party's or event rentals.
Call the Center at 616-754-1658
for more information on private
rentals.

Greenville Stamp Club

Contact: Mr. Randy Kerr
Phone: (616) 894-2362
Email: musicman_1935@hotmail.com

Meeting Location: Flat River Library
200 W. Judd Street
Greenville, MI 48838
Meeting Time:
1st & 3rd Saturday at 10:00 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 / 1 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	2 9:00-Exercise with Mary 10:30-Board Meeting 12 noon-Euchre	3 10:00-1¢Bingo 12:00-Lunch 1:00-Cards	4 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	5
7 / 8 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	9 9:00-Exercise with Mary 12 noon-Euchre	10 10:00-1¢Bingo 12:00-Lunch 1:00-Private Rental	11 10- Sewing 12:00-Lunch 1:00-Cards 5:00-TOPS	12 Holiday Potluck Noon
14 / 15 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	16 9:00-Exercise with Mary 12 noon-Euchre	17 10:00-1¢Bingo 12:00-Lunch 1:00-Cards	18 10- Sewing 10- Dulcimers 12:00-Lunch 1:00-Cards 5:00-TOPS	19
21 / 22 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	23 9:00-Exercise with Mary 12 noon-Euchre	24 10:00-1¢Bingo 1:00-Cards	25 CLOSED Merry Christmas 	26
28 / 29 10:00 a.m.- Monday's coffee 10:00 a.m.-Crafts	30 9:00-Exercise with Mary 12 noon-Euchre	31 10:00-1¢Bingo 1:00-Cards	1 CLOSED Happy New Year 2026 	Greenville Area Senior Center 715 S. Baldwin 616-754-1658



DEC 18TH
CHRISTMAS MEAL DAY
SIGN UP EARLY!



Howard City Action Center

132 E. Edgerton St., Howard City
Open 5 days a week

Food with Friends
Served Mon through Thurs at 12 pm
Provided through
Montcalm County COA
(Lunch Only)

For seniors 60 and over
a \$3.00 suggested donation
& under 60 is a \$6.50 charge.


DEC 22ND
CHRISTMAS MEAL DAY
SIGN UP EARLY!



POTLUCK BIRTHDAY CELEBRATION
HELD THE 4TH FRIDAY OF THE MONTH

\$2 DONATION FOR A POTLUCK WITH A
DISH TO PASS

\$4 DONATION WITHOUT A DISH TO PASS



Site Hostess
Karen West
Call 616-890-4542
for reservations or
questions

Penny Bingo Every
Tuesday & Thursday
after lunch





Every 2nd Saturday
of every month at 10 am Craft
Day at Tamarack Creek Apts
The community room



The Center is available for private
& event rentals. Call Dee at
231-937-5504.

MEMBERSHIP OPEN TO AGES 50 +

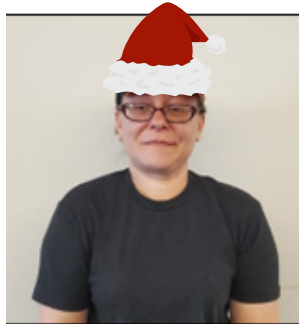
 Fridays 
Music from 9 am—3 pm

We have walkers, adult protective
undergarments, and other items
available to anyone in need.

Blood Pressure Checks
Every Friday from 9am to noon

See What's Happening at Your Local Center

CARSON CITY
MEAL SITE



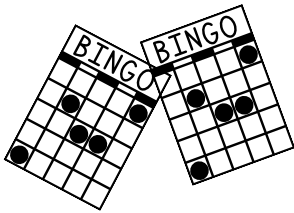
Site Hostess
Mary Miller
Call
989-831-7476
Option 1
for reservations or
questions



United Methodist Church,
119 E. Elm St., Carson City



Skip-Bo every Tuesday
11: 00am & 12:30pm
Skip-Bo every Thursday
11:00am



Bingo every Thursday
12:30pm



Food with Friends meals are served on
Tues & Thurs at 12pm



DEC 23RD
CHRISTMAS MEAL DAY
SIGN UP EARLY!

EDMORE
MEAL SITE

Curtis Community Center,.
209 W. Sheldon St.,.



Every Monday
Euchre tournament at
1pm



Indoor Walking
M-F from 9am to 5pm



Site Hostess
Jane Hagen
Call
989-831-7476
Option 1
for reservations or
questions



EDMORE
FOOD WITH
FRIENDS MEALS
ARE SERVED
MONDAYS AT
12PM.



DEC 22ND
CHRISTMAS MEAL DAY
SIGN UP EARLY!



News & Notes from around the county



Sheridan VFW Post

209 Washington St, Sheridan
MI 48884
989-291-9680
1st Saturday of the month-
Swiss Steak Supper 4-6pm
\$13 Adults
\$6 Children 5-12
Euchre- Every Monday at 6pm
BINGO Tuesday & Friday
Early birds begins at 6pm

Stanton American Legion

Taco Tuesday
Burgers Wednesday
1st Friday of the month Fish
2nd Friday of the month Steak
3rd Friday of the month Rib
Nite
4th Friday of the month Swiss
Steak
Please refer to American
Legion 452 Stanton Facebook
or call (989) 831-4114 for more
details and prices.

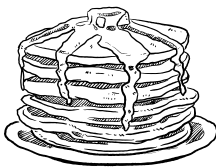
Edmore VFW

Baked and Fried Chicken
Supper every 3rd
Wednesday, 4-6 pm
Adults \$12
Children 5-12 \$5
4 and under Free

BINGO
Monday 6:15 pm. Early Birds
Regular BINGO 7 pm

EDMORE MASONIC PANCAKE BREAKFAST

ALL YOU CAN EAT!
2ND SUNDAY OF THE MONTH
8AM-1PM
\$10/ADULTS, \$5/ 6-12Y/O,
FREE 5Y/O & UNDER
524 E FORREST ST, EDMORE



THE MONTCALM AREA PARKINSON'S SUPPORT GROUP

(Member, Michigan Parkinson's Foundation)

Offers an opportunity for those dealing with Parkinson's Disease either as the person with Parkinson's symptoms and/or as their caregiver, living in the Montcalm, Mecosta, Ionia and North Kent County areas to meet with others experiencing Parkinson's multitude of daily challenges.

