



Gail Lenore Bowman

January 24, 1951 - April 29, 2026

Gail Bowman, 75, of Hickory, North Carolina, passed away peacefully surrounded by family.

Born January 24, 1951, in Cleveland, Ohio, to Ralph and Lenore Beers, Gail lived a life defined by hard work, quiet strength, and a consistent commitment to others. She was known for showing up, doing what needed to be done, and helping those who could not help themselves, often without recognition.

In the 1980s, Gail returned to school as an adult and graduated summa cum laude from Lenoir-Rhyne University, an accomplishment that reflected her determination, discipline, and dedication to personal growth.

She is survived by her daughter Jaclyn and her husband John, along with their children Jacob, Emily, and Chloe; her son Kyle and his wife Sonya, along with their children Abigail, Mason, Ralf, and Norah; and her son Jonathan and his wife Jennifer, along with their children Vivian, Ruby, and Zeke. She is also survived by her sister Elaine; her nieces, Kelsey and Angela; and her sister-in-law Rose and her children Brandon and Morgan.

She was preceded in death by her parents, Ralph and Lenore Beers; her brother, David; her husband, Daniel Henry; and her son, Jamie Henry.

Gail enjoyed staying active and took pride in her home, spending time on yard work and tending to her garden. She was known for helping neighbors and making others feel welcome, often anticipating their needs before they were spoken. She was never looking for recognition; she just wanted to share her love with others.

As a mother, she encouraged independence while remaining a steady source of support and guidance. She gave her children the freedom to make their own decisions and stood beside them as they found their own way. She was thoughtful in practical ways, often giving gifts that met real needs and reflected her practical nature. Her presence brought comfort, whether through conversation, shared time, or simply being there when it mattered.

Gail worked at the Pregnancy Care Center and with Habitat for Humanity, dedicating her time and energy to helping others build stability and support in their lives. She also volunteered with Highways and Hedges in Hickory, North Carolina.

Her faith was evident in her actions, her prayers, and her quiet consistency. She lived with purpose, humility, and compassion.

In lieu of flowers, donations may be made to Lower Cape Fear LifeCare in Wilmington, North Carolina, or to Highways and Hedges in Hickory, North Carolina, or by helping someone in need in her honor.

The family extends their sincere gratitude to her caregivers and friends for their support and kindness.

Gail will be deeply missed by her family and all who knew her.