



Maria Teresa Pereira

December 21, 1956 - August 5, 2026

Tulsa, Oklahoma

Maria Teresa Pereira died in Tulsa on August 5, 2026. She was 69. Born in Tulsa on December 21, 1956, with Portuguese-American roots that shaped the table more than the flag. She learned early that a day is something you finish, not something you wait for.

She taught injections and bedside manners in the same breath. Students kept her laminated dosage card as a relic. Colleagues still mention a laminated dosage card she never threw away.

She married Jose in 1983. They kept a house that stayed modest when the neighborhood did not. They raised two daughters through public schools and ordinary weather. After Jose died in 2019, she kept the routines that still made sense: the walk, the garden, the Sunday call.

Neighbors remember a rake leaned against a shared fence after a storm. She liked early mornings before the heat or the noise. She died in Tulsa, among streets she never needed to explain. The chair by the window still holds the shape of a habit.

Services

A memorial gathering in Tulsa with coffee afterward. In lieu of flowers, a gift to a local workers' fund, clinic, or neighborhood library is welcome.

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