



## Elizabeth Oehm

September 2, 1949 - March 20, 2015

No obituary found for this tribute.

# Tribute Wall

CD

“Dearest LizzyLou, As I've said before in our ADA Community ...  
“You are my Rock Star” and always will be. It is with such a heavy heart that I say “good-bye my friend, I can't believe you're gone”. In all my years, I have never met anyone as special as you. You were always so willing to share so much of yourself, to help others in need, despite your own personal challenges. Your bright light and love will live on as death itself will not be able to extinguish your amazing force. To make a difference in the life of even one person is one of the true definitions of success. Take that truth and multiply it a million times over and carry that good Karma with you on your next journey! How fortunate for all of us ... having the great opportunity to know you in this lifetime. Thank you Lizzy ... for everything!

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**Chrissie - aka determined2** - June 26, 2015 at 04:45 PM

MA

“ My dearest friend Liz, I have so missed our telephone calls to each other on an almost daily basis. Even though I only found out recently about your passing, I knew in my heart, for months, that you were no longer with us. You and I had a great support system going with each other. I will never forget how you helped to keep me up when Gabby passed away; all those nights we spent on the telephone....my comfort came from you. I thought that you were through the rough spots after you came home from the hospital, except for all of the worry over the pending CAT scan of your lungs. It was a dark cloud hanging over you for months. I am happy that you went ahead and spent the money on things that you wanted...agonizing the entire time over the hospital bills. So you enjoyed the new jewelry, shoes and especially buying so much fresh fruit. You had forgotten how good fruit was after avoiding it for so long. Sometimes things are just meant to be. The box of hand-crocheted scarves, hats, butterfly and flower pins that you made and sent to me to give to the patients at my mama's nursing home where so much fun to share with the ladies on Mother's Day this year. I know it would have pleased you to see the reactions and how happy it made them. My mama wears her infinity scarf all if the time. Yes, you were a wonderful member of the ADA forums and helped so many of us gain control of our diabetes. But, Liz, your friendship went much deeper than that with me. If you run into Gabby be sure to keep arguing with him about Charlie Manson...he got the biggest kick out of talking to you about him. Liz, as we always told each other before hanging up the phone....I love you girl! Marty

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Marty - June 26, 2015 at 01:51 PM

RA

“ I just found out, Lizzy. I'm so sorry. I hope you, Verna, Susan, and the rest of the crew are happy and enjoying not having to prick your fingers anymore :- ) Miss you, girl. Glad we got to hang out in person. Love, Raé (Fyre522)

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**Raé** - June 25, 2015 at 03:10 PM

ME

“ To Lizzy's family - I am another of the many, many people Lizzy welcomed and comforted when I arrived on the ADA website in 2007. She will be missed for her sense of humor and for her valuable information she gave so willingly to all of us. I am so sorry for your family's loss.

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**me\_inGB - Elisse** - June 23, 2015 at 05:55 PM

SP

“ even though I officially left the board, I still lurk. Lizzy continued to carry on, helping everyone she could. I \"knew\" her for years. She will be greatly missed. RIP Lizzy.. Barb

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**Spookiesmom** - June 23, 2015 at 03:34 PM

LI

“ Lizzie was a great source of wisdom and knowledge for the diabetic community. I have read her blog for advice and wisdom and also referred other people there. My sincere condolences to her family.

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**LilySue** - June 22, 2015 at 11:13 PM

CO

“ Lizzy was a beacon of calm, hope, and knowledge to us new to the diabetes family. She will be missed.

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**coedcanoe(Connie)** - June 22, 2015 at 09:17 PM

DI

“ Lizzy has touched the lives of many of us who have diabetes and we are all saddened to hear of her passing. The work she left behind on the ADA board is a wonderful legacy and I hope her family can find comfort in the knowledge that she was loved and respected as one of our best advisors. Dianne (Maplesyrup)

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**Dianne** - June 22, 2015 at 07:36 PM

LI

“ Lizzy touched many, many lives including mine. I am thankful for her encouragement, understanding, and compassion. She truly gave of herself freely and is missed greatly.

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**LisaMarie528** - June 22, 2015 at 07:24 PM

S(

“ Thank you, Liz. I'm glad to have known you in the ADA Community where your good advice set me off on in the right direction and to have have known you as a friend. I'm so sorry the meet up we talked about every time we talked on the phone never had a chance to happen. Rest in peace, Liz. I will remember you forever. Suzzie

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**Susan (suzzie)** - June 22, 2015 at 06:58 PM

MM

“ Lizzy, Thank you for all the help you willing gave me when I was a scared newbie. Your legacy will live on, and we shall never forget you.

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**MariaFan aka Mark** - June 22, 2015 at 06:34 PM

V(

“ Lizzy, Your expertise, dedication, and contribution to all who looked for help dealing with Diabetes is appreciated beyond mere words. Your sense of humor helped us on so many levels. You will be terribly missed by your D family, we will not forget you. May you rest in peace, and may your family be comforted by knowing the positive impact you have had in the world of diabetes. Rest in peace, Vicki

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**Vicki (alwayslearning)** - June 22, 2015 at 03:12 PM

CA

“ Deepest sympathy to your family. You were a respected and loved member of our on-line diabetic community.

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**Caloh** - June 22, 2015 at 01:59 PM

RH

“ God made our lives short so that we will appreciate the time we have to spend with family and friends. Lizzy was a friend to many people that she never met, esp. through her efforts on diabetes education. She helped many people, made us think, made us laugh. She is deeply missed.

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**Rick Hare** - June 22, 2015 at 10:14 AM

RA

“ My sincere condolences for your tremendous loss. I was recently diagnosed pre-diabetic, and Lizzy's legacy through her responses to many, many posts on the diabetic forum I read as well as her blog posts have guided me and helped me improve my health immensely. Lizzy's readable explanations of complicated processes have been pivotal to my understanding and management of this disease. It is remarkable that she touched my life in such a powerful way, even though we never met. It appears that multitudes of people have had that same experience with her. I pray this knowledge comforts you in some small way.

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**Rainy** - June 22, 2015 at 09:00 AM

WV

“ It is with heartfelt appreciation that I want to say thank you for all the many hours that you gave to help me and so many others like me who have this disease called diabetes. God bless you Lizzy. RIP

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**wvpeddler1228** - June 22, 2015 at 12:22 AM

MO

“ Lizzy, Thank you for all your great energy, and your amazing efforts to help people learn how to manage their diabetes. Your thoughtful, sincere, honest, thorough and informed responses to our questions have made so many lives better over the years, and so many of us will miss having you with us as a source of knowledge and inspiration...

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**Morris** - June 21, 2015 at 11:30 PM

JG

“ Lizzy, you will be missed. May you Rest In Peace.

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**James G** - June 21, 2015 at 10:38 PM

LR

“ *Lizzy, You did so much to help others. Thank you for sharing your knowledge of how to live a healthy life with type 2 diabetes.*  
*Lowcarbwalking - aka Ruth*

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**lowcarbwalking - aka Ruth** - June 21, 2015 at 09:53 PM

TR

“ *You are so missed, Liz. We were friends for a very long time, on and off the forum. May you rest in peace. Trisha Lone Oak, KY*

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**trisha01** - June 21, 2015 at 09:37 PM