



Dr. Ruth M. Cady

October 12, 1923 - March 14, 2016

OBITUARY OF DR. RUTH M. CADY

Dr. Ruth M. Cady was born in Houston, Texas, on October 2, 1923. She passed away March 14, 2016. Dr. Cady received her Bachelor of Science degree in Health and Physical Education from Texas Woman's University, her Master of Arts in Sociology and Psychology from the same institution, and then T.W.U. conferred the Doctor of Education degree in Health Education upon her in 1963. She also did post-graduate work at the University of Texas, the University of Houston, Michigan State University and Southern Methodist University.

Dr. Cady's teaching experience has been quite varied. She began teaching in the required program at the College of William and Mary. (While volunteering in the hospital at William and Mary she developed polio, which changed her career choice; and she returned to T.W.U. to major in sociology and psychology). She served as executive director of the Girl Scouts in Paris, Texas; she was chair of Girls' Physical Education at Austin High School in El Paso; instructor of Physical Education at Southwest Texas State College; Assistant Professor and Director of Girls' Physical Education at Trinity University and finally, in 1957 she joined the faculty of the Department of Health and Physical Education for Women at Sam Houston State University where she served as a Professor and Head of the School/Community Health

Education Program until her retirement in 1989.

Throughout her academic career, Dr. Cady was affiliated with many state and national professional organizations, serving these organizations through committee work and through her services as an officer. She served as Vice-President and President of the Texas Association for Health, Physical Education, and Recreation (TAHPER); President and Vice-President and on the Board of the School Health Section of the Southern District of the American Association of Health, Physical Education, and Recreation (AAHPER) and also on the national Board of Directors in Washington, D.C.; on the Board of Directors of the Health Education Foundation of Texas; and was appointed by Texas Governor Preston Smith to serve on the State Drug Education Committee and also the Committee on Life Time Sports. She was appointed by President Nixon to the Board of Directors of the World Health Education Conference. She was also named to Who's Who in the Southwest and also Who's Who in American Women.

Not only did Dr. Cady serve the TAHPER in many capacities, she also was an innovator and a leader. During her tenure as president, the Texas Education Agency granted certification for health education in Texas. The TAHPER recognized her many contributions in 1968-69 when she was the recipient of their Honor Award. During Dr. Cady's tenure as Vice-president of AAHPER, the Health Division Council organized and conducted the first Southern District Health Education Conferences for the purpose of promoting Health Education in the Southern District. For her interest in students, her dedication as a teacher and for her services and outstanding leadership in professional associations, the Southern District AAHPER named her as their recipient of the 1975 Honor Award.

Dr. Cady's groundbreaking leadership in health education among universities in the United States also made an impact while on the faculty at SHSU. Under

Dr. Cady's direction, many changes were instituted to bring recognition to the women's department across the country and even around the world. Sam Houston State was the prime mover to have health education as a separate major and one of the first universities to be accredited by the state for a major in health education. SHSU was also one of the first to include both school and community health and to have an internship program where the University's students go out and spend the summer at UT and Houston in medical school; at Galveston in hospital and patient education; at community health with the American Heart Association; or at the Harris County Health Department. Dr. Cady was the recipient of SHSU's Excellence in Service award in 1988.

Following her retirement, Dr. Cady was able to pursue another interest -- interior architecture. She and local builder Randy Gardner bought lots and developed a section of Elkins Lake known as West Lake Shores Circle. Her other major interest was caring for animals. In 1982 she and several other concerned citizens of Walker County were instrumental in organizing a formal humane society with a goal of building an animal shelter. The Rita B. Huff Animal Shelter opened on August 1, 1986, named after Dr. Cady's close friend. Dr. Cady continued to be active in the organization until her death.

Dr. Cady was preceded in death by her parents, PJ and HenryEtta Cady, brothers-in-law Harold Edwin "Al" Alhart and Jack Green, and niece Ann Green Marshall. She is survived by her sisters Margaret "Margie" Cady Alhart of Atlanta, GA, and Jeannine Cady Green of Hurst, TX; nieces Dr. Jana Alhart Stockwell and husband Robert F. Stockwell of Atlanta; Louise Green of Hurst, TX; nephew Stephen Cady Alhart and his partner Robert V. Flores of Asheville, NC; and several dearly loved grand nieces and nephews.

The family would especially like to thank Dr. Larry Wells and caregiver Betty Reagan for their loving and respectful care and sincere appreciation to many

people locally who treasured Dr. Cady's friendship.

Funeral services for Dr. Cady will be held at 10 a.m. Wednesday, March 16, at the First Presbyterian Church in Huntsville under the direction of the Sam Houston Memorial Funeral Home. Graveside services will be held at Rosewood Cemetery in Humble, TX, at 2 p.m. In lieu of flowers, contributions in memory of Dr. Cady may be given to the Cady-Huskey Endowed Scholarship Fund at SHSU or to the Rita B. Huff Animal Shelter Building Fund.

Full obituary may be viewed and memorial condolences made to the family at www.shmfh.com.

Previous Events

Visitation

MAR 16. 9:00 AM - 10:00 AM (CT)

Fisrt Presbyterian Church of Huntsville
1801 19th Street
Huntsville, TX

Graveside Service

MAR 16. 2:00 PM (CT)

Rosewood Cemetery - Humble
Humble, TX

Service

MAR 16. 10:00 AM (CT)

Fisrt Presbyterian Church of Huntsville
1801 19th Street
Huntsville, TX

Tribute Wall



“ *Dr. Ruth M. Cady*

November 15, 2022 at 08:33 PM



“ *Dr. Cady was an energetic professional and committed to whatever endeavor she undertook. Although I was a graduate of SHSU in physical education (1974), I did not have her for class, but I am proud to have known her over all of these years. I played golf with her several times and saw her at many SHSU football games as she was an avid supporter of SHSU athletics. She was a wonderful lady.*

Cheryl Northam - March 21, 2016 at 12:27 PM



“ *When we moved to West Lake Shores we met and became friends with Ruth and later with her mother, Henryetta, when she moved next door to us. This friendship offered us the privilege of meeting other family members through the years and today it is to them that we offer our sincere sympathy and prayers. God Bless you all.
Ray & Donella Denton
Conroe, Tx.*

Donella Denton - March 16, 2016 at 08:46 AM



“ *Dr. Ruth Cady was a loving and giving spirit. We were blessed to get to know her over the years. In lieu of flowers, a donation was made to Rita B. Huff in her name. As she would have wanted.*

Brian & Melanie Slaughter - March 16, 2016 at 08:35 AM

TH

“ *Thee Hospice lit a candle in memory of Dr. Ruth M. Cady*



Thee Hospice - March 15, 2016 at 07:43 PM

TH

On behave of Thee Hospice Team, Our sincere Condolences to the Cady family. It was our honor to have cared for such a wonderful lady. May God's Love bring Comfort and Peace.

Thee Hospice - March 15, 2016 at 07:53 PM

VS

“ *Greatly loved and cherished..... My mentor, colleague and friend..forever in my great memories of SHSU.... Vera Schoppe*

Vera Schoppe - March 15, 2016 at 06:56 PM

BC

“ *Prayers are with the family.*



Bridgette Neeley Clay - March 14, 2016 at 10:57 PM



“ I met Dr. Cady when I worked at Huntsville Savings & Loan, later known as Fidelity Savings. She was a very caring person and loved animals. She always took the time to speak no matter if it was in the office or at a restaurant. She donated a lot of time at the animal shelter.

Mellicent Wiley - March 14, 2016 at 01:59 PM