



## Mary Elizabeth Nowak

March 22, 1954 - December 12, 2015

Mary Elizabeth “Marybeth” Nowak

Mary Elizabeth “Marybeth” Nowak passed away peacefully Saturday, December 12, 2015 surrounded by her immediate family and pastor Andy Hurst. A celebration of her life will be held at 10:00 a.m. Friday December, 18 at Saint Luke’s United Methodist Church central campus.

Marybeth was born March 22, 1954 in Norfolk, Virginia to Charles and Mary (Kirby) Nowak. Following her father’s retirement from the Navy, the family moved to Saint Petersburg, Florida where Marybeth was raised. She graduated from Sacred Heart Academy in 1972. Marybeth earned her Bachelor of Science degree in psychology from the University of Florida in 1976 and moved to Lynchburg, Virginia where she worked at the Lynchburg Training School. She moved to Lubbock in 1978, where she worked as a research associate at the Research and Training Center at Texas Tech for three years. She returned to school in 1982 and received her Bachelor of Science degree in Nursing in 1985 as a member or the first graduating class at the Texas Tech School of Nursing.

She was a staff nurse in several capacities at University Medical Center for fourteen years and was named Nurse of the Unit on 3East. Marybeth developed a special affinity for senior citizens and worked at Carillon House for ten years, first as a staff nurse before moving to administration. She moved on to become Director of Nursing at Care reminders Home Care, while also

working as a nurse aid evaluator for the NACES Plus Foundation. She touched many lives during her nursing career.

Marybeth married Jerry L. Morris on November 2, 1984 in Lubbock. They were husband and wife, best friends, and soul mates for 31 years. They were blessed on May 8, 1992 with the birth of their long-awaited twins, Amanda N. Morris and Lucas N. Morris. The family was complete and life centered on child rearing and family activities. She was a special homemaker and a wonderful mom. She was a tireless volunteer at Christ the King School for eight years. While homeschooling the children in high school, she served on the Board of Directors for the Lubbock Homeschool Christian Athletic Association. She was the consummate “athlete mom”. She and the family enjoyed countless road trips for football, volleyball, track, cross country and basketball, including the annual trip to Omaha for the National Homeschool Volleyball Tournament. She was a longtime volunteer helper at the Buffalo Springs Lake Half Ironman Triathlon. She attended Saint Luke’s United Methodist Church.

Her favorite times of all were the many family trips to South Padre Island. She and the family enjoyed the beauty, togetherness and solace of South Padre for over twenty-five years.

Marybeth assumed she could do or learn to do anything she wished, and she did. She was a published author of research related to developmental disability. She was talented in many forms of arts and crafts and entered her work in craft shows for a time. She was an expert seamstress and made many of her children’s clothes in their early years.

In addition to her husband and children, Marybeth is survived by sister Kathy (Bud) Forsberg and nephew Eric Forsberg of Largo, Florida, cousin Claudia Barrett of Denver, and best friends Bobbie Slaski of Reston, Virginia and Karen Hunter of Chicago.

Marybeth will live forever in the hearts of her family and friends. The family extends their heartfelt appreciation to the nurses and staff at Covenant Medical Center, especially to Michelle, Eric, and Peggy on East3. Memorials

are suggested to Saint Luke's United Methodist Church.

# Tribute Wall

KB

“ *What an amazing , warm, funny, exuberant , sunshiney person. I enjoyed running into her in United to chit chat. Such a proud mama. So much love for her family. Mary Beth,a very special angel. She will be missed so much. Kathy Buxkemper*

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**Ka thy Buxkemper** - December 16, 2015 at 10:43 PM

DM

“ *To Mr. Morris, Amanda, and Lucas, I send to you, dear people, my most sincere and heart felt sympathy. I am so happy to have known your mother; we had such good visits at Market Street. I will always remember her smiling, friendly face. I pray God will be extra close in the days ahead. God's Blessings, Diana Mobley*

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**diana mobley** - December 16, 2015 at 01:16 PM

KF

“ *Kathy, Bud and Eric Forsberg (Mary Beth's sister and family) purchased the Beautiful in Blue for the family of Mary Elizabeth Nowak.*



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**Kathy, Bud and Eric Forsberg (Mary Beth's sister and family)**  
- December 16, 2015 at 11:19 AM



“ 37 files added to the album Life Tributes



Sanders Funeral Home - December 16, 2015 at 10:17 AM



“ Rainbow Of Remembrance Spray was purchased for the family of Mary Elizabeth Nowak.



December 15, 2015 at 05:52 PM



“ Jerry I am so sorry to hear of the loss of your wife. You and your family are in my thoughts and prayers.

Kelley Fields

Kelley Fields - December 14, 2015 at 05:34 PM