Join us the Third Thursday of the month
At 11:00 AM
Meeting at the 1st United Methodist Church
204 W. Cass St., Greenville, MI
For further information, call 616-334-4084
Or email: montcalmparkinsons@gmail.com



Blessing Bags



Commission on Aging is dedicated to providing senior citizens with necessary assistance and information to maintain health, dignity, independence, and well-being for all residents of Montcalm County. As the holiday season approaches, we know that not everyone can afford their essentials, let alone extras. With that knowledge we try to provide "Blessing Bags" as a gift to help them out.

We cannot fulfill these blessing bags without the help of donations. If you'd like to donate, please drop off donations at Stanton Commission on Aging. Donations will be accepted through Christmas. Please contact Montcalm Commission on Aging at 989-831-7478 with any questions.

Examples of what we need		
<u>Nonperishable Foods</u>	<u>Hygiene Products</u>	<u>Cleaning Supplies</u>
Coffee, tea, water, protein drinks	Toilet paper, tissue	Paper towel, sponges
Canned soups/stews	Shampoo/conditioner/body soap	Dish Soap,
Canned meat (tuna &/or chicken)	Wet wipes	Laundry detergent
Canned or dried veggies/fruit	First aide products	Fabric softener
Jerky	Lotion, deodorant, Chapstick	Glass cleaner
Crackers &/or chips	Q-tips	Stain remover
Instant Oatmeal	Hand Sanitizer	All purpose cleaner
Rice &/or noodle packets	Toothbrush/paste, floss, mouth wash	
Granola bars	Hair brush	Multi-purpose wipes
Trail mix, nuts, popcorn		
<u>Others</u>		
Socks, hats, gloves, scarves	Stationary	Mint/gum
Gift cards	Plates, utensils, bowls	Flashlight/batteries
Towels, cloths	Can opener	Ziplock bags

CoA Phone Tree Menu

When you call 989-831-7476 you are presented with options to choose from. Here's the list.




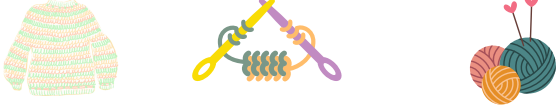
- Option 1- Meal Program-Carrie or Arletta
- Option 2-Office Assistant- Joanna
- Option 3 – Direct Services Coordinator– Tori
- Option 4 – Transportation and Volunteers– Erika
- Option 5 – Confidential Admin Assistant- Debbie

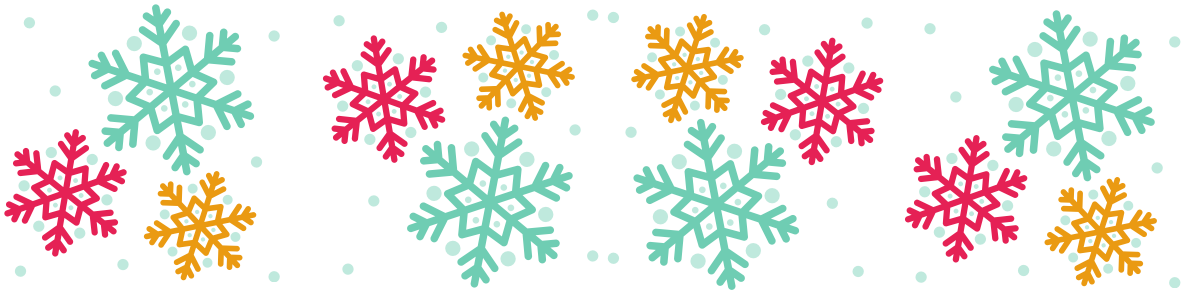
- Option 6 – Activities/Trips/Events- Kari
- Option 7 – Director- Pam
- Option 8-Case Management-Robert or Jen
- Option 0-Operator

Stanton CoA

December

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	2 10A PENNY BINGO 12P MEAL 1P HAND DIP	3 8:30A-10:30A MORNING MUG 11A YOGA 1P YARN/STITCH GROUP 1P TAI CHI	4 12P HOT MEAL 1P CAREGIVER SUPPORT	5 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
8 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	9 10A PENNY BINGO 10A FOOT CLINIC 12P MEAL 1P HAND DIP	10 8:30-10:30AM MORNING MUG 11AM SENIOR YOGA 1P TAI CHI	11 12P HOT MEAL 10:30A CRAFTY CORNER	12 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
15 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG 11A EXERCISE WITH SCH	16 10A PENNY BINGO 11:30A MUSIC W/ FRED 12P MEAL 1P HAND DIP	17 <div>Christmas</div> <div>11A PARTY 12P LUNCH</div>	18 <div>Meal/Party</div> <div>11A PARTY 12P LUNCH</div>	19 8:30A-10:30A MORNING MUG 1P GAME DAY 1P TAI CHI
22 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	23 10A PRIZE POT BINGO 12P MEAL 1P HAND DIP	24 <div>CLOSED</div> <div>Christmas Eve</div>	25 <div>CLOSED</div> <div>Christmas Day</div>	26 8:30A-10:30A MORNING MUG 1P GAME DAY
29 OPEN WALK AT MCC 8:30A-10:30A MORNING MUG	30 12P MEAL 1P HAND DIP	31 <div>CLOSED</div> <div>NEW Year's EVE</div>	<div><div>Stanton CoA Yarn Stitch Group</div><div>Please join us at the CoA in Stanton on Wednesdays at 1 pm-2:30 pm. FYI: The group will be off from Dec. 4, '25 - Feb. 3, '26</div><div>**Yarn and Monetary Donations are always welcome and needed.</div></div>	



PRIZE POT



DEC. 23RD AT 10AM

PLEASE SIGN UP BY DEC. 19TH

Call Kari 989-831-7454



OnStride

Foot Clinic


at the Stanton CoA

Dec. 9th

10 am-12 pm

\$25 For Seniors

\$20 For Veterans



TAI CHI

LOCATED AT THE MONTCALM COMMISSION ON AGING

WEDNESDAYS & FRIDAYS

AT 1PM

CONTACT KARI TO SIGN UP 989-831-7454

START DATE: OCTOBER 17 (NO SESSION OCTOBER 22 OR 24) OCTOBER 29 & 31 NOVEMBER 5, 7, 12, 14, 21, 26 DECEMBER 3, 5, 10, 12, 19

\$5

per person per session



Senior Yoga

Wednesdays at 11am

As an alternative when Miss Donna is off you can always join in Chair Yoga at The Barefoot Dragon barefootdragonyoga.com 210 S Main St, Sheridan, MI 48884 (616) 238-5060



Game Day

Friday's at 1 pm

Bring a friend or family and enjoy some time together playing games.

