



Winifred Irene Reeves Bennett

April 17, 1939 - August 18, 2025

Winifred Irene Reeves Bennett joined the heavenly choir on August 18th, 2025, after a lengthy battle with Parkinson's disease. While her earthly voice was stolen by Parkinson's, we know she is now clearly and voraciously singing praises to her Lord. Winifred is survived by her best friend and husband of 63 years, Dr. Robert M. Bennett. Winifred is missed by all who loved her and were influenced by her. She was a devoted wife, sister, mother, grandmother, mother-in-law, aunt, surrogate mother for many, teacher, and friend. She had a deep and abiding love for her grandchildren, and treated all her children and siblings like family, whether they were through blood or marriage.

Winifred was born in Cleveland, TN in 1939 and was the youngest of five children to Henry L. Reeves, Sr., and Pauline F. W. Reeves. She was raised in a Christian home, and her faith was an integral part of her life and story. Her life verses, Proverbs 3:5-6, influenced how she approached major life decisions. "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths (KJV)." In her written testimony, she said, "The days that start off with thoughts of living the day for and with Jesus are much smoother, and even though problems may still be big, He walks me through them and gives me peace and direction."

While they grew up on either side of the mountain from each other in eastern Tennessee and western North Carolina, Winifred and Bob met in Hampton, Virginia while attending Memorial Baptist Church. Winifred, known to many as Winnie and her oldest friends as Wimpy, volunteered countless hours in many different church ministries, both at the local and association level. She was a member of First Baptist Church in Erwin, TN, Memorial Baptist Church in Hampton, VA, and most recently Church on Main in Blacksburg, VA.

Winifred graduated from East Tennessee State University with a bachelor's degree in Nursing, and she earned her master's degree in Surgical Nursing from Duke University. She worked in a hospital setting as a R.N., and taught Nursing at Hampton High School, the Medical College of Virginia, and the Riverside School of Professional Nursing. Her legacy is still evident in the health care professionals she taught who are continuing to provide high quality patient care. Winifred also served as school nurse, principal, and administrator for Memorial Christian School. She was beloved by students and faculty for being fair and caring. She would work hard to remember and use the names of students and extended colleagues. Winifred always sought to instill knowledge and skills, but most importantly, a love of learning.

Her faith and pedagogy would often be combined in the home. Her children David, Alan, and Frances would be assigned to write disciplinary papers that included both a related Bible verse and a paragraph about what was done wrong, and how the behavior would be changed.

She prided herself on sending birthday and anniversary cards through the mail so that they would arrive exactly on the day of celebration. Winifred was known for Saturday morning waffles or pancakes. The pancakes would come in many shapes and sizes (from hamster-sized to the first letter of a name). She enjoyed making fresh rolls for special occasions, and baking desserts that accommodated many dietary restrictions. Her mother intentionally chose to live by eating dessert first, and Winifred followed in her footsteps. There was always room at the table, and a warm place to sleep, for any who needed

it.

Winifred had many hidden talents. She danced en pointe, acted in college, was a skilled pianist, first chair saxophonist, and ribbon winning sharp shooter with a 0.22 pistol. She loved creating and would make burpy pads (that were remarkably useful, sturdy and cute), baby blankets and sweaters, and personalized Christmas stockings. The doll clothes that she made for her children have been passed down to her grandchildren. Her piece de resistance was a Monarch butterfly blanket that took many years to complete. Winifred was an avid reader, and when she finished reading, or re-reading a book, she would write the month and year in pencil on the first page.

She was prone to fits of uncontrollable laughter and enjoyed playing games. Her competitive streak could be seen in how she kept score, from Scrabble game results still in the box from the late 1970s to keeping tabs on who won tic, tac, toe on her whiteboard while in the hospital examination room. She was a lifelong Star Trek fan, and meeting George Takei in person was a favorite memory. Winifred also enjoyed recounting the time she was at Graceland and Elvis drove up the driveway.

When it was time to leave, Winifred was always seen standing in the doorway watching and waving and sending her love until the next return. It is now our turn to wave goodbye, until we see each other again.

All are welcome to visit and share favorite memories on Saturday, August 23rd from 4:00 pm to 6:00 pm at the McCoy Funeral Home in Blacksburg, VA. A service to celebrate her life will be held immediately following at 6:00 pm.

