



Valerie Sheppard White

January 29, 1948 - April 23, 2023

Valerie Sheppard White died peacefully on April 23, 2023. She was 75 years old.

She grew up in Radnor, PA, daughter of Bernard and Frances White, beloved sister to Barbara White Waterman and Carolyn White-Lesieur. An Honor Roll student, Valerie graduated from Radnor High School, Class of 1966, and attended Goucher College.

She lived courageously with a mental illness most of her life. Despite her illness, Valerie had a continuing interest in the literature of Fitzgerald, Hemingway, J.D. Salinger, in art and painting, and enjoyed conversing in French and listening to jazz.

Her mother, as a Founding Member of NAMI (National Alliance on Mental Illness), worked tirelessly to obtain funding for a group home in Haverford, called Torrey House, named for the renowned psychiatrist/researcher, Dr. E. Fuller Torrey. Valerie spent a year at St. Elizabeth's Hospital participating in Dr. Torrey's research study on schizophrenia. She also participated in a family study at McLean hospital under the direction of Dr. Deborah Levy.

Because of Valerie's lifelong disability with a mental illness, her parents began the Planned Lifetime Assistance Network of Pennsylvania (PLAN of PA – part of a national network) in 1989. A non-profit organization providing families with

peace of mind and support for their loved one with care management services.

Valerie is survived, in addition to her sisters, by her nieces and nephews: Jonathan Lesieur, Nicholas Lesieur, Geraldine L. Kurtz, Elizabeth Waterman Walker and Hunter Waterman.

A Memorial Service will be held on Saturday, June 10, 2023 at 11:AM at the Main Line Unitarian Church, 816 South Valley Forge Rd Devon, PA 19333.

Contributions in memory of Valerie may be made to PLAN of PA, 230 Sugartown Road Suite 140; Wayne Pa. 19087.

Previous Events

Memorial Service

JUN **10**. 11:00 AM (ET)

Main Line Unitarian Church
816 South Valley Forge Road
Devon, PA

Tribute Wall

DC

“ I knew her sister Carolyn from Chase Tennis Camp and would love to reconnect. Peter and I are living in Wayne, PA. If you'd like, you can contact me on Facebook. Best, Diane Ware Classen

Diane Ware Classen - November 08, 2023 at 11:09 AM

BE

“ I remember beautiful Valerie well as I would say hello to her when I visited so often. I have many wonderful memories of time spent at your home. Sincere sympathy and much love. Betsy Ferguson Gillen

Betsy - May 19, 2023 at 08:31 AM