



Mildred "Millie" Adelson

September 24, 1924 - June 29, 2016

Mildred ("Millie") Adelson was born on September 24 1924 in her home in Freehold New Jersey. She died on June 29 in Sarasota Florida after struggling with idiopathic pulmonary fibrosis for over 15 years. She was almost 92 years young and was lucky to live independently for most of her life.

Her burial is taking place on July 3 in the Hebrew Cemetery in Freehold.

For many of her friends and family, Millie was an example of a modern day heroine since she possessed great inner strength and resilience, while never losing her sensitivity and warmth. She faced so much adversity in her life yet somehow it didn't harden or embitter her. She had great patience and was a sharp-minded, loving, strong, joyful, content and wise woman. She was a proud mother, grandmother, aunt and great aunt. She had many close friends in all the places she lived--and she insisted on continuing to live in her own community, by the sand and sea that was her chosen home.

Her memory will be a blessing, and her memory and special soul will live on in her family, her friends and in everyone who ever knew her.

In lieu of flowers, please make a donation to NAMI (The National Alliance on Mental Illness) or to a charity of your choice.