



## Sheryl Heggem

August 30, 2017

Sheryl A. Heggem, 46, passed away unexpectedly in her sleep in the midnight hours of Wednesday, August 30, 2017.

Sheryl was born August 11, 1971, in Minneapolis, Minnesota. She is survived by her mother Julia Laabs, step-father Ronald Laabs, step-mother Donna Mitzel, sisters Sharlene Wimpfeimer, Sue Mager, and Sandy Mitzel, daughter Nichole Walker, and son Mark Heggem, as well as her late best friend's children, Carissa and Ryan Thomas, who were under her care. She is preceded in death by her father, Oscar Mitzel.

Sheryl dedicated four years of her life to the United States Navy. Her unyielding patriotism and loyalty to her country have been a firm foundation throughout her and her children's lives. Because of this, she will be laid to rest at Fort Snelling in Minneapolis, Minnesota.

Describing Sheryl as a strong, giving person is an understatement. Life presented her with many obstacles; a battle and victory over thyroid cancer being one. Not a single battle hardened her heart. Sheryl spent every chance she had to help others. Her acts of charity varied from countless trips to donation centers, giving food from her own kitchen to friends in need, and making sure those she loved had shelter, clothes, and support. The most noble act of selflessness took place after November 26, 2014. That day her

best friend had passed away; in a heartbeat she stepped in and obtained legal guardianship over her best friend's youngest child and loved him unconditionally.

Sheryl has made an imprint on many lives. To those who loved her she was a devoted mother, a vivacious daughter, an unwavering sister, and a cherished friend. Furthermore, whether she knew it or not, to many Sheryl was a saving grace.

Memorial services will be held at Washburn McReavy Seman Chapel, in Coon Rapids, Minnesota on September 11, 2017 at 11:00am. Visitation starting at 10am. Interment to follow at Fort Snelling.

Address for the Seman Chapel: 1827 Coon Rapids Blvd, Coon Rapids MN 55433.

763-767-1000

# Tribute Wall

MC

“ *Sheryl was a loving mother and passionate woman. I'm blessed to have known her. I am truly sorry for her family's loss. Mary*

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**Mary Cincotta** - September 11, 2017 at 11:36 PM

WR

“ *Sheryl was a wonderful woman and I enjoyed working with her taking care of her son as his pediatrician. I will miss her. Dr. William Rabe, Riverway Clinic Elk River*

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**William Rabe** - September 08, 2017 at 12:22 PM

Washburn-McReavy  
FUNERAL CHAPEL, CEMETERIES AND  
CREMATION SERVICES

“ *3 files added to the album Sheryl's Memory Album*



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**Washburn-McReavy** - September 07, 2017 at 08:30 AM



“ *Lavender Reflections Spray was purchased for the family of Sheryl Heggem.*



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September 06, 2017 at 09:30 PM