



Ina Ray (Pokey) Sheldon

March 2, 1948 - December 14, 2020

Ina Ray (Pokey) Sheldon (72)

Pokey (Behen) Sheldon of Bloomington, IN passed away at home on 12/14/20 surrounded by family and loved ones after battling Frontotemporal dementia for many years. Pokey was born in Sedalia, MO on 3/2/48 to Frank and Jane Behen. She was a 1966 graduate of Edgewood High School. Pokey had a passionate life-long commitment to social work, child protection services and foster care, touching many lives during her work at the South Central Community Action Program, Southern Monroe County Mental Health Center and Middle Way House. Sadly, Frontotemporal Dementia caused behavioral changes and memory issues making retirement a necessity.

Pokey was an enthusiastic Democrat, enjoyed politics, gardening, shopping and going to the movies with friends. Most of all she loved the Holidays when she could decorate, cook and shower her daughters and grandchildren with love.

Survived by her children Heidi Sheldon-May (Chris) of Bloomington, IN, Holly Paquin (Derek) of Fishers, IN, Christy Trendelman (Shawn) of Bloomington, IN, grandchildren Marissa May, Collin and Addison Paquin, Kennedy, Karsen and Riley Trendelman, her sisters Frankie Heimbürger (Sherm), Debbie Lang (Lenny), former spouse John Sheldon (Mary), her sister-in-law Barb Sholtis, brother-in-law Steve Sheldon (Rachel) along with many other family and friends.

Preceded in death by her parents, her former in-laws Garland and Helen

Sheldon, brother-in-law Ron Sholtis, her best friend Judy Talley and her many pets.

Due to Covid, a Memorial Service will be held at a later date. In lieu of flowers, donations can be made to The Association for Frontotemporal Degeneration, <https://www.theaftd.org/support-aftds-mission/>

Tribute Wall

KB

“ Please accept my heartfelt condolences on your loss. I haven't seen Pokey since she left Urbana High School, but I'll always remember her laugh, sense of play, and leadership among friends. She was a special young woman and from the stories of family and friends, I can see that helping others was her true calling in life. That is a most important legacy.



Kathleen (Narcross) Burgess - December 21, 2020 at 10:17 PM

RB

“ At one of the lowest moments of my life, Pokey was there to help raise me up.
I never have and never will forget her kindness and compassion.
Pokey was the definition of "Friend."
Robert Billingham

Robert Billingham - December 19, 2020 at 03:07 PM

KT

“ Kennedy Trendelman lit a candle in memory of Ina Ray (Pokey) Sheldon



Kennedy Trendelman - December 19, 2020 at 02:54 PM



“ Arrive in Style was purchased for the family of Ina Ray (Pokey) Sheldon.



December 18, 2020 at 06:06 PM



“ Heidi sent a virtual gift in memory of Ina Ray (Pokey) Sheldon



heidi - December 18, 2020 at 12:10 PM



“ Heidi lit a candle in memory of Ina Ray (Pokey) Sheldon



heidi - December 18, 2020 at 12:08 PM



“ I left Bloomington twenty years ago. I worked at the Bloomington Housing Authority and worked with your mom for many years. We not only worked with clients but became friends. We went to lunch some and I heard about her beautiful girls. She was so proud of you. I teased her and called her Ina. She wasn't fond of that. I hated to hear of her dementia. She was so smart. I will keep you girls in my prayers Peggy Gudal Newton

Peggy Gudal Newton - December 17, 2020 at 06:06 AM

TO

“ My sincerest condolences to Heidi and Holly. I have this very clear memory of a gathering at Grandma Sheldon's house in Lincoln, IL in the early 70's? where Pokey was the life of the party. That is how I remember her, full of laughs and with a ready smile. May she find peace. Love to all you Sheldons, your Cousin Tony Sheldon

Tony - December 16, 2020 at 09:20 PM

DJ

“ There are too many memories that we all have. Her laughter and all the fun we had. The stories, the life she lived, the Halloween parties. How lucky we all were to have known and loved her. At SCCAP before it all went to hell there was a crew of us that shared so many wonderful times. Pokey and Edna the two of you were hilarious, the trips to Tennessee, the state flower, the snoring, everything was always fun. The disease took her from all of us way to soon. To the family you girls were everything to her so sorry for your loss but I know she is dancing in the stars....Love Debbie Jenkins, Mary Lou Carter & Lisa Carter

Debra Jenkins - December 16, 2020 at 08:33 PM

NS

I have many fond memories of Pokey from Urbana High School back in the '60's. She was fun, funny, kind, and considerate. She was a great dancer and a wonderful friend.

Nancy Strapp - December 21, 2020 at 09:37 AM

MJ

So sad to read this obituary on Pokey!! She left behind so many friends at UHS (Urbana High School)! Several of us always wondered whatever happened to our dear friend and classmate! it sounds like she had a very fun and full life! We just know you endeared yourself to alot of classmates and we won't forget the great memories! Thank you Pokey, we all loved you!! Mary Ellen Asterino Johnson

Mary Ellen Johnson - December 22, 2020 at 06:07 PM



“ *Love's Tapestry was purchased for the family of Ina Ray (Pokey) Sheldon.*



December 16, 2020 at 08:17 PM



“ *Pokey worked at the mental health center with me in the late 80's. She was one of the first ones to make me feel so welcome. I had no idea she was a fellow Edgewood Mustang! How cool! I loved her sense of humor. She was such a ray of sunshine. Hugs and prayers to her family.*

Melissa Snooks Pate - December 16, 2020 at 07:07 PM



“ *Emerald Garden Basket was purchased for the family of Ina Ray (Pokey) Sheldon.*



December 15, 2020 at 10:35 PM