



DR. VALERIE
JEAN OLMSTEAD
N.M.D.

January 9, 1951

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April 18, 2026

Dr. Valerie Jean Olmsted, N.M.D., 75, of Sedona, passed away peacefully on Saturday, April 18, 2026. She was born in San Francisco, on January 9, 1951, to the late Frank and Ruth De Lucchi.

Dr. Val, as she was known to her friends, was a retired naturopathic physician. She was an accomplished woman with diverse interests. She received her degrees in nursing prior to earning her doctorate. She was an acupuncturist, ordained minister, writer, artist (painting, stained glass and sandblasting, jewelry making), musician, horsewoman, hiker, lecturer, and guide in Mexico and Belize. She also taught classes in first aid, spirituality, metaphysics, art, and survival skills. She was a gun enthusiast, a passion she shared with her late husband, and was a S.A.S.S. member known as "Maggie Hall." Her greatest mission in life was helping others and sharing her knowledge, enlightening people to different healing modalities and a more holistic approach to life. She gave her all.

Dr. Val is survived by her sister, Debra De Lucchi; her fur babies, Stanley and Keenan; one nephew; two nieces; and many cousins. She was preceded in death by her parents; her husband, George; and her brother, John.

Funeral services will be private. Please share your condolences at www.buelerfuneralhome.com and leave contact information for the family.