



Theresa Marie Pugh

AUG 12, 1958 - JAN 16, 2026



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Theresa Marie Pugh

AUG 12, 1958 - JAN 16, 2026

Theresa Marie Pugh, 67, passed away peacefully at her home in Lewes, Delaware, on Friday, January 16, 2026, surrounded by her loving wife, June Sellers, and her beloved four-legged family of rescued companions—her fierce canine protector, Rosie, and her cherished kitties, Rocky and Shadow.

Theresa was born on August 12, 1958, in Baltimore, Maryland, to the late Thomas and Kathleen Pugh. She was preceded in death by her parents and her brother, Michael Pugh.

She is survived by her wife of nearly 20 years, June Sellers; five sisters, Kay Daspit, Margie Spicer (the late Jim Spicer), Anne Thomas, Marian Pugh, and Carol Morris (Dan); and two brothers, Tom Pugh (Nancy) and Joe Pugh (Dennis). She is also lovingly remembered by her many nieces, nephews, extended family members, and a wide circle of dear friends.

Theresa was deeply committed to learning and lifelong education. She earned a degree in Recreation Leadership from Prince George's Community College; a degree in Kinesiology from the University of Maryland, College Park; a master's degree in Health Care Administration from the University of Maryland; and a degree in Physical Therapy from the University of Maryland Eastern Shore.

Following her graduation as a Physical Therapist, Theresa worked for seven years at National Rehabilitation Hospital. She then spent the next 28 years providing compassionate home health care throughout the Maryland and Washington, DC area with Potomac Home Health Care, Gentiva, and Johns Hopkins. She truly loved her work and took pride in helping others regain independence and improve their quality of life. Her warmth, professionalism, and dedication left a lasting impact on countless patients and colleagues.

A lifelong sports enthusiast, Theresa excelled at nearly every sport she tried, especially softball, flag football, running, and golf. She was also a PADI-certified divemaster with a deep fascination



Obituary

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for ocean life. Theresa enjoyed watching almost any sport on television, particularly DC-area teams and the Olympic Games.

At home, Theresa found joy in gardening alongside June, cooking meals using the herbs and vegetables they grew together, and creating a welcoming home that became a frequent gathering place for family and friends. Her vibrant personality, sense of humor, and generous heart filled every room she entered.

A memorial service celebrating Theresa's life will be held on Friday, February 6, 2026, at 11:00 a.m. at St. Peter's Episcopal Church, 2nd Street, Lewes, Delaware 19958. Family and friends are invited to visit beginning at 10:00 a.m.

All those unable to attend the services are invited to join the service via livestreaming by visiting the following link: <https://www.youtube.com/watch?v=XgUOEgXc0MA>.

In lieu of flowers, the family requests that charitable contributions in Theresa's memory be made to one of the following organizations: The Association for Frontotemporal Degeneration (AFTD), 2700 Horizon Drive, Suite 120, King of Prussia, PA 19406, <https://www.theaftd.org>, or Brain Support Network, PO Box 7264, Menlo Park, CA 94026, <https://www.brainsupportnetwork.org>.

Theresa's fun-loving spirit, laughter, and radiant smile will be deeply missed by all who knew and loved her.

Please sign the virtual guestbook located on the tribute page.

FLORIST NOTE: PLEASE DELIVER ALL ARRANGEMENTS BY 3:00 PM ON THURSDAY, FEBRUARY 5TH, 2026, TO OUR LEWES LOCATION.






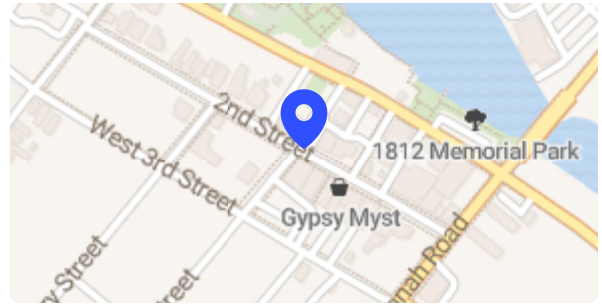
Events

Theresa Marie Pugh




AUG 12, 1958 - JAN 16, 2026

Visitation

-  **Friday**, February 6, 2026
-  10:00 AM - 11:00 AM ET
-  **St. Peter's Episcopal Church**
Second & Market Streets, Lewes DE



Memorial Service

-  **Friday**, February 6, 2026
-  11:00 AM - 12:00 PM ET
-  **St. Peter's Episcopal Church**
200 2nd St, , Lewes DE 19958





Tribute Wall

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C

Cat Kennedy lit a candle in honor of Theresa.

