



Alfreida Delores Clemmons

July 7, 1934 - February 7, 2025

Alfreida Delores Clemmons, daughter of Bennie and Louella Van Hook, was born in Durham, North Carolina, on July 7, 1934, and peacefully passed away on February 7, 2025. She was preceded in death by her mother, Louella, sister, Rose Marie Ramsour, and stepmother, Annie Lee Van Hook. Alfreida's educational journey began at Van Ness Elementary and continued through Randall Junior High before she graduated from Cardozo High School. She went on to achieve her licensed practical nurse (LPN) certificate at Martha Washington Nursing School (where she admitted to sneaking out of a dorm window with friends to go to the club). She cherished attending nursing conventions, sometimes joined by Lovey and Aunt Norma. For 30 years, Alfreida served as a dedicated LPN at DC General Hospital, where she also worked as a union representative, skillfully negotiating salaries for her colleagues. Her commitment to service extended beyond her profession, as she was baptized at age 14 and remained a faithful member of Mount Joy Baptist Church in southeast Washington, DC. Alfreida's marriage to Luther C. Clemmons Sr (deceased) blessed her with three children: Luther Clyde Jr., Van Fitzgerald, and Pamela Ann, along with bonus daughter Jai Clemmons. Her legacy continues through her grandsons, Darius Lamar Corry (wife, Cicely) and Lorenzo LaFayette Alexander, plus three bonus grandchildren: Lawrence "Larry" Adams, Conor Clemmons, and Jennifer Clemmons. She was also the proud great-grandmother to Chayton Moton Alexander, Jacy Bengoechea Alexander, Haven Lamar Corry, and August Levi Corry. In 1979,

Alfreida purchased what she lovingly called her “little slice of heaven—our Martha's Vineyard of the Hamptons” at Indian Acres Club of Thornburg. For over 40 years, this special place provided her (and many of us) with peace, laughter, and love shared among countless friends and family. She served as Glen Chief for 10 years, winning multiple ribbons for best decorated golf cart. From morning till night, the sound of good music and the aroma of campfires would fill the air at Indian Acres. What began as a humble blue tent evolved into a welcoming camper that exuded warmth to all who entered. At Indian Acres, Alfreida formed deep friendships, especially with her “sister from another mister” Zenith Quigley, who became her best and most cherished friend and adopted family member. They spoke almost every day until Alfreida's passing. Another great friend who preceded her in death was her oldest “best buddy” Barbara Hewlett. Alfreida moved from Maryland to Spotsylvania County, Virginia, where Washington Football Team memorabilia adorned her home. She resided there until an unfortunate stroke changed her trajectory forever. Among her favorites were the color peach, fishing as a hobby, football as her preferred sport, Scrabble as her game of choice, Steph Curry as her sports star, and Barack Obama as her favorite president. Alfreida treasured quality time with her family and often spoke about special moments like her week with the Van Hook girls at Indian Acres; relaxing with grandson Lorenzo; being looked after by Darrell, Vicky, Kia and Terrance, who brought her meals at the campsite; riding around in the golf cart visiting folks; participating in arts and crafts; and, of course, watching Washington Football! She cherished fishing expeditions with the crew (including the late “Captain Curt”) on Chesapeake Bay in Princess Anne, Crisfield, Maryland. Her adventurous spirit also led her to join a motorcycle club, and she even won a Harley Davidson motorcycle.

Other precious memories include watching Darius and Lorenzo dance for their breakfast when they all lived together on Swann Road, partying to Santana music in the kitchen after fishing trips, attending Pam's school concerts and shaving her tummy when Darius was born. Everyone who met Alfreida fell

instantly in love with her magnetic personality. The staff at Falls Run Nursing & Rehabilitation Facility in Virginia deeply missed her after she relocated for care in North Carolina. The teams at Autumn Care of Cornelius, Longevity, and VIA Hospice Care all expressed their heartbreak upon learning of her passing. We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord. —2 Corinthians 5:8 (NKJV) The family of Alfreida Clemmons wishes to express their heartfelt gratitude for the overwhelming outpouring of love, support, and kindness shown during this difficult time of loss. Your prayers, visits, calls, messages, floral tributes, and other expressions of sympathy have provided immeasurable comfort and strength. Our mother, grandmother, great grandmother, cousin, aunt, friend, confidant, supporter, and so much more touched many lives, and the family finds solace in knowing she was cherished by so many. Your continued support is a testament to the beautiful life she lived and the lasting impact she had on everyone who knew her. The family also extends special appreciation to the teams at Falls Run Nursing & Rehabilitation Facility, Autumn Care of Cornelius, Longevity, and VIA Health Partners. Your care made a difference in her quality of life, and we thank you for the dignity, respect, and love you showed our beloved Alfreida during her time in your care

Cemetery Details

Private

Previous Events

Memorial Service

MAR 1. 11:00 AM (ET)

A.E. Grier & Sons Funeral and Cremation, LLC.

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Tribute Wall



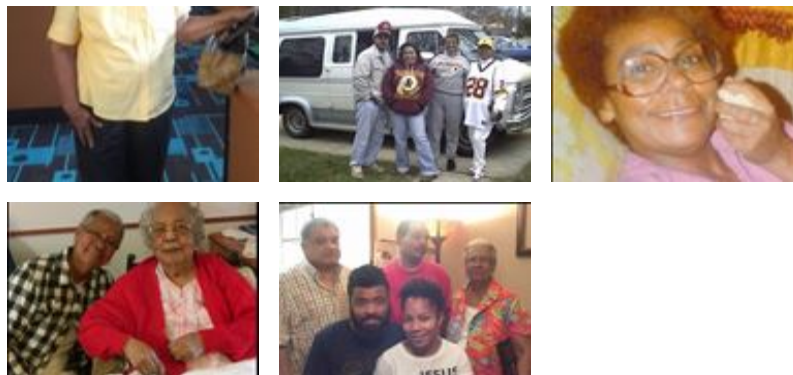
“ A.E. Grier & Sons Funeral and Cremation, LLC. created a Tribute Video in memory of Alfreida Delores Clemmons



A.E. Grier & Sons Funeral and Cremation, LLC. - February 28, 2025 at 06:00 PM



“ 60 files added to the album Life Tributes



A.E. Grier & Sons Funeral and Cremation, LLC. - February 28, 2025 at 05:49 PM