Winifred loved flowers, however, in lieu of flowers donations are also welcomed for the Michael J. Fox Foundation: <https://www.michaeljfox.org/> or Church on Main: <https://churchonmain.church/>

Cemetery Details

Southwest Virginia Veterans Cemetery

5550 Bagging Plant Road
Dublin, VA

Previous Events

Visitation

AUG **23**. 4:00 PM - 6:00 PM (ET)

McCoy Funeral Home
150 Country Club Dr. S.W.
Blacksburg, VA 24060
(540) 552-3211
mccoyfuneralhome@verizon.net
<https://mccoyfuneralhome.com>

Funeral

AUG **23**. 6:00 PM (ET)

McCoy Funeral Home Chapel
150 Country Club Dr S.W.
Blacksburg, VA 24060

Burial

AUG **25**. 2:00 PM (ET)

Southwest Virginia Veterans Cemetery
5550 Bagging Plant Rd
Dublin, VA 24084-3490
(540) 674-6893

Tribute Wall



“ *His Work Family In The US Virgin Islands purchased the Florist Choice Bouquet for the family of Winifred Irene Reeves Bennett.*



His Work Family In The US Virgin Islands - August 25, 2025 at 02:02 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Winifred Irene Reeves Bennett.

August 22, 2025 at 10:43 PM



“ *Dreams From the Heart Bouquet was purchased for the family of Winifred Irene Reeves Bennett.*



August 22, 2025 at 10:43 PM



“ *Todd & Connie Reeves and family purchased the Beautiful in Blue for the family of Winifred Irene Reeves Bennett.*



Todd & Connie Reeves and family - August 22, 2025 at 05:10 PM

JR

“ Judy R. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Winifred Irene Reeves Bennett.

Judy R. - August 22, 2025 at 03:00 PM

-T

“ - The Lunar Core Electronics Team purchased the Ocean Breeze Spray for the family of Winifred Irene Reeves Bennett.



- The Lunar Core Electronics Team - August 22, 2025 at 12:00 PM

-T

“ - The Lunar Core Electronics Team planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Winifred Irene Reeves Bennett.

- The Lunar Core Electronics Team - August 22, 2025 at 12:00 PM

SC

“ Stephanie C. purchased the Country Basket Blooms for the family of Winifred Irene Reeves Bennett.



Stephanie C. - August 22, 2025 at 11:09 AM



“ *Medium Dish Garden was purchased for the family of Winifred Irene Reeves Bennett.*



August 21, 2025 at 05:12 PM



“ *Todd Biondolillo purchased the Arrive in Style for the family of Winifred Irene Reeves Bennett.*



Todd Biondolillo - August 21, 2025 at 08:46 AM



“ *I was around 58 when my thumb started giving me problems. As time passed, I had other symptoms: hand tremors, restless sleep, muscle weakness, cognitive decline, voice spasms, and a stiff, achy right arm and ankle. At 60 I was diagnosed with PARKINSON'S DISEASE. I was on Carbidopa and Pramipexole for two years; they helped a lot but not for long. As the disease progressed, my symptoms worsened. With my neurologist's guidance, I started on PD-5 treatment from U.H.C. (Uinehealth Centre). The treatment worked very effectively; my severe symptoms, especially the tremors, simply vanished. I feel better now than I have ever felt, and I can feel my strength again. Visit Uinehealthcentre.net. My neurologist was very open when looking at alternative medicines and procedures; this PD-5 treatment is a breakthrough.*

Angela Rempel - August 20, 2025 at 12:23 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Winifred Irene Reeves Bennett.

August 20, 2025 at 11:28 AM



“ Beautiful in Blue was purchased for the family of Winifred Irene Reeves Bennett.



August 20, 2025 at 11:28 AM



“ Your Rock Steady Boxing Family purchased the Full Of Love Bouquet for the family of Winifred Irene Reeves Bennett.



Your Rock Steady Boxing Family - August 20, 2025 at 10:48 AM



“ Mrs Bennett (Winnie) was the best!!! The best neighbor on Mohawk Road in Hampton VA. Mohawk has never been same since she left
□ I could always count on your mom being there for me and being a second mom to me. She was so kind and the best nurse and friend. I will miss our visits but so happy I got to have my last this past Sunday!!! Love you Mrs Bennett and family❤️ Love you all Celeste and Danny□ P.S. Mr Bennett you took such good care of Mrs Bennett the last couple of years!!□

Celeste Wells - August 19, 2025 at 03:41 PM