We have:

Chess, Dominos, Skip-Bo, Uno, Yahtzee, & Cards.

Wii games: bowling, golf, tennis, & baseball



*The first and third Monday of the month.

11 am-12 pm

Stretch and Balance with Sheridan Hospital

*Free of Charge

Every Monday from 11 am-12 pm
Free walking at MCC



Montcalm Community College



Stanton Commission on Aging Lunches



Meal Site Cancellations and Closings

During the school year, meals may be canceled due to poor weather conditions. If the Central Montcalm Public Schools are closed due to bad weather, meals will not be served that Day.

***Meals are not served on Federal Holidays**

MEAL SITE

PARTICIPATION GUIDELINES

TO HELP ENSURE ENOUGH OF THE ADVERTISED MEALS ARE ORDERED, PLEASE SIGN UP ON THE SHEETS PROVIDED AT THE MEAL SITE OR BY CALLING THE COA BY NOON ON THE FRIDAY BEFORE. PLEASE CLARIFY IF YOU PREFER A TO-GO OR DINE IN.

989-831-7476

OPTION 1

Stanton December Meal Site Menu

Dine In Starts at 12pm

2nd Chicken Noodle Soup, Salad Bar, & Fruit

4th Meatloaf, Scallop Potatoes, & Green Beans

9th Broccoli Cheese Soup, Salad Bar, & Fruit

11th B.B.Q Chicken, Mac & Cheese, & Peas

16th Cheeseburger Soup, Salad Bar, & Fruit

17th & 18th Christmas Meal

(Due to last years large turnout, we will provide our Christmas meal twice in order to accommodate all who want to participate. When you sign up, please specify which day you will be joining us.)

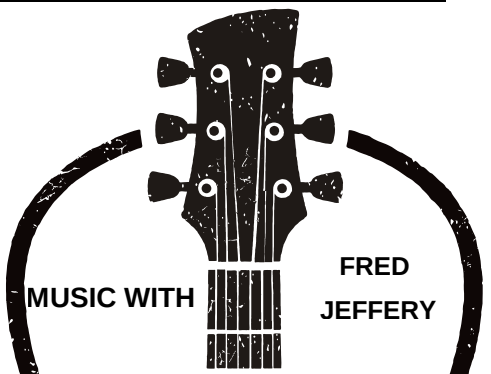
Ham, Potatoes, Gravy, Corn, & Pie

23rd Zuppa Toscana Soup, Salad Bar, & Fruit

25th Closed



30th Tomato Soup, Salad Bar, & Fruit



JOIN US EVERY 3RD TUESDAY OF THE MONTH FROM 11:30A-12:30P



The Stanton Commission on Aging invites everyone to come in and enjoy coffee, tea, hot cocoa, & a relaxing start to your day.

We will provide your morning beverage and snack Free of charge!

We will have newspapers, the morning news on the t.v., and a friendly atmosphere.

So, grab a friend, family member, or just yourself and rise and shine with us!



Every Monday, Wednesday, and Friday 8:30a-10:30a

CRAFTY CORNER

\$10

PER PERSON

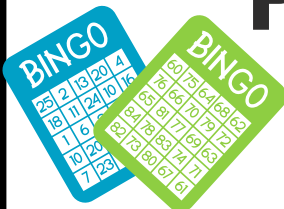
December 11th
at 10:30a

ALL SUPPLIES ARE INCLUDED

CALL KARI BY DEC 8TH TO SIGN UP

989-831-7454

Holiday Platters



PRIZE POT BINGO

We will be holding our monthly Prize Pot BINGO

Dec. @ 10am

****Please sign up and pay by December 19th**

Cost: \$4 per person

Contact Kari 989-831-7454



Events & Presentations
Stanton CoA



ALZHEIMER'S ASSOCIATION®

Alzheimer's Association
Michigan

Montcalm County Commission on Aging
613 N. State St.
Stanton, MI 48888

Pamela Shock
989-831-7479
pshock@montcalm.us

Visit www.alz.org to learn more about caregiver programs and resources. To further extend your network of support visit ALZ connected, our online community, at alzconnected.org.

Caregivers Support Group

1st Thursday of the month
1:00 p.m. - 2:00 p.m.

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.



The Montcalm Commission on Aging
would like to send out our heartfelt

thank you

To:

Millards
Sipsters

Crystal Box Office Theater

Stanton McDonalds

For your gift donations twords our
Halloween party

WE WOULD LIKE TO THANK
EVERYONE WHO CAME &
PARTICIPATED!



COSTUME WINNERS

- 1st MARY HUNT
2nd JACKY MCGILL
3rd FLO WRIGHT

MONTCALM COUNTY COA

Halloween
PARTY

LET'S MAKE
A DEAL
THEME



Christmas Word Search

L L E B E M E R R Y W W
Y O J E S H E I K O O C
P R R H T A E R W B J H
G T Z Y H A R E E H C K
I G I N G E R B R E A D
F T S N I L U H O L L Y
T W I A L C A N D Y V R
S S M W N H M F L E A H
C H R I S T M A S T L U
Y E V O L T A P S G A S
O J S F O H O H O H E T
T S L O R A C S N O W A

TREE	CHEER	TOY	STAR
SANTA	HOLLY	GIFTS	SLED
ELF	SING	COOKIE	BELL
SNOW	CAROLS	GINGERBREAD	CANDY
CHRISTMAS	LOVE	WREATH	HOOHO
JOY	MERRY	BOW	LIGHTS



CHRISTMAS
WORD SCRAMBLE!



