



Connie LaFoy

August 3, 1926 - November 28, 2025

Connie LaFoy, 99, of Arnolds Park, IA, passed away on Friday, November 28, 2025, at Accura Healthcare of Milford.

A celebration of life will be held at 1:30 pm on Saturday, June 20, 2026, at First Lutheran Church in Milford. Burial will take place in the Lake View Gardens Cemetery in Okoboji. Arrangements are under the direction of the Robinson Funeral Home in Spirit Lake.

Sarah Alice “Connie” Conway LaFoy, a woman whose life spanned nearly a century of love, dedication, and tireless action, passed away peacefully on November 29, 2025, shy of her 100th year, when her big heart finally wore out. Born on August 3, 1926, on a farm near Fenton, Iowa, Connie was the cherished daughter of Matt and Mina Conway. She was the last surviving member of her generation.

Her marriage to the love of her life, Aubrey LaFoy, lasted an extraordinary 77.5 years, making them the second-longest-married couple in Iowa history. They met while attending college and were married in March 1948.

If love had a face, it was Connie’s. She poured her love out without measure—daughter, wife, mother, grandmother, great-grandmother, and friend. She worried, cheered, protected, occasionally fussed, always forgave, and never stopped loving. Neighbors, friends, employees at the nursing home and even strangers felt her warmth. Even in death, she gave, donating her body to Mayo Clinic so future healers might learn from the heart that served so well. A true lifelong learner, Connie graduated from Emmetsburg High School in

1944 and Iowa State Teachers College (now UNI) in 1949. It was in college that dormitory friends shortened Conway (her last name) to Connie, a name that fit her perfectly. She was also a dedicated member of Beta Sigma Phi for over 50 years, embodying the sorority's focus on friendship, learning, and philanthropy.

Her 33-year teaching career was a testament to her passion for education. She taught thousands of young people in elementary school, serving as more than just a teacher—she was a mentor, a friend, and a guiding light. Her unique ability to connect with each child fostered a love of learning that became her lasting legacy in the hearts and minds of those she touched.

Summers belonged to Okoboji, where she and Aubrey joined the Yacht Club; for 25 years, Connie served as Membership Chairman and lovingly produced the annual directory. Retirement brought winters in Mesa, Arizona, where she presided over the Computer Club, taught classes, played ladies' golf, and, with Aubrey, co-chaired the Moonlight Serenade Dance Club.

Travel called them, too—Holland in tulip season, Ireland's green hills, Caribbean blues, Alaskan wonders, and most corners of America. Connie never lost her childlike curiosity; she always wanted to know what lay over the next hill.

Through moves, seasons, joys, and setbacks, and near the end, serious health challenges, Connie remained stubbornly optimistic. She and Aubrey lived independently as long as humanly possible, and even when that was no longer possible, she believed—until her very last day—that she would rally again. Even after setbacks, her optimism and determination to recover were an inspiration to all who knew her. Her hopeful attitude and sheer will to "get better" were a powerful reflection of her indomitable spirit.

Connie was also blessed with a green thumb; her meticulous plants and vibrant blooms were the envy of the neighborhood. She always knew the tricks for growing both flowers and succulents.

Connie is survived by her devoted husband, Aubrey; her three sons, Randy (Margaret), Ray (Marilee), and Carl (Lisa); seven grandchildren: Max

(Katrina), Nick, Jacque (Mandy), Rod, Becca (Greg), Sonja, and Ed; and four great-grandchildren. She is also survived by her grand-dog, Tilly (Sonja's), and her precious friend, Kris, who was with her until the very end.

In lieu of flowers, the family suggests memorial gifts to the Okoboji Yacht Club Sailing School, First Lutheran Church (Milford), or the Milford Education Foundation.

A joyful Celebration of Life will be held Saturday, June 20 at 1:30 p.m. at First Lutheran Church in Milford. In honor of Connie's bright spirit, please wear vibrant, happy colors—the colors of rainbows and her beloved gardens. The family kindly requests no black or white.

Connie LaFoy didn't just live 99 years—she lived them beautifully, fully, and with a heart wide open. The world is softer, kinder, and far more colorful because she was here.

Cemetery Details

Lake View Gardens

Okoboji, IA 51355

Upcoming Events

Celebration of Life

JUN **20**. 1:30 PM (CT)

First Lutheran Church
1525 Three Cross Road
Milford, IA 51351
(712) 338-4514

Tribute Wall

KP

“ I always enjoyed talking to Connie when she would call the elevator to do farm business . I really enjoyed when she would send me fresh oranges from Arizona ! May she rest easy!

Kelly Petersen - December 11, 2025 at 02:13 PM

CM

“ Disappointed....she didn't make it to 100 years old...and meet Trump...on her terms....it was ALWAYS...on her terms!

Claudia Mills - December 06, 2025 at 07:38 AM

CM

“ Knew her son....Randy....a chip off the old block....he also caught a great wife...just like Connie did.

Claudia Mills - December 06, 2025 at 07:18 AM

DW

“ Connie was the sweetest person and so intelligent. I enjoyed the times I got to spend with her and Aubrey which I am grateful to say were numerous. Love and hugs to Aubrey and rest in eternal peace Connie.

Doris Welle - December 04, 2025 at 11:46 AM

LS

“ I think of Connie as one with such grace and beauty. I appreciated seeing her and her beautiful spirit daily at StoneBridge Suites. Such a gem!

Lori J Spies - November 30, 2025 at 10:42 PM

JW

“ *Jerry, Kathy, & Michael Welter lit a candle in memory of Connie LaFoy*



Jerry, Kathy, & Michael Welter - November 30, 2025 at 08:18 PM

MJ

“ *Mary Ann Jansen lit a candle in memory of Connie LaFoy*



Mary Ann jansen - November 30, 2025 at 08:05 PM