HONORARY PALLBEARERS

Danny Shineflew
Richard McGinn
Derek Overton
Zachary Shineflew
Kenny Ryan
Bryan Shineflew
Dwight Shineflew
Jeff Davis
Chris Munsterman
Austin Shineflew













Hendersons
FUNERAL & CREMATION CARE

Celebrating the Life of
Teena E. Overton

October 10, 1964 — November 1, 2026



Visitation
Friday, November 6, 2026
3:00 – 5:00 p.m.

Celebration of Life
Friday, November 6, 2026
at 5:00 p.m.

Hendersons Funeral & Cremation Care
3500 6th Ave., Des Moines, IA 50313

Teena E. (Shineflew) Overton, a longtime resident of West Des Moines' Historic Valley Junction, passed away on November 1, 2026, in Rochester, Minnesota. She was born on October 10, 1964, in Des Moines, Iowa. She will be remembered for her bright spirit, her big smile, and the deep love she gave to her spouse, family, friends, and cycling community.

Teena lived a life shaped by energy, creativity, and purpose. Full of ideas and inspiration, she was known as a devoted cyclist who used her bicycle exclusively for transportation. She was an avid Democrat and an early voter, and she brought the same sense of commitment to the causes and communities she cared about. A master gardener, she also belonged to various plant groups and found joy in helping things grow.

Her love of cycling was central to her life. Teena participated in RAGBRAI and belonged to several cycling groups, including the DSM Cycle Club, Velerosa Cycle Club, and the Above and Beyond Cancer Group. She also gave generously of her time through volunteer work for cycling events. Her passion for bicycles extended beyond recreation; it was part of the way she moved through the world each day, with conviction and independence.

Teena's working life reflected both dedication and versatility. She worked for Nation Jobs for 17 years until her retirement in 2017. Over the years, she also held positions at TomBoy Tools, the Domestic Violence Women's Shelter, and Sears Credit, and she spent time painting homes with her father. She pursued learning and personal growth throughout her life, earning her Bachelor's in Human Services from Grandview College as well as a cosmetology license.

She was also deeply creative and curious. Teena enjoyed arts and crafts, weaving, resin work, and stained glass. She loved spending time with her "boys", Buddha and Smokey, whose feline companionship brought her happiness. Among her many unique endeavors, she created her own worm composting group and rode her bicycle around collecting people's compost to bring back home to her worm bins, combining her originality, environmental care, and love of cycling in a way that was unmistakably her own.

Some of Teena's happiest memories were rooted in family and simple joys. She enjoyed flying with her dad in his private Cessna or Cherokee airplane, an experience she adored. She also loved going down to the family lakehouse in Missouri to spend time with family, making memories that remained close to her heart. In keeping with her generous nature, she was an organ donor before her passing.

Teena is survived by her husband, Karl Overton. She is also survived by her brother, Joseph Shineflew, and his wife, Mary; by her brother-in-law Kasey Overton and his wife, Deborah; and by her sister-in-law Lisa Tresten and her husband, J.R. Tresten; along with many nieces, nephews, cousins, other family members, and many, many friends. She was preceded in death by her parents, Kenneth and Estelle "Pat" Shineflew, her brother, Kenneth "Kenny" Shineflew, and her grandparents.

Teena's life was marked by compassion, originality, and wholehearted enthusiasm. She leaves behind a lasting memory in the hearts of those who knew her and in the communities she helped shape through her kindness, creativity, and steadfast spirit.

Memorial contributions may be made to Above + Beyond Cancer, 1305 50th Street, West Des Moines, IA 50266. https://aboveandbeyondcancer.org/donate

ORDER OF SERVICE
RICK RAMSEY, OFFICIANT

Welcome & Opening Remarks	
Musical Selection	**Brokedown Palace - Grateful Dead**
Obituary Reading	**Theresa Dolan**
Musical Selection	**Ripple - Grateful Dead**
Family & Friends Tributes	**Invitation for all to share**
Musical Selection	**They Love Each Other - Grateful Dead**
Eulogy	**Rick Ramsey**
Closing Remarks & Prayer	

If I should die, think only this of me: That there's a road beyond this world where I may ride forever – healthy, whole and free; A whisper on the wind, one with the sky. A sacred, silken road: no cars are there with all their noise and hazard: I may roam in perfect safety, breathing God's clean air; And no rain – just the sun to lead me home. Don't think on me in sorrow: all is well; And in your sweet remembering of me give somewhere back the joy the bike has given;

Recall and share the tales I used to tell of beauty, nature, camaraderie,

And know my heart's at peace, in cycling heaven.