



Janet Marie Arend

November 4, 1951 - December 2, 2025

Janet Marie Arend, 74, went to heaven on the evening of December 2, 2025.

Janet was born in White Bear Lake in 1951, spending her first 12 years there. In 1963, she moved with her family to North Oaks.

Janet graduated from Mounds View High School in 1969. After receiving her teaching degree from the U of M, Duluth, she taught in Honolulu for 7 years. While in Hawaii, Janet became interested in Tai Chi and massage.

She returned to Minnesota where she studied holistic health at St. Mary's. She practiced Tai Chi and massage in the Twin Cities for many years.

Her love of children was manifested through her teaching, nannying on Long Island, NY and by the fun times she spent with her many nieces and nephews.

We thank the staff at Chika House in Champlin for the loving care they gave Janet her last 6 1/2 years.

Janet is preceded in death by her parents, Chuck and Grace Arend. She is survived by her sisters Judy (Dick), Joy (Dave), Jill (Dave) and Jaci (Luke), brothers Chas (Nancy), Rob and many nieces, nephews and cousins.

Memorial service Wednesday, December 17th at Incarnation Lutheran Church, 4880 Hodgson Road in Shoreview. Visitation at 10, church service at 11 and luncheon at 12.

Memorials preferred to NAMI MN or Incarnation Lutheran Church.

Previous Events

Visitation

DEC 17. 10:00 AM - 11:00 AM (CT)

Incarnation Lutheran Church
4880 Hodgson Road
Shoreview, MN 55126

Memorial Service

DEC 17. 11:00 AM - 12:00 PM (CT)

Incarnation Lutheran Church
4880 Hodgson Road
Shoreview, MN 55126

Tribute Wall



“ *Florist Choice Bouquet was purchased for the family of Janet Marie Arend.*



December 14, 2025 at 10:33 AM



“ *SonShine Sisters. purchased the Simply Elegant Spathiphyllum for the family of Janet Marie Arend.*



SonShine Sisters. - December 13, 2025 at 01:49 PM



“ *Janet and I had a strong connection after living in Hawaii at the same time. When we both returned to Minnesota, we roomed together in Kenwood. Janet was my favorite roommate. We walked and talked for hours enjoying the Lake of the Isles and all of the beautiful homes n our neighborhood. Janet so loved the outdoors, I am so sorry that I will not be able to join you for her service, but Janet will live on in my heart! Linda McMahon*

Linda McMahon - December 12, 2025 at 05:40 AM



“ *Linda M. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Janet Marie Arend.*

Linda M. - December 12, 2025 at 05:29 AM