SKOICOE _____
ASTAN ULCSA _____
OTH COOLTHACE _____
GLIHES SELBL _____
LOCARS _____
LIMSOTTEE _____
BIGGEEDARRN _____
SHLITG _____
EONGGG _____
VAINTYIT _____
PURHOLD _____
YADNC NECA _____
MOWNANS _____
BEEEDRCM _____
GLANE _____
TINCKGOS _____

ANSWER
KEY



LOCATED AT THE BOTTOM OF PAGE 9



REYNOLDS TOWNSHIP LIBRARY

117 W. WILLIAMS ST.
HOWARD CITY, MI 49329
PHONE: 231-937-5575

Monday, Wednesday, and Friday 8:30 am - Walk the Stacks

Monday's @ 6:00 pm - Line Dancing @ Program Center \$5 donation

Tuesday's: 9:15 am - Chair yoga @ Program Center \$5 Drop in unless you have Silver Snickers

Thursday's: 1:00 pm - Knitting & Crochet Club

Saturday, December 6th - 9am -4 pm Christmas activities, Santa and Mrs. Claus, Gingerbread house decorating, silent auction, and tree voting

Monday, December 8th - 1:30 pm Ukulele Club

Wednesday, December 10th - 10:00 am- Friends of the Library Meeting

3:00 pm - Adult Education

6:00 pm -Crafting with Mrs. Cricket

Wednesday, December 17th - 1:00 pm True Crime Book Club

Monday, December 29th -Blood Drive 1:30 - 6:00 pm
4:00 pm Genealogy

Wednesday, December 31st - 1:00 pm Book Club,
3:00 pm Closing Early

FLAT RIVER COMMUNITY LIBRARY

200 W Judd St, Greenville 616-754-6359

-Herbal Tea Tasting with Bevin Cohen, Monday, December 1 at 6pm (pre-registration is required)

-Happy Bookers Book Club, Tuesday, December 2 at 6pm

-Silent Book Club, Wednesday December 3 at 7pm (held at Flat River Brewing Co)

-Digital Services Assistance, Friday December 5, from 10-11:30am

-Gentle Basic Yoga, Saturdays, December 6 & 27 at 11:15am

-Holiday Craft Night, Tuesday, December 9, from 5-7pm

-Chair Yoga, Thursday, December 11 at 11am

-Cardboard Gingerbread Garland Take & Make, pick-up Thursday December 11 at 12pm

-Dollar Bag Sale, Monday, December 15 through Saturday, Dec. 20

****Please pre-register for events** WHITE PINE DISTRICT LIBRARY
514 N New St, Stanton
989-831-4327

December 3rd, Wednesday – Cookbook Club, Cookie Exchange; 6pm

December 4th, Thursday – Advice on Your Device; 3-5pm

December 4th, Thursday – Sheridan Tree of Lights Celebration; 5:30-8:00pm

December 11th, Thursday – Fiber Friends; 1pm

December 13th, Saturday – Craft Day – Paper Bag Snowflakes; 10am-12pm

December 17th, Wednesday – Book Club (“Dashing Through the Snow” by Debbie Macomber); 1pm

December 17th, Wednesday – Movie Night (“The Greatest Christmas Pageant Ever”); 6pm

December 18th, Thursday – Movie Morning; 11am

December 18th, Thursday – Chocolate, Coffee & Conversations; 1pm

December 18th, Thursday – Stanton Holiday Block Party, Tree Lighting; 5-6:30pm

December 19th, Friday – Movie Morning; 11:30am

***The Library will be closed on Wednesday, Thursday & Friday, December 24th, 25th & 26th for Christmas.**

ANSWER KEY



COOKIES
SANTA CLAUS
HOT CHOCOLATE
SLEIGH BELLS
CAROLS
MISTLETOE
GINGERBREAD
LIGHTS
EGGNOG
NATIVITY
RUDOLPH
CANDY CANE
SNOWMAN
DECEMBER
ANGEL
STOCKING

Christmas Word Search

L L E B E M E R R Y W W
Y O J E S H E I K O O C
P R R H T A E R W B J H
G T Z Y H A R E E H C K
I G I N G E R B R E A D
F T S N I L U H O L L Y
T W I A L C A N D Y V R
S S M W N H M F L E A H
C H R I S T M A S T L U
Y E V O L T A P S G A S
O J S F O H O H O H E T
T S L O R A C S N O W A

Crystal Community Library
101 N Main St, Crystal, MI 48818
(989) 235-6111

Annual Holiday Book Sale at the Crystal Community Library during library hours
M-F 11 to 6 p.m.
Sat. 10 to 2 p.m.



CARSON CITY PUBLIC LIBRARY
102 W MAIN ST, CARSON CITY, MI 48811
(989) 584-3680

What: Triumphant hiking tales
Who: Betty Kellenberger (international story)
Where: Carson City Public Library
When: Wednesday December 10, 2025
Time: 1:00 p.m. Please call the library to reserve your seat 989-584-3680.

Tamarack District Library
832 S Lincoln
Lakeview MI 48850
989-352-6274

Ice Fishing Program presented by Thornapple Woodlands LLC on Dec 4 at 6pm at the Tamarack District Library -

Just because the lake is frozen does not mean we have to quit fishing. Find out where the fish go and how to catch them through the ice in this Ice Fishing Program by Don Snoeyink of Thornapple Woodlands, LLC.

Get in Touch with Michigan's Marvelous Mammals on Dec 2 at 6 p.m. at the Tamarack District Library

Experience hands-on encounters with pelts, skins, bones, and other biofacts of mammals found in Michigan. This is a free program that is open to the public. Please go to tamaracklibrary.org to sign up.

LOCAL FOOD PANTRIES

ALPHA FAMILY CENTER

Location: 705 N. Hillcrest St. in Greenville
Contact: (616) 255-2265 for appointment.

BERRIE’S HOUSE

8900 W. Colby Rd Greenville, MI 48838
616-255-9827
Thursdays 11a-3p

BELDING FOOD PANTRY

Location: St. Joseph’s Catholic Church, 409 S. Bridge St. in Belding
Contact: (616) 794-2145
Info: Open from from 2 to 3 p.m. Thursday, except holidays. Available to anyone in need.

BELDING FOOD PANTRY

Location: Ashley Baptist Church, 10463 Belding Road in Belding
Contact: 616-794-3410
Info: Open by appointment only.

BREAD OF LIFE FOOD PANTRY

Location: Greenville Community Church, 6596 Vining Road in Greenville
Contact: (616) 225-8055 or visit www.bolpantry.org
Info: Hours are 10 a.m. to 1 p.m. Tuesdays and Thursdays. Individuals/families can attend once per month. Must be resident of Montcalm, northeast Kent or Ionia counties. Valid ID is required.

CARSON CITY FOOD PANTRY

Location: St. Mary’s Parish, 404 N. Division St. in Carson City
Contact: (989) 584-6044 or email smsjchurch@cmsinter.net
Info: Hours are from 10 a.m. to noon Tuesdays. Must be resident of the Carson City-Crystal Area Schools district and may come once a month for food. Valid picture ID with address required.

