

Carolynn L. [Birdsall] Heilig

Carolynn L. Heilig Larkspur, California Passed away peacefully on January 23, 2009 from pancreatic cancer, surrounded by loving family members.

Born May 25, 1942 in San Diego the loving daughter of Francis R. and John J. Birdsall. She grew up in Cedar Falls, Iowa and attended the State University of Iowa.

Married in 1962 to Kenneth W. Heilig, the father of their three daughters and son, Jody, Tamara, Samantha and Joshua. Carolynn has five grandchildren, Colleen, Megan, Nicholas, Breanna Riley and Cole Pineda.

While raising her children in Alameda, she spent 20 years working for Apollo Sales, and was an active member of the Trinity Lutheran Church Choir. Carolynn moved to Larkspur in 1994 to live with her soul mate and companion Herb Meyer. She was an advocate and provider of In Home Supportive Services (IHSS) which enabled Herb, a quadriplegic, to live independently with loving care and safely in his home. Carolynn was active in supporting the low income and physically challenged population of Marin to maintain their Section 8 housing subsidies, and worked with the Easter Seals - Day on the Bay, the Bay Area Association for Disabled Sailors (BAADS), the Marin Center for Independent Living, and other non-profit organizations. Carolynn enjoyed many hobbies and activities including quilting, sewing, gardening, traveling, sailing, gourmet cooking, and spending time with her family and friends. Her wonderful sense of humor, bright friendly personality, and beautiful smile warmed the hearts of all that knew her.

A celebration of her life will be held on February 7th at 3:00 p.m. at the Miller Avenue Baptist Church, 285 Miller Ave, Mill Valley. Contributions may be made to Hospice or to the Marin Center for Independent Living.

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<http://www.legacy.com/obituaries/marinij/obituary.aspx?page=lifestory&pid=123511758#sthash.Fmq8LVUy.dpuf>