

Ophelia "Mac" Vondra
June 28, 1934 - December 15, 2025



Ophelia "Mac" Vondra, 91, passed away peacefully on December 15, 2025. A dedicated nurse and a tireless caregiver, Mac's life was defined by her service to others and her adventurous spirit.

Mac was born in Hot Springs, South Dakota, on June 28, 1934, to William and Anna (Sheldon) Norris. She spent her early years in Hot Springs and attended country school through the sixth grade before moving to Upton, at age 12. She was raised with the loving guidance of her grandparents, Charles and Cora Sheldon.

After living in Sacramento, California, for five years where she worked as a CNA, Mac returned to Wyoming. It was in Torrington that she met the love of her life, Richard "Dick" Vondra. They were married in January 1962 and shared 47 years of marriage until his passing in 2009.

Mac was a lifelong learner, graduating from Western Nebraska College in 1973 as a Licensed Practical Nurse. She spent decades caring for her community at the Torrington Medical Center, most notably as the longtime nurse for Dr. Kayo Smith, until her retirement in 2003.

Retirement did not slow Mac down. She and Dick traveled extensively in their motorhome, including a memorable three-month journey to Alaska. Following Dick's passing, she returned to Upton to care for her brother, Jim. She remained an active pillar of the Upton community, volunteering at the food bank and ensuring her friends always had a ride to their appointments, as well as enjoying her morning coffee with the Girls of the Round Table.

In 2024, Mac moved to Casper to be near her granddaughter, Stacey. Even in her 90s, Mac's zest for life remained; she traveled throughout Yellowstone and Colorado, and recently fulfilled a wish to see the cherry blossoms in Washington, D.C., with her grandchildren.

Mac is survived by her sister, Pat (Mike) Ryan; daughter, Bobbie Kuns; granddaughters, Stacey Sanger and Missy Beach (Jason); and grandson, Bryan (Jade) Sanger. She also leaves behind three beloved great-granddaughters: Olivia Frederick, Sage Sanger, and Olive Sanger. She was preceded in death by her husband, Dick; her son, Ray McCoy; brothers, Elbert and James; and sisters, Annie and Mary.

There will be a celebration of Mac's life at the Upton Senior Center on February 15th at 1:00 p.m.
