



Sally Teresa Gist

June 18, 1965 - January 23, 2022

Sally Teresa (Proczak) Gist fell peacefully asleep in death in the early hours of Sunday, January 23rd, 2022, at Buena Vista Regional Medical Center at the age of 56. She was born in Storm Lake, Iowa, on June 18th, 1965.

There will be no services at this time. The Fratzke & Jensen Funeral Home in Storm Lake is in charge of the arrangements.

Sally didn't know a stranger. She was friendly and outgoing with everyone she met and had a real gift for always remembering everyone's name. She loved books and was a voracious reader. She enjoyed bicycling around town and walking down to the lake from her home where she often took pictures of nature and the wildlife that she saw. Her cats were dear companions to her over the years and gave her great joy.

She is survived by parents, Joseph Proczak and Linda Miller; sisters: Susie Proczak, Julie Nelson (Terry), and Cynthia Ferguson (Vincent); brother: Jeremy Hanson; nieces: Erica Nelson, Jessika McGargill, Abby Cruz, and Amanda (Nick) Ehret; nephews: Vance Nelson, Zachary Proczak, and Andrew Cruz; great-nephew: Benjamin Ehret; aunt: Frannie Proczak; close friends: Louise Schmeling, Dan Smith, Jan Williams; plus numerous first and second cousins in the Storm Lake area.

Sally was preceded in death by her husband, Darrell Gist; brother, David Proczak; and uncle, Bernie Proczak.

The Holy Scriptures speak of death as an enemy, but the words spoken by Jesus at John 5:28-29 hold out the hope of a resurrection for Sally when he said, "Do not be amazed at this, for the hour is coming in which all those in the memorial tombs will hear his voice and come out...". The Bible also promises of better things to come when it says at Revelation 21:3-4: "Look! The tent of God is with mankind, and he will reside with them...and he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away."

The Proczak-Miller family wish to express their deepest and sincere appreciation to the doctors and nurses at the BVRMC for their kindness and tender care of Sally in her final hours.

Tribute Wall

KK

“ Sally was the kindest person. She always gave a loving hug when she saw you. She was always concerned about how you were and told you a story about herself. I just loved her. Very special person. She is very much missed. RIP Sally ☀️



Kris Konradi - June 02, 2022 at 07:51 AM

BH

“ Sally was a joy to be around her spirit and that sunshine smile when I lived in storm lake I would always see her and give her a big hug she will be so missed it's a shock to me of her passing condolences to the family



Bernadette hernandez - March 10, 2022 at 01:54 AM

TD

“ One of my favorite memories of Sally is from just before her marriage to Darrell. She told the girls at BV Clinic about the upcoming event and, as women will, we asked her what she was going to wear. She replied just what I have on ...pants and a blouse. We all went together and got them dolled up. I had a bridesmaids dress leftover from one of our girls that was almost Sally's size. The others ordered a Bridal Bouquet and a Bootinier and we found her a nice pair of shoes. She was very happy that we made her day pretty. They had pictures taken in front of a stained glass window at St Mary's. I still have my copy of that picture ...after all those years. Sally will be remembered fondly by all who ever got a hug from her.

Terry Davenport - February 06, 2022 at 01:22 PM



“ So sorry to hear about Sally passing recently. She was a classmate in high school and always had a huge smile, hug and the best attitude. Prayers to all family.

Greg VanScoyk - January 28, 2022 at 07:29 PM

JP

“ Jennifer Peters lit a candle in memory of Sally Teresa Gist



Jennifer Peters - January 28, 2022 at 04:25 PM

MH

“ I knew Sally in high school and she always had a big smile on her face and something positive to say. I haven't lived in Iowa for a long time, but over the years we would occasionally see each other in town or at a class reunion and she would give me a huge hug and share something that was on her mind. I especially remember when she told me that she had gotten married and how proud she was. My heart is heavy for her family and I wish you peace with Sally's passing. No doubt she's in Heaven sharing hugs and love and still being kind to friends and strangers alike. She was a joy.

Marianna Gutz-Holliman

MG Holliman - January 27, 2022 at 10:52 PM

SP

What a nice memory Marianna! Thank you for sharing it and and your kind words. -Susie (sister)

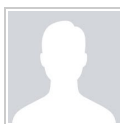
Susie Proczak - January 28, 2022 at 03:29 PM

JY

“ Pray she is being comforted in the arms of her Creator. I remember her running down Ramelle sidewalk, blond curls bouncing in the sunlight and her eyes behind the glasses smiling. Sweet memory. Love, hugs and prayers to Linda, Cyndi and the rest of the family. God bless you all with the peace her can only provide. Rest easy sweet Sally.



Judy York-Lauver - January 26, 2022 at 04:41 PM



What a sweetheart she was. Always so polite.

Evelyn Borrón - January 28, 2022 at 09:13 AM



Rip

Evelyn Borrón - January 28, 2022 at 09:13 AM

JM

“ Sally always had to come over and give me a big hug whenever she saw me-whether at church,store, wherever she was. May she rest in the arms of Jesus.



Julie

Julie McKinney - January 26, 2022 at 03:27 PM

SP

Thank you for your kind words and memories of Sally. It means a lot. - Susie

Susie Proczak - January 27, 2022 at 05:14 PM

PG

“ MAY SALLY RIP NOW. PRAYERS FOR HER & HER FAMILY.

JOY, PEACE & LOVE,
LARY & PATTY GUNVILLE, TINA &
HINNERS FAMILY



PATTY GUNVILLE - January 26, 2022 at 09:49 AM

SP

Thank you for your kind words, it means a lot.
-Susie

Susie Proczak - January 26, 2022 at 02:12 PM

NM

“ Sorry to hear of the passing of Sally. She was always friendly to me & others. Hugs to her family. Rest in peace Sally.



Nancy (Neuroth) Miller - January 25, 2022 at 09:47 AM

SP

Thank you Nancy for being such a good friend to Sally!
- Susie

Susie Proczak - January 26, 2022 at 02:11 PM

NH

“ May you rest in the arms of the Lord. Rest in peace my friend no more pain . You will be missed .

Nicki Harrington - January 25, 2022 at 09:13 AM

SP

Thank you Nick for your kind words and for being a good friend to Sally.
- Susie

Susie Proczak - January 26, 2022 at 02:13 PM

RF

RIP Sally, a huge library lover. We could count on seeing Sally every few days at the Library and our conversations usually started by her asking me "guess what?" May heaven have all the books and all the cats Sally could ever want.

Ruth Freese - January 28, 2022 at 03:30 PM

NH

“*Nicki Harrington lit a candle in memory of Sally Teresa Gist*”



Nicki Harrington - January 25, 2022 at 09:08 AM