



*Mildred Millie Ann
Deal Avery*

April 4, 1932 - April 26, 2025

Mildred Millie Ann Deal Avery, 93, of Morganton, NC, passed peacefully on Saturday, April 26, 2025. Born on April 4, 1932, in Catawba County, NC, she was the beloved daughter of the late William Davis Deal and Nona Little Deal.

Millie lived a life filled with quiet purpose, tireless service, and joyful devotion. Though she once dreamed of becoming a physical education teacher, life had other plans ones that would lead her to touch countless lives through the healing art of nursing.

After working as a nurses aide at Richard Baker Hospital (now Frye Regional Medical Center) during the summer after high school and a fateful encounter with Dr. Glenn R. Frye, who encouraged her to become a nurse Millie pursued nursing with her whole heart. She graduated from Rowan Memorial School of Nursing in Salisbury in 1955 and began a remarkable 30-year career serving the state of North Carolina.

Ms. Averys passion for teaching led her to the Western Regional Vocational Rehabilitation Facility (now EIPD Western Regional), where she taught men and women to become nurses aides. Though she never formally entered a gymnasium as a coach, she educated with the spirit of a teacher and the heart of a mentor, inspiring every student she encountered.

A Morganton resident for nearly 65 years, Millie built a life rooted in faith, family, and community. She was a devout member of Salem United Methodist Church, where her alto voice lifted countless hymns and her Sunday school lessons instilled lasting truths. Her nurturing spirit knew no bounds; she was a nurse not just by profession, but by nature always offering care, comfort, and laughter wherever it was

nurse not just by profession, but by nature always offering care, comfort, and laughter wherever it was needed.

An athlete at heart, Millie's love of basketball began at Newton-Conover High School, where she played center forward for the varsity women's team before graduating in 1950. Her passion for the game never faded; she continued shooting hoops with her grandchildren well into her 70s. Whether she was driving her grandson to practice or glued to the TV during March Madness, Millie never missed a game.

Millie Avery's greatest joy came from her family. She is survived by her three children, Everett Lee Avery Jr., John Davis Avery, and Maelea Whisnant (Reggie); four grandchildren, Brigitte Gragg (Bryan), John Everett Avery (BJ), NonaAnn Faris (Matthew), and Marshall Faris (Amber); and six great-grandchildren. In addition to her parents, Millie was preceded in death by the father of her children, Everett Lee Avery Sr. To them, and to all who knew her, she leaves behind a legacy of kindness, resilience, and a life lived with unwavering love. She will be deeply missed and joyfully remembered.

Please join us in celebrating her beautiful life on Saturday, May 3, by wearing your favorite color as a cheerful tribute to her vibrant spirit. The family will receive friends at Sossoman Funeral Home beginning at 11 a.m., followed by a service from 12 to 1 p.m. A graveside gathering will take place later that afternoon at 3 p.m. at Claremont City Cemetery.

Feel free to share your memories and messages with the family by visiting www.sossomanfh.com. They'd love to hear from you.

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

Visitation

May 3, 2025
11 a.m. - noon

Sossoman Funeral Home and Crematory Center

Service

May 3, 2025
noon

Sossoman Funeral Home and Crematory Center

Committal

May 3, 2025

3 p.m.

Committal Details

Tribute Wall

So sorry to hear of Millie's passing. She was such a sweet lady. I always enjoyed talking to her. I met her when my Father in Law, Rev. Clyde White was the pastor at Salem UMC. Prayers for comfort to her family.

—Lisa White

Rip millie she showed me how to be a cna .I was acna for 25 years thanks to millie .love you millie you will be missed.

—Pamela self

Such a sweet lady. So glad I was lucky enough to have her as a Sunday school teacher and learn from her when I was young and attend church with her for many years. Praying for you all and I know Heaven is rejoicing upon her arrival!

—Jason Dale

Maelea and family, I was so saddened to hear about your sweet mom's passing. She was a beautiful lady with a sweet smile and a kind and loving heart. I cherish all the memories of spending time at her house and eating a lot of good food. I always felt like a part of the family. I wish that I could be there to celebrate her beautiful life. You all are in my thoughts and prayers, especially tomorrow and the days ahead. Sending love and condolences to you all. Love you; Jamie

—Jamie Cline

Dear Family of Millie Avery, I am so sorry to hear the sad news. I met Millie at Salem United Methodist Church. She was one of the sweetest ladies that I had met and was richly blessed by doing so. Heaven has gained a wonderful Angel! My heart, love and prayers goes out to her children and other family members.

My God wrap His arms around you all and give you peace. With love, Kathie Waldroup

Kathie Diane Waldroup

—Richard (Ricky) Odom



Sweet Millie, what a beautiful soul and pure blessing you were to your family. My momma thought alot of you and was so thankful for your shared guidance and help with Little John throughout the years. Rest now, and reap the benefits of your rewards in heaven.

—Cameron "Tinker"



So sorry about your loss, I became friends with Maelea years and years ago and we lost touch. But Miss Millie welcomed me into her home like family she will be truly missed. Maelea I miss you girl look me up.

—Shannon Gragg

She was definitely a beautiful lady. Always so kind and caring. Millie had such a sweet laugh and a never ending smile. Heaven has gained a beautiful Angel. To her family, you have my family's deepest condolences. Peace! Cindy Ross

—Cynthia Ross

Avery family, relatives and friends. God has certainly called home to the heavenly mansion a real faith warrior. I had the privilege of working with Millie at

Vocational Rehabilitation. She always seemed to have that gracious smile and a willing spirit to engage in wholesome dialogue. May the grieving process keep the memories alive.

—Wayne Giese