Theresa was a a true treasure of a person, intelligent, compassionate, wicked funny and joy personified! She will be missed greatly! Merry Meet and Merry Part til Merry Meet again.

February 6 at 1:40 PM



TF

The Hayes, Khanna, & Mohlenhoff Families sent a Beautiful in Blue to the Pugh family.

February 5 at 8:10 PM



TF

The Hayes, Khanna, & Mohlenhoff Families planted a Memorial Tree in honor of Theresa.

February 5 at 8:10 PM



Anonymous

Anonymous sent a Strength & Solace Spray to the Pugh family.

February 5 at 11:20 AM



PB

Pugh Family Sisters & Brothers planted a Memorial Tree in honor of Theresa.

February 5 at 11:20 AM





Tribute Wall

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Jodie S. planted a Memorial Tree in honor of Theresa.



February 4 at 9:38 AM



Jodie Sellers February 4 at 9:41 AM

Our thoughts and prayers are with you during this difficult time. Love, Jodie and Patrick Sellers



Marian Pugh posted:

Theresa fully embraced life, from simple joys to new adventures and explorations! As family and friends know, Theresa was a sports enthusiast and an avid sports participant, especially team sports. This began for Theresa at the age of 4 or 5, when she learned of a local T-ball team (who knew?). After receiving her own T-ball set, and practicing to her satisfaction, Theresa joined the local team! Presumably, this was an enjoyable experience, as it led her to lifelong engagement in team sports, including softball, basketball, flag football, soccer etc. Theresa seemed adept at any sport she pursued. More importantly, Theresa developed many enduring and treasured friendships with team members. Eventually, she pursued what became a fulfilling and lifelong career in Physical Therapy, employing her skills in healing and motivating those in need. In our earlier adult years, Theresa and I lived in the same condominium community for 12 years. Often, we would spend evenings in Theresa's home, sharing personal and humorous stories, childhood memories, and/or simply enjoying our favorite shows (Cheers, Seinfeld, etc.) over take-out meals. Always good times, good memories! Theresa, I miss your fun-loving spirit! In later years, Theresa and June embraced the sport of Scuba diving, which eventually took them to faraway places, and to depths unknown to me. I was in awe of your adventurous spirits! Sadly, though, your toughest and longest battle robbed you of much of what had brought you joy. Yet throughout this battle, and with the loyal and loving care provided by June, you endured through the end, with great patience and grace--still smiling and laughing during visits with loved ones. You are dearly missed, Theresa. Rest in Peace. Love, Marian

February 3 at 12:06 PM



Anonymous sent a Your Light Shines to the Pugh family.



January 28 at 9:46 PM



Tribute Wall

Theresa Marie Pugh

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MB

Mickey Bellemin planted a Memorial Tree in honor of Theresa.

January 28 at 9:46 PM



Anonymous sent a Sweet Tranquility Basket to the Pugh family.

January 28 at 9:41 PM



GC

Gayle And Brad Cohen planted a Memorial Tree in honor of Theresa.

January 28 at 9:41 PM



AT

Anne Pugh Thomas posted:

I was fortunate to have spent many happy times with Theresa and June. Whether spending Christmas in New York City at Rockefeller Plaza, or swimming with the manatees in Crystal River, Florida, or simply enjoying crabs and beer on Theresa and June's lovely patio in Lewes, Delaware, there was always joy and laughter. I am so grateful for these precious memories and will cherish them for years to come. With love and remembrance, Theresa's sister, Anne

January 26 at 10:51 AM

MP

Maggie Henney/Parker posted:

Theresa will always be missed. She gave her time and talents generously. She gave me advice to help a friend manage Parkinson's d Disease mobility issues. She will always be remembered. Maggie Henney and Glenda Parker

January 25 at 2:54 PM



Tribute Wall

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CM

Carol Ann Morris posted:

When Theresa heard that I was doing a lot of pleasure reading; she wanted to support me in this, so she drove me to the Library and helped me get my first library card. At another time, this I was older; Theresa showing interest in my art work from La Reine high; and asking if she could keep a picture. I said sure; take two. Finally I was much older, Theresa was helping me during a difficult time in life, I asked her if she liked being a Big sister? She said she Loves being a big sister! ❤️ wow so many times Theresa bonded with me. She is/was a Great sister

January 22 at 11:23 PM

NM

Nan Martino shared a photo to the **Tribute Wall** album.

