



# Ruth Marie Killpack

DEC 4, 1934 - MAY 8, 2018



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# Ruth Marie Killpack

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## .Ruth M. Killpack, Ph.D.

Ruth Marie DeVault Killpack, Ph.D., 83, our beloved friend, companion, wife, mother, and grandmother, passed away peacefully at her home on May 8, 2018 after a valiant battle with Parkinson's Disease.

She was born at eight minutes to midnight on December 4, 1934 in the front bedroom of the family home in Sacramento, California to Joseph Ray and Zella Evans DeVault by whom she always felt loved and wanted. Ruth felt because of her early beginnings that the universe is a friendly, loving place, this in turn helped her feel positive and happy nearly all the time.

Ruth was very successful academically and always gave credit to her mother for her yearning for more education. As a student at McClatchy High School, Ruth held leadership positions every year, graduated early, and went on to Brigham Young University where she got a bachelors degree in education. One of her many achievements at BYU was climbing Mt. Timpanogos arriving at the top just in time to see the sunrise. After BYU, Ruth taught elementary school in Sacramento until she decided to apply to be a stewardess for United Airlines. One of the lucky ones to be accepted, she completed training in Cheyenne, Wyoming and was assigned to Chicago's Midway Airport. Flying out of Midway, she traveled all over the United States and met many interesting people.

One of the interesting people she met was Hal Jacob Killpack, a dental student at Loyola University in Chicago. They were married August 30, 1957 in the Salt Lake Temple. Two years later, they settled in Yuba City, California where they were active in and held leadership positions in the LDS Church and raised their children. Their first child, Susan, sadly lived only two days. But Douglas, Bruce, Scott, Gregg, and Stephanie were all happy, healthy, delightful kids.



## Obituary

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While living in Yuba City, they enjoyed the company of Ruth's parents and her siblings who have all preceded her in passing: Ray, Harold, Dolly, and Helen. They shared a cabin at Mt. Shasta and hours of games and snowmobiling with all the cousins.

In 1979, Hal was diagnosed with brain cancer and passed away nine months later. Ruth held her family together and learned how to sell a dental practice. As she grieved Hal's passing, her yearning for education returned and, at the age of 45, she rallied her family together and moved to Orem, Utah to enroll herself in BYU. With the help of many good people, two years later, Ruth graduated with a Masters Degree in Family Studies and was accepted for the Marriage and Family Therapy Doctor of Philosophy program which she completed in 1987.

Having long had a desire to help and serve others, she began a private marriage and family therapy practice. She also helped develop the Turning Point program for displaced homemakers at Utah Valley University and taught Assertive Communication Classes for Women throughout Utah County.

While at BYU, she met Dr. Rita Edmonds who became her loving companion for the rest of her life. Together they built Aspen Therapy, a mental health clinic still serving people, where they worked side by side for twenty-five years until Ruth retired in 2015. Through the years, they enjoyed traveling all over the United States, Europe, Asia, and South Africa which she was always grateful that she did earlier in her life before Parkinson's Disease slowed her pace. Even in that, Ruth was valiant. At age 81, with her daughter Stephanie's help, Ruth got involved with Rock Steady Boxing at Legends Gym in Lehi. The movement and exertion of the exercise strengthened her and significantly improved the quality of her life for another year and a half.

Ruth's determination to practice boxing in her eighties is an illustration of who she was and is. To those around her, she exemplified daily the four divine attitudes: loving-kindness, compassion, sympathetic joy, and equanimity. She understood the transience of life and lived from abundance of heart. Ruth dedicated her life to helping others heal their life wounds and teaching them that they are loved, they are never alone, there are only lessons to be learned, and there is nothing to be afraid of.

Ruth is survived by her companion of thirty-five years, Rita Edmonds; her sons Bruce William, David Scott (wife Jessica), Gregg Edward (wife Ivonne), and her daughter Stephanie Lynn Miner (husband Kent); her grandchildren: Jennifer, Blake, David, Courtney, Brittany, Jordan, Drew, Leo, Jake, Stephen, Alison, and Samantha. In addition to her parents and siblings, Hal Jacob, Susan Jeanette, and Douglas Hal preceded her in passing.



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She wishes to thank her magnificent neighbors who kindly and generously helped with her care, Encompass Hospice RN Rachel, and Visiting Angels caregiver Mickie.

Funeral services will be held Friday, June 8 at 9:45 AM at the LDS Chapel at 600 North and 800 East, Orem, Utah.

Interment will be in Eastlawn Memorial Hills Cemetery, 4800 North 650 East, Provo, Utah.

In lieu of flowers please make a donation, to Rock Steady Boxing – Wasatch Front, 80 N. 850 East, Lehi, Utah 84043 to enable others with Parkinson's to have the same life giving benefits that Ruth enjoyed.



## Tribute Wall

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MM

**Melonie Monson** posted:

What an impressive lady...I cannot express how much she has helped me and so many others to become the strong women we are today. Her example is one each of us should embrace. Ruth and Rita have always been willing to share their love with those in need and I know without their help my family would not be the strong caring people they today. Rita, my heart aches for your loss and I pray that you will find peace in knowing the difference you both have made in the lives of many. Your friend, Melonie Monson

May 29 at 8:32 AM

SW

**Susan Whitefield** posted:

I have such fond memories of my Aunt Ruthie. Mostly, I remember her laughing and always having a big smile. I loved our time at the cabin, the snow ball fights, the family reunions and homemade ice cream. She baby sat us for a week once when my parents were out of town and I remember how loving she was when I was having a hard time missing my mom and dad. During that week, she didn't just have 3 more kids to contend with but she was in the middle of remodeling the house! My mom always talked about how much she loved Ruth and felt like a little mommy to her since she was ten years older. They had quite a bond. I really only had my Aunt Ruthie in my life when I was very young, and then after Uncle Hal died she and the kids moved to Utah. As an adult now, I can't even imagine how difficult that must have been, but she was an amazing, independent, strong woman. I loved her....and after all these years I can still remember her voice and see that big smile. I'm certain she and my mom, Helen, are tap dancing together in heaven.

