



## Sharon Appelbaum

August 3, 1942 - August 9, 2025

No obituary found for this tribute.

# Tribute Wall

SK

“ Sharon—I found out about your passing earlier this month, and the news was hard to hear. I'm remembering you from the first time we met around the end of 1980 at my apartment in Oakland, California, for a meeting of the McKinnon School of Professional Massage and Bodywork graduates. You were already a bodyworker though, having studied the art of Jin Shin Jyutsu acupuncture with Mary Burmeister in Arizona. You were a gifted master practitioner; a natural healer in working with the body's energy fields to restore balance and well-being, and you helped so many people, me included. I could ask you a question about an organ or acupuncture flow at any time through the years and you always knew the answer in detail. You didn't need your notes and papers; the information just seemed to permanently reside in you. In addition to your bodywork practice, you learned palm reading and traditional practices of psychic energy-spiritual healing and reading, whether it be Native American or Native Hawaiian, or an American variation of some sort, and you understood and practiced those arts too. Alongside the bodywork and psychic healing businesses, you also made jewelry, and you sold that and other items at various craft fairs around the Bay Area. I occasionally went with you, and it was an intense eye-opener for the work involved. Your car was already packed from the last event, but we would get everything out of the car to the booth, set up the tables and sometimes the tent, assemble the products, sell for several hours, then pack up, disassemble, and put everything back in the car. I learned a lot from that process, and I don't take a leisurely walk through a crafts or art fair without thinking of you and the time and effort that goes into this type of entrepreneurship. I remember the many, many conversations in person or on the phone, in Oakland or after you moved to Santa Rosa and beyond, about anything and everything, especially metaphysics and spirituality. It's rare to find a friend that no matter how often or how little you saw or spoke to each other, the conversation would pick up as if it were yesterday, but I had that with you. And, speaking of moving, I remember your fearless decision-making when it came to doing just that -- as in packing up all your stuff, and you had a lot of stuff, and relocating to another

*city via a rented U-Haul truck. For me, the two times I helped you were all-day projects, but you took it in stride and made it fun. Now that the moving's over and your work is done, I say goodbye my free-spirited friend. You lived your life authentically and as best you knew how. You helped others, you were kind and caring, you shared your knowledge and teachings, you were unshakeable in your pursuit of spiritual truths and understandings, and you had a sense of humor that would show up at unexpected times. May G\_d and the angels bless and keep you close and guide and protect you always.*

*Sandy (Norris) Koski, October 24, 2025*



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**Sandy (Norris) Koski** - October 24, 2025 at 02:34 PM

SD

“ *Dear Sharon,  
Every evening, I expect the phone to ring, and you to be there, your voice bright and eager to share the day's adventures. At 82 years old, you are the example of courage and willpower to live life.*

*From mastering the bus routes to your favorite shops, shows, and pool exercise classes, you showed the way.*

*I miss you.*

*Love,*

*Suzanne*

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**Suzanne Driggs** - September 11, 2025 at 04:11 AM

LS

*Sharon and I were friends since Jr. High School in Cleveland. I wondered why I couldn't reach her on the phone. I am so profoundly sad to learn of my friend's passing. I remember all the fun times we shared growing up.....and how that girl loved to chew bubble gum. Oh how I will miss her. May her memory be a blessing. 💔*

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**Linda Copley Sirkin** - November 08, 2025 at 01:26 PM