

What challenge you have faced in your life and how have you overcome that challenge?

"An illness is a challenge but I think being separated from your children and grandchildren is probably a bigger challenge. In like you just have to be strong, never give up and do what's best for the situation."

"There are challenges we all face every day, and by my age there are too many to consider. It has always been the strength and support of my family, my friends, a positive attitude and my faith in God that have carried me through the challenging times."

"Unlike most of you, I did not know my grandparents. They all died before or shortly after I was born. I often wished i had memories and stories of them to share with my children but I did not. So I try to be a fun and loving grandma to my grandchildren. I hope they will always have fond memories and wonderful stories to tell of me for years to come and long after I am gone."

"Gratitude turns what we Have into Enough."

"Knowing when to take action and say something when you see unfairness. Not always easy to do! Whatever challenges I have faced in my life I have overcome it through prayers."

"The challenge of being a senior. Think young, act young and say no to old age!"

"In life there will be many different types of challenges, but the way to go is always the same - Believe in God with all your heart, and trust him to show you the way to go!"

"We can't choose what happens to us, but you can choose how we respond. You can reach out to others for support, but at the end of the day, you are the one who must manage the challenge you're facing."

"I lost my job once at CIGNA hundreds of rejections at jobs. Got job at Avon best thing work wise. could change his life."

"I was challenged by Leukemia several years ago. I faced it by prayers and trusting God would heal me. He heard my cries and I am CANCER FREE!! I followed my doctors' orders, accepted treatment and leaned on my faith."

I've was too ambitious and moved the family 15 times chasing after success."

What advice would you give to your grandchildren, and MSR students, to get through the challenge of the current pandemic?

“Keep calm, listen to good advice and most important, be happy, be thankful and find laugh every day. Know that there is an end to all things.”

“Write down at least 5 good things that happen to you each day. And always find time to exercise and play outside in the beautiful NC outdoors.”

“There will be an end to this. this time allowed everyone to stop and think what is the most valuable thing we possess which is life.”

“For all of our 73 years, we have never experienced anything like this before and there is much about this virus that is still unknown. What we do know is that the answer lies with God and we must trust and pray that He will see us through this. As seniors, we are thankful for every day that we are here and appreciate what the younger people are doing to make sure that their grandparents stay well and alive and that someday soon they will be able to visit and hug them again. We are staying farther apart but yet are growing closer together because of this virus. I sometimes I think that this is a gift because families are spending endless days together enjoying each other in ways they may never get to experience again. Yet, it is a sad time for those families who may have lost their job or a loved one due to this dreadful sickness. We will always remember 2020. Throughout the centuries, mankind has always faced many difficult trials We will get through this one too and soon it will all be something we will be talking about in past tense.”

“Be patient with your parents - this situation is new to them too. Be patient with your siblings; you need each other.”

“Always smile, even if you’re sad; And things won’t seem quite so bad!”

“Life is a challenge. Sometimes you can’t always get what you want. What is happening now with the virus is a lesson to learn.”

“Stay honest and keep your integrity,” said Judy Benson. “Family first!” said Kathy Bevan. “Take time to have fun and smell the flowers along the way.”

“Listen to your parents and listen to your teachers. They will guide you through.”

“When we feel confused, or sad, it always helps us to do some kindness, however small, for someone else - it cannot help but make your heart feel better!”

“Instead of focusing on what we can not do, consider doing something new. Enjoy the time together with family, get outdoors, exercise, calm yourself. Stop and relax. Be thankful for what we have, not on what we don’t have.”

“Be careful but don’t be afraid. Don’t worry about things you don’t control follow guidelines and be safe but don’t worry.”

“Keep in touch with your family — especially grandparents and cousins who are far away in places like New York and Colorado!”

“Work hard and play hard. Enjoy each day while you find ways to show love and kindness to those around you.”

“Take time each day to enjoy the beauty of nature. Learn something new, laugh and know how much you are loved!”

“Never give up we live life one day at a time so we always have another chance to do better and be better. Take advantage of today, always!”

“Trust in God, always keep Him first in your life. He will provide!”

“Visit often, but at a distance!”

“Always stay heroic.”