



## KEITH A. POST

May 22, 1947 - September 15, 2025

FUNERAL SERVICES WILL BE PRIVATE

IN LIEU OF FLOWERS MEMORIAL DONATIONS MAY BE MADE IN KEITH'S NAME TO:

ALZHEIMER'S ASSOCIATION

[www.alz.org](http://www.alz.org)

Keith A. Post, of West Milford, New Jersey, passed away on September 15, 2025 at the age of 78 in Valley Hospital, with his loving family by his side.

Keith was born on May 22, 1947 to Claude and Eleanor Post of Butler, New Jersey. Keith grew up in Butler and graduated from Butler High School where he had played three sports and was captain of the football team. He attended West Chester State College, where he majored in Health and Physical Education.

In 1969, Keith married his wife, Betsi (nee Mary Elizabeth Norcross.) They met on campus the very first week of freshman year. Their love lasted for over half a century. Keith began his teaching career at Manchester Regional High School in 1970. During his eleven years of teaching, he was Assistant Football Coach, Head Basketball Coach, Student Activities Director, and

Student Council Advisor. In 1981, Keith left teaching and entered the field of corporate sales. He worked for Zenith Electronics, Brother International and Sharp Electronics, where he rose from National Sales Manager to Vice President of Sales and Marketing.

Keith's love for athletics continued throughout his adult life. When he was able to, he played men's softball, men's basketball and loved tennis. He was active in the PAL, coaching both boys and girls basketball.

Upon retirement, Keith volunteered at the West Milford Animal Shelter. He also loved to travel with his wife, spend time with his family, and attend concerts with his friends. He was known by all for his warmth, kindness and sense of humor.

Keith is survived by his wife Betsi, his children Kelly Post Smith and her husband Harold Smith, and Michael Post and his wife Danielle Post. He is also survived by five grandchildren: Emily, Brynn, Sarah, Kayleigh and Ryan, as well as his sister, Marsha Messner and her husband Helmut Messner, and many extended family members who loved him dearly.

Funeral services will be private.

In lieu of flowers, memorial donations may be made in Keith's name to: The Alzheimer's Association will be greatly appreciated. Donations online at [alz.org](http://alz.org).

On line condolences: [www.sticklesolteszfuneralhome.com](http://www.sticklesolteszfuneralhome.com).

# Tribute Wall

MT

“ God puts people into each others lives for a reason. I am blessed to know Keith and Betsi for a short time but our time together was impactful, loving and will never be forgotten. Fly high Keith. Stay strong Betsi.

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**Marlene Tunison** - September 27, 2025 at 07:31 PM

SP

“ Keith was my cousin, and I have many fond childhood memories of our visits with our grandparents at their summer cottage in Green Pond. In our adult years, distance prevented many face to face reunions, but I was grateful to share time at several family weddings and wish we had been able to share more time together. My deepest sympathies go out to all his family and especially to Betsi, who was his special love.  
With live from Sandy Putnam-Franklin.

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**Sandy Putnam-Franklin** - September 27, 2025 at 02:00 AM

JP

“ I used to tease Betsi through Keith when I would loudly proclaim how good he seemed to be "holding up" despite being married to Betsi! I would tell Keith I would shake my head and say I just didn't know how he did it for all the many years. Keith was right there to play along and would say, Jean, you have no idea, nobody really knows what that woman puts me through !Keith was a true gentleman and a total gentle man as well. I will miss seeing his patience and kindness to others in action, but hope to one day see this friend of mine again. I hope he knows that Larry and I will do our best to be supportive of Bets-o whom we love very much.

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**jean pollard** - September 19, 2025 at 06:05 PM

JG

“ *To a great friend! Oh, the stories we shared and laughed about. Praying for you Betsi, Kelly, Michael and your family.*



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**Jim Grossi** - September 19, 2025 at 05:17 PM

MA

*Had the honor and privilege to play basketball 76 ' Coach. Great coach and even better person. Mike C*

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**Michael A.Colella** - December 20, 2025 at 08:25 PM

CP

“ *1 file added to the tribute wall*



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**carol pease** - September 16, 2025 at 01:51 PM