Sossoman
Funeral Home & Crematory Center
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Magdleen Helton Fredell

Oct. 21, 1938 - April 14, 2026

Magdleen Helton Fredell, 87, of Morganton, NC passed away Tuesday, April 14, 2026 following several months of declining health.

Born on October 21, 1938 in Burke County, she was the daughter of the late Frank and Martha Helton.

Magdleen was a long-time member of Morganton Seventh-day Adventist Church where she loved teaching the children about Jesus in Sabbath School. She found great joy in tending her garden, took comfort in her favorite soap operas, and was a constant source of strength and support for her family in times of need.

In addition to her parents, Magdleen was preceded in death by her husband, David Robert “Rob” Fredell; and several brothers and sisters.

Those left to cherish her memory include her children, Dennis Fredell of the home; Robin Fredell Horton (Sonny) of Morganton, and Kenneth Fredell (Teresa) of Hildebran; granddaughters, Lisa Cresawn and Christina Cresawn (Ricco); grandson, Daniel Fredell (Lydia); great-grandchildren, Ashira Reid, Simeon Reid, Sayge Coleman, Sylas Coleman, Eloise Fredell, and Chloe Fredell; and a sister, Evelyn Swink.

The family will receive friends from 2 to 3 p.m., Saturday, April 18, 2026 at Smart’s

Grove Baptist Church. The funeral will be held at 3 p.m. in the church with Rev. Pat Mourglea officiating. Burial will follow in the church cemetery.

Memorial contributions may be made to Amorem Hospice or Smart's Grove Baptist Church.

Sossoman Funeral Home and Crematory Center is assisting the family with the arrangements.

Tribute Wall



Sorry for your loss. Couldn’t make it to the funeral had to work. I am praying for you guys.

–Monica mintz