

Sharon Adams Nelson

November 14, 1956 ~ January 25, 2026

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Sharon Adams Nelson passed away peacefully at home after a long and courageous battle with an autoimmune disease, along with several other complex health conditions. She was 69 years old.

Sharon—known lovingly as “Shar”—was born in Salt Lake City, Utah, to Preston and Carol Adams. From the very beginning, she brought warmth, music, and quiet strength into the world—gifts she shared generously throughout her life.

Shar grew up in Salt Lake City and graduated from Highland High School, where she began cultivating many of the talents and friendships that remained with her forever. Along with studying music at the University of Utah, she trained under the legendary musician Mr. C and became a truly gifted pianist. Music was one of her great languages, and she filled countless rooms, homes, and hearts with it throughout the years.

In Shar’s home, there was always music. Whether it was the stereo blasting her favorite albums, her own hands or her piano students’ at the piano, music was the backdrop of daily life—constant, comforting, and full of joy. The piano was like a natural extension of her body—her touch was rare, and it is one of the ways she will be remembered most.

She married her sweetheart, Ron Nelson, in the Salt Lake Temple on August 10, 1977. Together they built a life rooted in devotion, care, and commitment. Side by side, they raised five children and navigated life’s joys and heartbreaks with enduring love.

Shar was many things: a wife, mother, grandmother, daughter, sister, friend, and teacher.

She was also a passionate runner, completing multiple marathons, races, and events. She loved the outdoors-especially snow skiing in the winters and water skiing in the summers (where they’d have to kill the boat engine to get her to finally come in). Bear Lake was her haven.

She loved gardening—planting flowers, tending beds, and often heading out on spontaneous “phantom weeding” outings around the neighborhood… always willing to share her green thumb with neighbors and friends.

She was a party to be around and encompassed the perfect mix of humor and openness that made people gravitate toward her.

Shar cared deeply for others. She was Ron’s caregiver long before she needed care herself, and she managed all of this while, at times, working multiple jobs to help support her family. She found joy in simple pleasures—especially Coke-a-Cola and chocolate—and firmly believed both should be enjoyed regularly and

without guilt.

For more than 15 years, Shar lived with a devastating autoimmune disease that slowly changed her body and mind. Her family is profoundly grateful for the extraordinary love, prayers, meals, visits, and kindness extended to Shar, Ron, and their family throughout these years. You carried her—and carried all of us—more than words can ever express. Thank you.

Sharon is survived by her husband, Ron; brother, Steve Adams (Heather); sister Linda DeVore (Doug); her children Jami Lamborn, Jessica Nelson, Chelsea Nelson, Nils (Ashley) Nelson, and Curtis (Karina) Nelson; and her treasured grandchildren Tolman, Addison, Benjamin, Lucy, Jette, Nils, Lincoln, Theodore, Charlie, and Ember—each of whom carries forward a piece of her light.

She was preceded in death by her beloved son Andy; her parents, Preston and Carol Adams; her sister Sue; and many cherished friends and loved ones who surely welcomed her with open arms.

Shar's life was marked by love, perseverance, beauty, music, and generosity. She would want to be remembered joyfully—with music, stories, laughter, and togetherness.

The family extends special thanks to the many doctors and medical professionals who cared for Sharon with compassion over the years, especially Dr. Patrick Zimmerman.

In accordance with her wishes, Sharon's body was donated to the University of Utah Body Donor Program in hopes of advancing medical knowledge. In lieu of flowers, please consider making a donation to the University of Utah Health Body Donor Program.

Though we say goodbye, the music Shar gave to this world—and the music she leaves in each of our hearts—will never fade.

"The time together through all the years

Will take away these tears

It's okay now

Goodbye my friend…"