



Susan Rae Opsahl

June 18, 1949 - March 6, 2023

Susan Rae (Zabel) Opsahl died on March 6, 2023 after a debilitating battle with "atypical" Parkinson's disease. Susan was 73 years old and died as she wished, at home and with her loved ones surrounding her.

Susan was born June 18, 1949 in St Paul, Minnesota, the second child of four to Ina (Lacy) and Theodore Zabel. Susan met the love of her life, David Opsahl, in high school. After graduation Susan enrolled at Gustavus Adolphus College, earned a BA in nursing and worked at the VA hospital for 27 years, the last 19 years caring for end-of-life patients in their homes. She demonstrated compassion and empathy for those in her care during their final days, and cared deeply for those whom she helped.

Susan was a charming, warm, and genuine person. When meeting strangers she would take the time to meet them where they were, without judgement and with compassion. She was a role model to all who knew her. She gave of her time and effort with charitable organizations, teaching all of us what it is like to give freely.

She had an adventurous spirit and often said "it isn't an adventure if there isn't a dragon in it," when things didn't go quite according to plan. She traveled with David to five continents and took advantage of every opportunity to explore new parts of the world, cultures, and experiences.

Susan loved her family with her whole heart, especially her grandchildren. She was adored by all who called her Grandma. She may not have been the baking and sewing kind of grandmother but her grandchildren always knew

she was their biggest cheerleader.

Susan is survived by her husband of 52 years, David; their two daughters Kristina (Thomas) Foley and Jessica (Kevin) Kopish; grandchildren Grace Smith, Lee Brownlee, Susan Kopish, Colin Kopish, and Cyrus Foley; sister Debra (Bruce Syhre) Gibson; sister-in-law Linda Zabel; many loving nieces and nephews, and many loving grand-nieces and grand-nephews.

Susan was preceded in death by her parents Ina and Theodore Zabel, brothers Gary Zabel and Wesley Zabel, and sister-in-law Joan Zabel.

A visitation will be held on Thursday, March 30 from 4-8 PM, at Holcomb-Henry-Boom-Purcell funeral home in Shoreview, MN. A visitation will be held on Friday, March 31 from 10-11AM at Gloria Dei Lutheran Church in St Paul, MN followed by the funeral service at 11:00 AM. A private family burial is planned.

In lieu of flowers, the family suggests a memorial contribution to Gloria Dei Lutheran Church, 700 Snelling Ave S, St Paul, MN 55116 or to the food bank of your choosing.

Tribute Wall

DG

“ *Missing and thinking of Susie often each day and wishing we would have had more time together. ❤️*

Debbie Gibson - April 23, 2023 at 12:00 AM

MM

“ *In Loving Memory of Susan Rae Opsahl, Celebrating a life well lived whose memories will be cherished forever. A donation has been made to Laramie Interfaith to support our local food pantry in her memory.*



Melanie Murphy - March 30, 2023 at 12:00 AM

MM

“ *Sending our heartfelt sympathy. I have so many wonderful memories with my godparents growing up: camping, New Years Eve gatherings, and many adventures. Sue warmly welcomed Jeff into the fold who has fond memories of Sue. We are so happy that Calla got to meet her. We are blessed to have known Sue.*



Melanie Murphy - March 30, 2023 at 12:00 AM

MT

“ David, I am so sorry to hear about Sue's death. You have been a magical couple since high school. The love and happiness you two have had for each other has always shone through. I can't even begin to think of how much you will miss her. My heart goes out to you and your family. With great sympathy, Marie Thell

Marie Thell - March 29, 2023 at 12:00 AM

MM

“ I have no words that can ease the pain that I know you are enduring. I will pray for the Opsahl family.



Mahlon Moore - March 24, 2023 at 12:00 AM

KB

“ Susan will be missed. I will always remember and cherish the time I was fortunate to share with her. Her beautiful eyes intent on watching and listening to whatever was said to her is something that is still with me. She and her adoring husband were a perfect match and the love between them was a privilege that I witnessed whenever I was with them. I loved Susan and will remember her as a vibrant intelligent woman that I held dear as her Aunt Karen.

Karen (Woll) Brahe-Pedersen - March 18, 2023 at 12:00 AM

KM

“ Susie was my best friend Debbie growing up sister. She was so good to me when I came to their house. She always gave me a compliment and a smile. I looked up to her! She was someone I wanted to be when I grew up! You will be dearly missed Susie. Rest in peace 🤔 love KM

Kathleen Montpetit - March 15, 2023 at 12:00 AM

BO

“ You will be missed. It sounds like you had a wonderful life and we're loved by many.



Bill Van Orman - March 15, 2023 at 12:00 AM

KM

“ Sending you our heartfelt sympathy. Sue will live in our hearts. So many wonderful memories. Sue was a truly lovely person and we were blessed with her friendship.

Karen and Phil McConville - March 14, 2023 at 12:00 AM

CL

“ Dearest David and family, Our prayers and love are with you all. ~~Carole



Carole LaDeRoute - March 14, 2023 at 12:00 AM

DG

“ I will miss my big little sister forever. So hard to see her struggle for so many years. Love you so much. ❤️



Debra Gibson - March 13, 2023 at 12:00 AM