Theresa was such a good person and friend. So smart and talented and really loved her wife June! Rest easy, my friend, you deserve to be free and happy. We will miss you so much.



January 22 at 9:25 PM

MS

Margaret Spicer posted:

Dear Theresa, I remember many years ago when you and June came to the barn where I had Spirit. The barn was having a charity event. It was a 5 mile walk round and about the pastures, into the woods, up and down rugged trails and terrain and back to the barn. We all enjoyed the challenges of the walk and then enjoyed lunch together. Do you remember, Theresa? I will always remember fondly. Love you Theresa. Margjie

January 22 at 3:24 PM

MS

Margaret Spicer posted:

Dear Theresa. I remember fondly many years ago when you and June came to the barn where I was boarding Spirit. The barn was having a charity event. It was a five mile walk round and about the pastures, into the woods, up and down rugged terrain and back to the barn. When we finished, all were tired but pleased with the walk. We then enjoyed lunch. Do you remember, Theresa? I will always remember fondly. Love you always. Margie

January 22 at 3:19 PM



Tribute Wall

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MS

Margaret Spicer posted:

cid:D8658274-EB74-4810-9A07-448B20AA4F76

January 22 at 2:43 PM

MS

Margaret Spicer posted:

cid:D8658274-EB74-4810-9A07-448B20AA4F76

January 22 at 2:40 PM

CM

Carol Ann Morris posted:

Theresa loved watching the Flintstones cartoon and she loved Grover from Sesame Street show

January 22 at 11:49 AM

MM

Mary Marshall posted:

As cousins we only saw each other a couple times a year. But we always had fun playing together. Both of us were active kids and were outside most of the time. When Michael was old enough he joined us. I am not surprised at the heartfelt obit. As adults, when she spoke of physical therapy you could see her joy of her calling. My sympathy and condolences for June and my cousins. Mary Marshall

January 22 at 8:47 AM

TP

Tommy Pugh posted:

How many memories I have of my younger sister, Theresa! What to choose? In a large family, you have a large pool of common experiences, but also side bars and sub-cultures. I will always remember the day I flipped on the TV and began watching the offbeat film "The Loved One." Each joke in that film about the excesses of the funeral industry was both pathetic and hilarious. I was joined in that watching by Theresa and Michael. Together we shared the groans and giggles that film elicited. Who knew? Theresa and Mike, I remember, as I know you do: "Mama's little Joy Boy has piggy for Mama, Mama's little Joy Boy has piggy for Mom."

January 21 at 9:03 PM



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Kerry Brennan shared a photo to the **Tribute Wall** album.



I loved Aunt Theresa's humor and watching the interaction between her, my dad, my aunts and uncles. I loved her passion for diving and the videos she would share with us around the holidays. It coincided with when I first started traveling to Latin America and with when I got more into Environmental Science, so I felt connected to her through those shared interests. Aunt Theresa and June's home in Lewes is beautiful, I enjoyed our visits there so much. You will be missed, Aunt Theresa. We love you.

January 21 at 3:07 PM



Hello posted:

My friend, neighbor, classmate, coworker, and teammate—what a gift it was to share all those years with her. She was one of the most good-natured, genuinely kind people I've ever known. Condolences to June and her large, extended family. Mary Anderson

January 20 at 6:29 PM



Debby Garriott posted:

I will always fondly remember Theresa getting me oriented to life as a DC home care PT. She gave me clues on parking, avoiding tickets, easiest routes in the city. We helped each other out many times as the years went by. I will remember her kind approach to patients, her helpful attitude and expertise. Thankful for her life.

January 20 at 4:43 PM



Penny Antley shared a photo to the **Tribute Wall** album.



I will always remember my trip to DC and spending time with June and Theresa! She was a kind, warm and generous soul who will be missed by everyone who knew her. Continued prayers for June and all who love her. ❤️😊🙏🙏🙏😊❤️

January 20 at 11:17 AM



Media

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Nan Martino shared a photo to the **Tribute Wall** album.

January 22 at 9:25 PM

4:14 ↗



Memories



10 years ago



Nan Martino



Sep 22, 2012 · Washington D.C.



Congratulations Theresa and June!



👍 3

2 comments

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Dating



Notifications



Menu



Media

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Kerry Brennan shared a photo to the **Tribute Wall** album.

January 21 at 3:07 PM





Media

Theresa Marie Pugh

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Penny Antley shared a photo to the **Tribute Wall** album.

January 20 at 11:17 AM





Memories only last if you share them

Join us in honoring Theresa by contributing to a collection of shared memories.



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