CEDAR SPRINGS COMMUNITY FOOD PANTRY

Location: 140 S. Main St. in Cedar Springs
Contact: (616) 439-4665
Info: Monday to Thursday from 9 to 11 a.m. Clients welcome one time per month with referral from North Kent Connect. Call (616) 866-3478 to become a client.

CHILDREN’S PANTRY

Location: Encounter Community Church, 1213 W. State St. in Belding
Contact: (616) 79-5080
Info: Open second and fourth Thursday, 9 to 11 a.m. and 5:30 to 7:30 p.m.

CRYSTAL LAKE COMMUNITY CHURCH

Location: 122 S. Main St. in Crystal
Contact: (989) 235-2522
Info: Hours are 9 a.m. to 11 a.m. Monday through Thursday.

CROSSROADS COMPASSIONATE MINISTRY

Location: Church of the Nazarene, 10087 S. W. Greenville Road in Greenville
Contact: (616) 754-7605

EAST MONTCALM BABY PANTRY

Location: Ferris Church of Christ, 3443 N. Crystal Road in Vestaburg
Contact: (989) 268-5551
Info: Hours are 10 a.m. to 5 p.m. second and fourth Tuesdays. Driver’s license required.

FEEDING AMERICA AT FIRST CHURCH OF GOD

Location: 101 S. Franklin St. in Greenville
Contact: (616) 754-3187
Info: Last Monday of the month starting at 4:30 p.m. for residents of Montcalm and Ionia counties.

FEEDING AMERICA BELDING

Location: 850 Hall St., lower parking lot at Belding High School.
Contact: (616) 794-4900
Info: Open third Friday of the month from 3:30 to 5:30 p.m.

FEEDING AMERICA STANTON

Location: First Baptist Church parking lot, 134 S. Lincoln St. in Stanton.
Contact: Call or text (616) 824-3632 or email jackymcgill@charter.net
Info: Open first Thursday of the month at 4 p.m.

GREENVILLE AREA ECUMENICAL FOOD MISSION

Location: St. Paul Lutheran Church, 9844 SW Greenville Road in Greenville
Contact: (616) 754-6676
Info: Hours are 10 a.m. to noon Tuesdays and 5:30 to 7:30 p.m. Wednesdays. Serving the Greenville Public Schools district, must bring two forms of identification.

GREENVILLE FOOD KITCHEN

Location: 305 S. Clay St., in Greenville
Contact: (616) 754-3163
Info: Serves take-out meals from 3:30 to 5 p.m. Tuesdays to anyone who comes through the door.

HANDS OF JESUS FOOD PANTRY

Location: 1220 N. Lafayette St. in Greenville
Contact: (616) 225-9999
Info: Open 11 a.m. to 4 p.m. Fridays. Must bring own boxes and baskets. Name, address, phone number and driver’s license required for service.

HELPING HANDS FOOD PANTRY

Location: 1105 Ensley St. just south of Howard City
Contact: (231) 937-5177
Info: Open Monday, Wednesday and Thursday, 10 a.m. to 2 p.m. for residents within the Tri County Area Schools district.

HOPE’S PANTRY

Location: Hope Lutheran Church, 4741 W. Stanton Road in Stanton
Contact: (989) 831-5594 or (989) 831-4462
Info: Call to set up an appointment.

LIFE CENTER

Location: Endeavor Center, 302 W. Main St. in Edmore
Contact: (989) 341-4695 to make an appointment
Info: Located in the northwest lower entrance of the

Endeavor Center. Includes a food pantry, clothing closet and foster care pantry.

LAKEVIEW MINISTERIAL ASSOCIATION FOOD PANTRY

Location: Lakeview Community Church, 8980 Howard City-Edmore Road (M-46) in Lakeview
Contact: (989) 352-7788 or newlifeumc@cmsinter.net
Info: Open from noon to 3 p.m. Thursdays. Serving the Lakeview Community School district with identification.

M-46 TABERNACLE FOOD PANTRY

Location: 11098 E. Howard City-Edmore Road (M-46) in Riverdale
Contact: (989) 388-8926
Info: Open from 10 to 11 a.m. Tuesdays. Driver’s license required. Individuals/families can attend once per month.

SHERIDAN ASSEMBLY OF GOD

Location: 4010 S. Sheridan Road in Sheridan
Contact: (616) 799-2558
Info: By appointment only.

SHERIDAN COMMUNITY CARES

Location: 113 S. Main St. in Sheridan
Contact: (616)835-1286
Info: Open from 9AM - 12PM on second Fridays for residents of Montcalm County. Operated by Sheridan First Congregational Church and Sheridan Community Hospital.

SHILOH COMMUNITY CHURCH

Location: 8197 Heth St. in Orleans
Contact: (616) 761-3584
Info: Pre-register by calling, then pick up on Mondays. 1 a.m. to noon. Individuals/families can attend once per month.

ST. CHARLES CATHOLIC CHURCH GOD’S COMMUNITY KITCHEN MEALS

Location: 505 S. Lafayette St. (use the Activities Building entrance off Benton Street)
Contact: (616) 754-4194
Info: Serves take-out meals from 11 a.m. to noon Saturdays.

ST. JOSEPH THURSDAY SUPPER

Location: St. Joseph Church (gym/kitchen) 409 S. Brix St. in Belding.
Contact: (616) 754-2145
Info: Serves take-out meals from 4 to 5 p.m. on first and third Thursdays to anyone in need.

STANTON BABY PANTRY

Location: 415 N. Mill St. in Stanton.
Contact: (989) 831-5728
Info: HOURS ARE 11A-3P ON THE FIRST & THIRD TUESDAY OF THE MONTH.
ENTRANCE IS OFF LINCOLN ST. DOOR #10

TRINITY CHURCH

Location: 415 N. Mill St. in Stanton.
Contact: (989) 831-5728
Info: Hours are 10:30 a.m. to noon, first and third Wednesdays. Serving Stanton, Sidney, McBride and Entrick. Individuals/families can attend once per month.



MOBILE PANTRY
DECEMBER 4, 2025
4:30 PM

DRIVE THRU
MONTCALM AREA ISD
621 NEW ST
STANTON, MI 48888

ADDITIONAL NEWS AND INFORMATION



YARN & STITCH GROUP MONTCALM COA



The yarn and stitch group are very happy to welcome
four new and very talented ladies to the group!

