

Sheila Sharemet (1956-2025)

Sheila Kelly Sharemet, strong in mind, body and soul -- passed away on March at age 68 at her beloved home in Houston, Texas. Sheila's battle with her cancer diagnosis mirrored the way she lived her life. Fortified by knowing that education, attitude and effort can provide understanding and wisdom, she valiantly battled and lived with cancer for 15 years... and she endured until St. Patrick's Day!

Born on December 6, 1956, in Monmouth Beach, NJ, she was the daughter of Charles W. Kelly, MD, and Joan (Sheehan) Kelly, both Brooklyn natives and Jersey Shore transplants. Sheila was preceded in death by her parents, and two beloved sisters, Claire and Alice. Sheila is survived by her husband, John Sharemet, and son, JP and wife Heidi, two grandchildren, Philip and Bridget, and by two sisters, Shannon Ann Booth of Long Branch, and Joan Elizabeth Kelly and her partner, Rick, of Eatontown, and three brothers, Owen Kelly and his wife Jennifer of Red Bank, Gregory Kelly of Sea Bright, and Charles Kelly, Jr., and his wife Lisa of Long Branch. Sheila maintained fond connections with numerous cousins, nieces and nephews.

In Houston, she met and married John F. Sharemet, her faithful partner for 38 years. Their beloved son, J.P. (John Patrick) Sharemet shared his mom with so many friends - through biking, snakes, scouts, wrestling, and always an open home and heart. JP found his life partner Heidi at LSU and they married in 2015.



During Sheila's illness, her grandchildren Philip and Bridget brought "SheShe" joy, strength and sustaining love. She loved gardening and especially cherished spending that time with her grandson Philip.

Her life embodied excellence and innovation for women. During her Red Bank Catholic High School running career, Sheila pioneered the sport of women's cross country. She compiled a perfect undefeated record in dual track meets. Her teams won 7 state championships in track, cross country and gymnastics.

After earning a Bachelors degree in Health and Physical Education from Lock Haven State College in 1979, Sheila gravitated to work in the health and fitness field where she excelled for 40 years. Known and respected as the "Godmother of Houston Corporate Fitness," Sheila was instrumental in designing and operating corporate fitness centers at British Petroleum in Houston. With her advocacy and guidance, BP hosted 20 years of the MS 150, building it into a nationally prominent event and helped to make the 2012 Olympic Trials a success. It is impossible to overestimate Sheila's capacity for effecting meaningful (often

radical) change in the lives of others. The wellness wisdom she imparted was priceless and enduring.

In the final months of her illness, Sheila was tenderly cared for by her loving sister. Shannon's measure of love, devotion, and kindness was unmatched.

A Memorial reception will take place on Friday April 11, in Wesley Hall at the Memorial Drive United Methodist Church, on 12955 Memorial Drive, Houston, TX 77079 from 2:00 to 4:00. Earlier in the day, the family will have a private service. It will be taped for future sharing.

This obituary will appear in the Houston Chronicle eventually and will be posted on Legacy.com. Please visit Sheila's online memorial tribute where memories and words of comfort may be shared with her family and loved ones.

In lieu of flowers, Sheila requested that donations be made to the Sheila Sharemet fund of Lifting Families Together <https://liftingfamieliestogether.org/>. This was a charity very close to her heart.

Also, donations can be sent to the Houston Holocaust Museum <https://hmh.org/give/ways-to-give/> Link to Tribute Giving .