



Dr. Sheldon Thomas Hess

January 4, 1939 - September 11, 2024

Dr. Sheldon Thomas Hess of Bloomington passed away September 11, 2024, at the age of 85, following a brief hospitalization.

Born January 4, 1939, to Walter and Alyce Hess, Sheldon grew up in Austin, MN, and graduated from Austin High School in 1957. He attended Hamline University for two years and then transferred to the University of Minnesota, eventually earning his M.D. from the U of M Medical School in 1965. He was a physician for 34 years, ending his career at Bloomington Health Partners, the same clinic he opened in the early 1970s as Group Health.

Sheldon met the love of his life when they were both in the fourth grade, and he decided then that he would marry her one day. His wish came true when he wed Kären Matison on July 21, 1962, a cherished union that lasted 48 years until her passing in 2010. Together they raised two children and many German Shepherds, built a beautiful home that they both adored, traveled and entertained with close friends, and generally enjoyed the fruits of their demanding careers.

One of Sheldon's greatest passions involved cars, and Kären would always wonder, especially when spring rolled around, what new vehicle she would see coming up the driveway. He was particularly fond of classic Chevys, an affection perhaps rooted in the first car he owned at age 16 - a '38 Chevy

coupe, good for carrying exactly 25 rolls of sod in the pickup box on the back (the 26th roll caused the front tires to lift off the ground). Sheldon and Kären would regularly enjoy cruising together with their car club, top down on sunny summer days, or just windows down on chilly autumn days, admiring the turning leaves. Car show season, especially "Back to the 50s," was his favorite time of the year.

Following the loss of his wife, Sheldon was able to find comfort among the community of fellow car enthusiasts at the Chanhassen AutoMotorPlex, spending countless hours at this sanctuary. He was also, after a few more years, ready to open his heart again. For the last decade of his life, Sheldon enjoyed the wonderful companionship of Lee Claar, and his family is forever grateful for her patience, sense of humor, and ability to bring a smile back to his face.

Sheldon is preceded in death by his wife, Kären Matison Hess; parents, Walter and Alyce Hess; and sister, Sandra Chase. He is survived by his two children, Christine (Craig) Orthmann of Rosemount, MN, and Timothy Hess of Bloomington, MN; four grandchildren: Katrina, Timmy, Annabel, and Lilian; partner, Lee Claar; and several cousins and dear friends.

A gathering to share memories of Sheldon will be held on Saturday, October 12, 2024, from 2-4 pm at the Werness Brothers Chapel, 2300 W. Old Shakopee Road, Bloomington, MN.

In lieu of flowers, the family requests donations be made in Sheldon's memory to: · Grey Face Rescue & Retirement: <https://www.greyfacerescue.org/dedications-tributes> · Minnesota Landscape Arboretum: Regents of the University of Minnesota through its Minnesota Landscape Arboretum (blackbaudhosting.com)

Previous Events

Memorial Gathering

OCT **12**. 2:00 PM - 4:00 PM (CT)

Bloomington Chapel
2300 W. Old Shakopee Road
Bloomington, MN 55431
(952) 884-8145
info@washburn-mcreavy.com

Tribute Wall

JD

“ Doctor Hess was very kind, had a great sense of humor, and loved his German Shepherds. I worked with him at Group Health a long time ago.
Now he is in the presence of God, where we all want to be one day.
Judy Dease

Judy Dease - October 09, 2024 at 11:54 AM

JE

“ Dr.Hess was my physician back in the 70s and 80s and guided me so graciously with a caring heart through some major illnesses. I am now almost 70 years old thanks to his skill and expertise.

Joyce Edneier - October 07, 2024 at 06:22 PM



“ Our deepest sympathies to the entire Hess family for your loss of Sheldon! Our thoughts and prayers are with all of you. May Sheldon rest in peace.
Brad and Mary Orthmann

Brad Orthmann - October 05, 2024 at 10:20 AM

MA

Dear Tim and Christine,
My deepest condolences to both of you and your families on the passing of your dad. Your family was very kind and generous to me over the years, and for that I'm grateful. I admired your dad a lot, and I enjoyed talking with him about his cars. For some reason, I recall a small MG or Triumph convertible that he liked because he could work on it himself because it was relatively simple mechanically. Anyway, contact me if you ever want to catch up. I'm pretty easy to find. Take care...

Mark Ambroe - March 13, 2025 at 04:40 PM

JT

“ I am saddened to read about Sheldon’s passing. Before I left my Kingsdale home, I had the delightful experience of working with Sheldon and Kären to capture their memories in a family album. And, of course, I learned from them. Most striking was Sheldon’s humor and Kären’s “I can do it” attitude. I think of them as the “dynamic duo” and am grateful I shared a moment in time with them. Their legacy is a forever treasure for family and friends.

~Jean Travis-Odefey

Jean Travis-Odefey - October 05, 2024 at 09:24 AM

LT

“ I worked at Bloomington HP in the 1980's in the FP-IM department. Dr. Hess's patients loved him. He was a kind and caring person.

Laurie Trimbo - September 26, 2024 at 12:53 PM

GB

“ Sheldon, and Lee, were regulars at our social gather's at the Chanhassen AutoPlex. He was pleasure to speak to, and will be dearly missed. We'll look forward to meeting his family this Saturday at the AutoPlex Cars and Caves Car show.

Gene / Jana Berghoff

Gene M Berghoff - September 24, 2024 at 12:03 AM

CW

“ Dr. Hess was so nice to work with.

Connect Wensole - September 22, 2024 at 03:12 PM



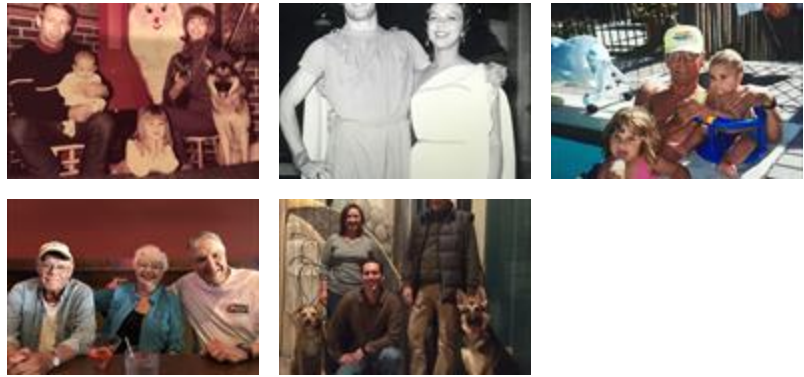
“ 1 file added to the album Sheldon



Christine Orthmann - September 22, 2024 at 02:57 AM



“ 12 files added to the album Sheldon



Christine Orthmann - September 17, 2024 at 01:35 PM