



Adele Louise Bergstrom

February 6, 1952 - June 2, 2025

Arden Hills, MN - Our beloved Adele, 73, left us on June 2, 2005, to join her many loved ones who had gone before her. Her loss to her many family members and friends is immeasurable. She brought light and love to all those whose lives she touched while she was with us. Adele fought valiantly in her last few years against multiple health challenges.

Adele grew up with 9 siblings on a farm in Brooklyn Park, MN. Her father Carl, was both a farmer and business owner as well as justice of the peace. Of the ten children, there were 7 girls and 3 boys. Along with their mother, Esther, they all participated in the work of farming and operating of Carl's implement business.

Adele went on to earn a bachelors degree at Metro State University. She met her future husband, Jeff, in 1974 and they eventually married in 1985. They were blessed with three wonderful children. Jeff and Adele moved to a home in St. Anthony, MN where they raised their family. While her husband worked full time, Adele managed to not only run the household, but also start and run successfully her own graphic design business. A lifelong creator, she produced many works of art and thoughtful prose.

She advocated for her youngest son, who has Down Syndrome, bringing the Buddy Walk to Minnesota after visiting the event in NY, organizing the (now) annual Buddy Walk, the largest source of the DSAM's fundraising by far.

Adele is survived by her husband of 40 years, Jeffrey Light, their three children, Haakan, Brita and Carl, two grandsons, Romeo and Xerxes, as well

as as two siblings, Lois and Jim, and many extended family members and friends.

In keeping with her lifelong selfless focus of serving others, we ask that memorials be directed to the Down Syndrome Assn. of MN, Habitat for Humanity, or any other charitable organization serving the needs of others. A special thanks to staff and residents of Presbyterian Homes and Services, Gables care center for the hospice care Adele received. We will carry your memory in our hearts and love you forever and always.