In 2025 to date, they have donated 213 articles to local nursing homes,
baby pantries, Corwell Health, Alpha, Mid-Michigan Health Department, and DHS.
They continue to meet each Wednesday from 1:00p-2:30p at the
Montcalm Commission on Aging in Stanton.
Their last meeting of the year will be
December 3rd, 2025 and will resume on February 4th, 2026.
Yarn and monetary donations are greatly appreciated and thank you
to so many that have donated.



ADVOCATES FOR MONTCALM COUNTY AREA SENIORS NEWS AND INFORMATION

HOW YOUR DONATIONS HELP

THE ADVOCATES FOR MONTCALM COUNTY AREA SENIORS ARE GRATEFUL FOR YOUR GENEROUS SUPPORT AS
WE CONTINUE WORKING TO FIND WAYS TO HELP OUR SENIOR CITIZENS.
ADVOCATES HAS PROVIDED INCENTIVES TO COMMISSION ON AGING VOLUNTEERS, FUNDED THE SENIOR
LUNCH AT THE HERITAGE VILLAGE FESTIVAL, AND PURCHASED AND CONTINUE TO MAINTAIN AEDS FOR THE
GREENVILLE AND HOWARD CITY SENIOR CENTERS.
WE RECOGNIZE THE IMPORTANCE OF THE WORK THAT THE COMMISSION ON AGING STAFF AND VOLUNTEERS
PROVIDE AND SEEK ADDITIONAL WAYS TO SUPPORT THEIR EFFORTS. WE ARE ACTIVELY RESEARCHING
RESOURCES AND WILL DEVELOP CONNECTIONS THROUGHOUT THE COUNTY IN ORDER TO ADDRESS ISSUES
THAT AFFECT ECONOMICS, HEALTHCARE, NUTRITION, TRANSPORTATION, AND EDUCATION.
YOUR DONATIONS TOWARD THESE EFFORTS ARE GRATEFULLY ACCEPTED AND APPRECIATED.
IF YOU WISH TO CONTRIBUTE, PLEASE USE THE ENVELOPE PROVIDED IN THIS ISSUE OF THE
SENIOR NEWS.

ADVOCATES FOR MONTCALM COUNTY AREA SENIORS



THE ADVOCATES OF MONTCALM COUNTY AREA SENIORS WISH TO THANK THE MANY DONORS WHO HELPED TO SUPPORT OLDER ADULTS IN THE MONTCALM COUNTY AREA. THESE FUNDS ARE USED TO SUPPORT EDUCATION, HEALTH, MEALS, SOCIAL ACTIVITIES, AND TRANSPORTATION IN THE COUNTY. PLEASE CONSIDER A DONATION TO OUR LOCAL 501©3 NON-PROFIT ORGANIZATION IN THE FUTURE – HELP US DO MORE!

Memorial Donations from

Bonnie Ashbaugh in Memory of Nola Adams
Robert Carpenter Jr. in Memory of Marilyn Carpenter
Robert Clark in Memory of Nancy Clark
Barbara Combs in Memory of Carolyn Goeckler
Ronald & Karene Cooper in Memory of Amy Toft
S. Cooper in Memory of Paul Cooper
Joyce Ellsworth in Memory of Winnifred D. Roddy
VFW Post in Memory of Jack T. Gravelyn
Rich Hansen in Memory of Cheryl Hansen
Nicki & Eric Hansen in Memory of Barney &Hilda Shindorf
Rick & Marilyn Hansen in Memory of Tom & Sandy Jorgensen
Dusti Hersherberger in Memory of Edna Gibbons
Phillip Hufford in Memory of Verle & Kathleen Hufford
Helen Kissel in Memory of Bob Karens & Inez & Frank
Gwyn Noah & Decola in Honor of Jean Barber
Irene Palmer in Memory of Ralph L. Palmer
Bonnie Puffpaff in Memory of Carlton Puffpaff
Allen W. Rasmussen in Memory of Dennis Johnson
Ruth Rivas in Memory of Lillian Grissing
Janet A. Rohn & Cindy B. Bracey in Memory of Eldon Rohn
Nancy Rogers in Memory of Earnest “Bud” Rogers
Sandra Seaman in Memory of Mr./Mrs. George Brooks & John Seaman
The Georgianna B. Stevens Trust in Memory of Terry Stevens
Jacqueline Tooper in Memory of Diane Greenhoe & Jeffrey Esch
Gloria Trumpower in Memory of Peter Trumpower
Catherine & Harry Warner in Memory of Duane Mussell
Wanda Watts in Memory of Wayne Watts
Patricia Wilson in Memory of Howard Wilson
Rose Winright in Memory of Madeline E. Hopkins
Carol & Ronald Wood in Memory of Barbara & Leroy Tiffany
Ruth Vanous and Brenda Runyon

Donations from

Anonymous in Honor to All Veterans
Esther Bills in Honor of Caregivers
The Turmos in Honor of Pamela Shock

Anonymous

In Memory of Dennis Eldridge
In Honor of Patricia Banard
In Memory of Sharen Davis
In Memory of Michael Wycsesany
In Memory of Victor Wyczsesany

Donations Where Most Needed

Many Anonymous Donors, plus
Lawrence Abbey
Georgia Bohne
Greenville Stamp Club
Gary Evans
Colleen Hansen
Barbara & William House
Kendrick Jensen
Larry & Deborah Kassuba
Helen Kissel
Cindy LaBelle
Ruby Larsen
Marilyn Oswald
Elaine Randall
Kristy Thwaites
Ann Warner
Ben & Janet Witbrodt

If there are names spelled incorrectly or missed, please let us know.

Advocates for Montcalm County Area Seniors, PO Box 182, Stanton, MI 48888
Thank you.

Erika Lance
Support Service Coordinator
Montcalm County Commission on Aging



Picture courtesy of Betty Kellenberger

The start of the interview was cut short, almost immediately. I had failed one of the most important tasks. My guest kindly stopped me in my tracks and said, “no wait, you need an introduction.” Timing is always perfect though, while explaining the need for an introduction, her phone began to ring. We paused the video for a short time so she could check her phone and move her settings to silence. What felt like an eternity, I deciphered how I was going to introduce her to our audience. I know her personally, she was my seventh-grade home room teacher in middle school, I was a second-generation student as she had taught my parents when they attended school, and to me, everyone knows Betty Kellenberger.