May 26 at 5:09 AM

SW

**Susan Whitefield** shared 5 photos to the **New Album Name** album.



May 16 at 6:55 AM



## Tribute Wall

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JW

**Jon Williams** posted:

I met Ruth during Thanksgiving 1981. I was a college student far from home and her son Scott invited me over for food and fun. Ruth introduced me to tortilla chips & salsa (Pace picante sauce with fresh peppers & onions added). Mexican restaurants weren't around back then. "Try this, you'll like it," she said. She was as nice and welcoming as she could be. Whenever I purchased Pace picante sauce over the next 37 years, I thought of Ruth every single time. It's the little things about a person you never forget, those small kindnesses.~JW

May 20 at 6:38 PM

JD

**Jody Dustin** posted:

Ruth,I remember the day I met you because it changed my life. I was sitting on a metal folding chair in a nursing inservice that I wasn't even going to go to. I walked away from your presentation on self esteem and assertion, thinking women can really be like that. The tools you taught me gave me courage,peace and happiness I needed to change my quality of life. You truly cared about assisting people to create a better life for themselves. I will always be so grateful God put you in my life!My sincere sympathy to family and a big thank you to Rita for the loving care you gave her.Sincerely Jody Stewart Dustin

May 20 at 4:45 PM

JS

**Judy Schulte Segal** posted:

I admired my Aunt Ruth all my life. I remember such great times at the family cabin at Mount Lassen, snowmobiling and having snowball fights with my cousins. At the Killpack home in Yuba City, I remember rides on the ride-on lawnmower and playing horseshoes at family reunions. The best part was seeing the love between my mother and Ruth as they chatted and laughed together. When tragedy struck and Hal passed away, my Aunt Ruth gathered her young brood and made a new life in Utah. The strength and resilience she demonstrated was a testament to her character and her faith. She has endured a lot and has given back more. She found a wonderful companion in Rita, who made Ruth's life happy, productive, and meaningful for so many years. I will miss Ruth here on earth. But heaven has another angel now.

May 20 at 2:50 AM



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VW

**Virginia Woods** posted:

To Ruth's family, Rita and Stephine especially, I am the happy person I am today because of the tools and Love Ruth taught me. Thank you Ruth. I was lucky to meet Ruth and Rita and help them get their home just the way they wanted it. And they helped me get my life just the way I wanted it. I will always love Ruth just like a sister who always was there when I needed her. My condolences to you all for your loss. Love Virginia Woods.

May 17 at 12:06 PM

MH

**Melanie Hall** posted:

Dr. Killpack helped me overcome a major, life-altering phobia many years ago. Thanks to her, I've been able to live my life fully. The world has lost a really special lady.-Melanie Hall

May 17 at 8:55 AM

LM

**Loretta McClure** lit a candle in honor of Ruth.

Ruth was a wonderful caring person. She has helped so many along the way with her kindness, caring heart. She helped me in the time of need when I needed her the most. I have thought of her often since then. She will always hold a special place in my heart.



May 16 at 1:12 PM

TW

**Teri Wharff** posted:

Dear Stephanie, Rita and family. My deepest condolences at the passing of your amazing Mother. Ruth was the epitome of an Elect Lady and true disciple of Jesus Christ who went about doing good all of her life despite what trials were placed in her way. Thank you for sharing her amazing strength and story of boxing that prolonged her ability. Love you all and our prayers are with you. - Teri Wharff

May 16 at 6:55 AM



# Media

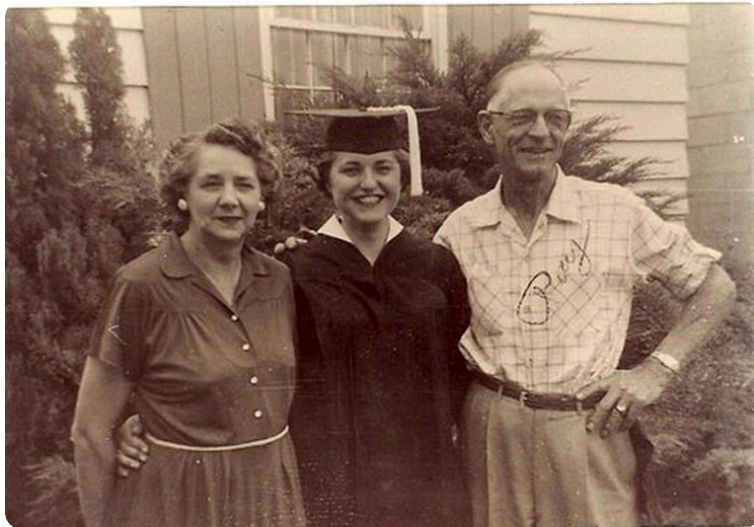
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Susan Whitefield shared 5 photos to the **New Album Name** album.

May 25 at 7:14 PM





# Media

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## **Memories only last if you share them**

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



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