We began the interview over again. I decided how I would introduce her, because with all respect she is Ms. Kellenberger or Ms. K. I still can’t bring myself to call her Betty or write her name on an envelope that I am mailing to her. Ms. K reassured me that she was humbled that I couldn’t call her by first name and understood that it was out of respect.

After my introduction I wanted to utilize the time, we shared to learn more about Ms. K. I want to get to know who she was as a person and learn about her experiences. Ms. K was born into a family of six girls. She shared that she grew up on a farm in Howell, the home of the sweet honey melon. There is a Howell Melon Festival held yearly celebrating the famed, delicious cantaloupe grown only in Howell. After high school Ms. K journeyed onto college. Even before completing her degree, she was searching to find a teaching position. She landed a teaching job just before graduating, and was hired at Carson City Crystal Area Schools, with intentions of teaching at this location for a couple of years to gain experience before moving on to what she said, “she was supposed to do”. Little did she know that she would spend her whole career teaching at CCC Schools and remain living in the small town even to this day.

While I was growing up in the same town as where this legend lived, it was almost always a given that you would see her riding her bike. I remember seeing her on her bike all the time and wondering to myself if she even owned a vehicle. Ms. K still has her bike but doesn’t use it like she used to. She has ridden all over the world; Australia, New Zealand and China. While in China she rode her bike up to the Great Wall of China. She also completed a forty-day trip by bike from Mexico to Canada. The miles she completed on her bike range from seventy-five thousand to eighty thousand miles. Just the capability of completing that many miles on a pedal bike is astounding, but she was not done accomplishing great things yet.

After teaching students and different subjects for over forty-one years, Betty had entered retirement. Retirement to most people means not actively working. But she had decided after teaching that she would

run for County Commissioner. She joked at the time that when she ran for this position, she was running against a former student of hers.

Ms. K was elected as District 3 County Commissioner and served four total terms, each lasting two years. During her time serving on that board, she was a part of many committees within the county such as Commission on Aging, AAA western Michigan, Northern County, prison liaison, and Montcalm Care Network. Along with participating in the committees she had a duty with the other board of commissioners to monitor the tax dollars of Montcalm County. She helped with financial oversight of the sub departments within the county such as the sheriff’s department, county clerk and register of deeds. She also assisted with creating budgets for these departments.

During retirement she also began quilting and traveling more often. She has always had a love for travel but says that her two favorite locations are in South Dakota; the Badlands and Black Hills. She also hesitates to rank Greece at the top of her list. Ms. K has hiked the Canadian Rockies and the Inca Trail, which is a famous hiking trail in Peru. But never has she taken a trip like her most recent adventure. Even though this trip didn’t require her to leave the country, it was a trip of a lifetime and one that a lot of people don’t accomplish.

Let’s take a journey together and imagine yourself getting out of bed this morning, how did you feel. Do you wake up every now and again feeling like you slept wrong all night, have a kink in your neck or back? Is old man winter fast approaching and you can feel every bit of it in your knees, back or fingers. Now imagine not having your luxury of a bed, or three full meals a

day. Imagine for this week, you had to carry all the food you planned to eat, your shelter, your sleeping bag and any other gear necessary to survive on your back while you walked seventy to hundred and five miles over the next seven days, averaging ten to fifteen miles a day. Sound enticing? To Ms. K it did!

In 2022, she traveled down to Georgia. There she started her journey at the summit of Springer Mountain to hike the Appalachian Trail. No, this trail is not paved, nor does it include a lot of flat surfaces. There are parts of the trail that include a nice walk in the woods, but many don’t realize the challenge of climbing over rock and tree roots, uneven grounds, climbing and descending over different varieties of land, considering the different elevations, and hoping that the weather is on your side that day. Along with these challenges, the trail is a total of 2,197 miles.

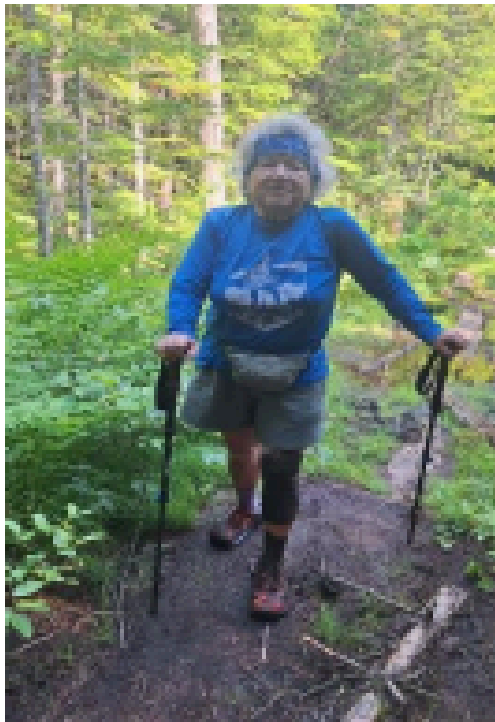


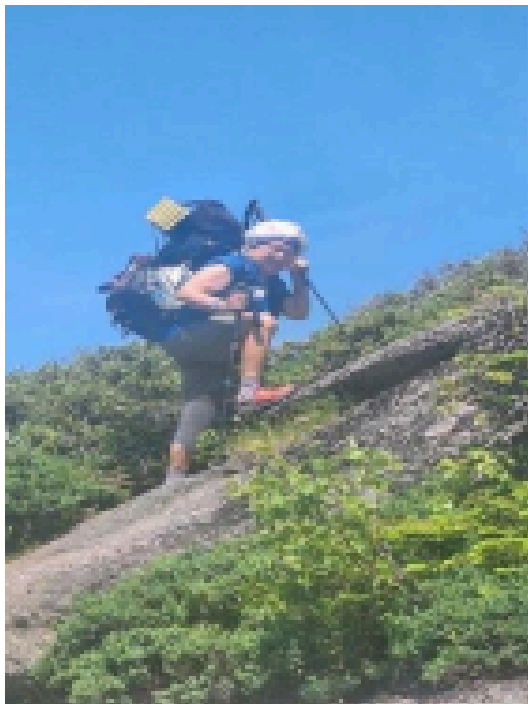
Photo courtesy of Betty Kellenberger

To complete the entire trail, hikers are given a twelve-month period. Hikers have the option to complete the trail in a couple different ways, a thru-hike and flip-flop hike. Flip-floppers thru-hike the entire trail in discontinuous sections to avoid extreme weather, or to start on easier terrain. While on the trail, Betty decided that because the winter season was going to be fast approaching, she would fly to Maine and start her journey south and flip-flop her strategy of completion.

Ms. K arrived in Maine, where she started at Mount Katahdin and began going south. Upon completing that, her trail partner she had met in Georgia had a fall while coming down the mountain, which resulted in him leaving for home the next day. Shortly after he left, with the help of other hikers, Betty became aware that she had Lyme’s Disease. Along with having this disease, she was dehydrated and had a concussion from hitting her head on a rock. Because of her illness and injuries, it resulted in her being hospitalized in Maine. Once she was discharged, she returned home to rest and heal.

Feeling defeated, she returned to the trail in 2023. She was determined to complete her goal she set out to do the previous year. But shortly after her trip began again, Betty had slipped off a mountain. It is still unknown the distance of her fall, but I am certain that her guardian angel was with her that day. Doctors advised her that she should return home and rest. While resting at home, it was discovered that she needed to have knee surgery. She was determined to complete what she had set out to do but knew that the surgery was a requirement and she needed to have it done to complete her goal. Ms. K opted to have surgery on her knee, but she didn’t let it stop her from returning to the trail one day.

Photo courtesy of Betty Kellenberger



In 2024, Betty stepped foot on the trail once again. She had battled through months of physical therapy and re-training to get back to the trail again after having surgery. She chose to start her journey in Harper’s Ferry, West Virginia. She wanted to test her new knee and see where it would take her. In September, her and other hikers in the area were forced off the trail. There was a hurricane heading into their path and they could not continue. Those hikers were allowed to keep their miles when they left the trail, and when they returned to the trail after it was safe, they could then start at day one while using the hours that they had banked.

Bringing us to this year, 2025, Betty only had the two ends left to do. Two parts of the trail that she had previously accomplished in previous years. Even though she already knew what to expect, there were still challenges. Before going back out on the trail she had to keep training. She would walk for miles around Carson City; she would do stair laps (stair climbing) at the local hospital to get in her footsteps. There were times in the past that I would see her walking through town with her pack on her back and a stuffed animal almost the same size as her strapped to her hiking pack.

On September 12, 2025, Betty became the oldest woman to hike the Appalachian Trail at eighty years young. She had finally accomplished her goal she had set out to do three years earlier. She was excited and thankful that she had the opportunity to finally complete the hike in a twelve-month calendar period. I asked her if there was anything she wish she knew before starting this journey and she answered with “there wasn’t a book big

enough.” But the excitement she shared and the stories she told about this journey almost gave you a sense of what it was truly like to be on the trail.

Making the adjustment to being home wasn’t something she quite expected. While on the trail, she shared that she enjoyed the quiet. She said it was a certain quiet that couldn’t be achieved anywhere else. She knew during her time on the trail she could expect the quiet, and now being back home, the quiet isn’t there anymore. Before completing the trial, she had no idea she was about to set a record. She had learned about it while on the trail from other hikers. I have a good feeling though for the next several months, her life will be anything but quiet, as the world awes in her accomplishment.

Ms. K shared with me that she doesn’t have any real significant plans set in place for the near future. She states that if her health continues to thrive, she would like to one day hike the North Country Trail. This trail is new, with portions still being worked on, and stretches from North Dakota to Vermont. Once this trail is complete, it will be longer than the Appalachian Trail, with one quarter of the new trail running through the state of Michigan. She would also like to take a trip to Iceland and hike near the glaciers and volcanoes.

While winding down our interview, she shared her advice and more life lessons with me. Do it! If you have a goal in life, or something you want to achieve at least try it. She explained it is important to face your fears. If you don’t face your fears, you let fear win without even trying. Another life lesson that was shared here without her saying so, is never to give up. Ms. K was able to overcome her fears over the past few years while on the trail. But because of weather, illness and injury, she went back home to recover and had

to restart many times. But she never once gave up.

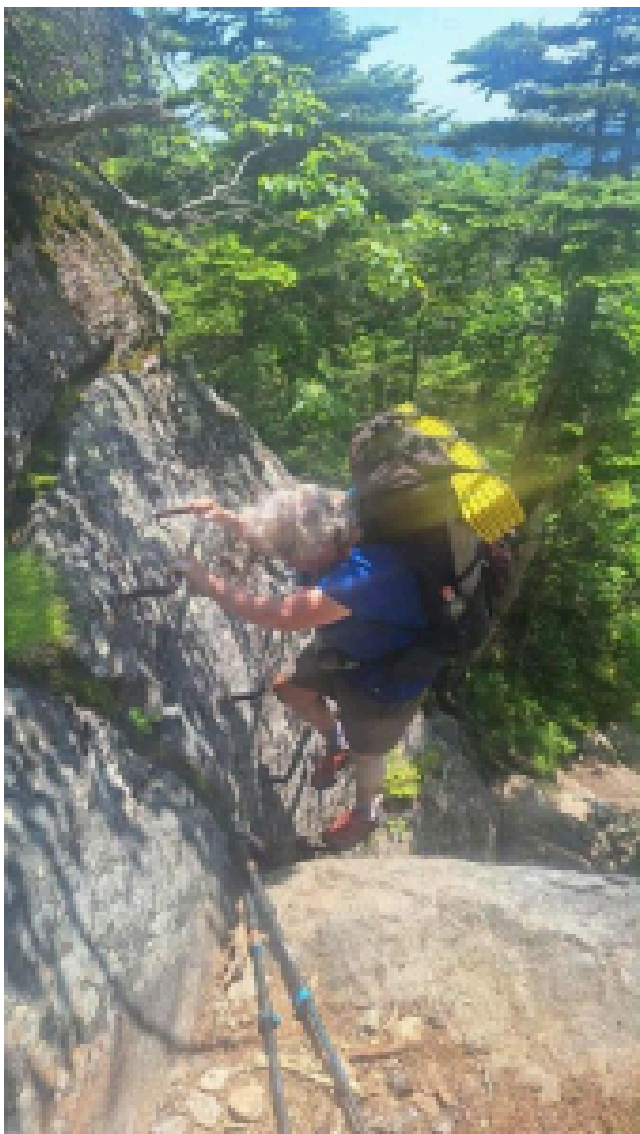


Photo Courtesy of Betty Kellenberger