



## Delores Jacqueline Simmons

February 11, 1961 - October 28, 2025

Delores Simmons passed away peacefully on October 28, 2025, surrounded by family and friends.

A native Washingtonian, Delores was educated in DC Public Schools and was a proud graduate of Duke Ellington School of the Arts, with a focus on photography. She received a B.A. in psychology from Oberlin College, and a J.D. from Georgetown University Law Center. Always ready for adventure and unafraid of tackling challenges, she was a flight attendant after college. Her legal career began with time in private practice but mostly was spent serving as a career law clerk to federal judges in Birmingham, Alabama and in Washington, DC. She also was a law school instructor and a real estate agent.

During her time in Alabama, her passion for fitness blossomed. She began cycling and securing certifications to teach classes in strength training, Pilates, and, after returning to the DMV, yoga. She formed her own firm, Power and Poise Fitness. Her passion to serve also led her to become a leader with the Grief Share ministry at Alfred Street Baptist Church.

A Celebration of Life service will be held on Thursday, December 4, 2025, at 11:00 a.m. at Alfred Street Baptist Church, 301 S. Alfred St., Alexandria, VA. Visitation with family and friends will be held at 10:00 a.m., immediately before

the service.

Her family will always remember with grateful appreciation the expressions of love and kindness shown to Delores and to us during her battle with cancer and our bereavement. In our sorrow, we have been buoyed by your prayers, words of encouragement, and gestures of love.

In lieu of flowers, those wishing to honor Delores's life and legacy may do so by making donations in her memory to:

Duke Ellington School of the Arts: <https://www.ellingtonarts.org/legacy>;

Oberlin College: <https://advance.oberlin.edu/donate>;

ASBC Grief Share Ministry: <https://alfredstreet.org/stewardship/donate>

# Previous Events

## Visitation

DEC 4. 10:00 AM - 11:00 AM (ET)

Alfred Street Baptist Church  
301 S. Alfred Street  
Alexandria, VA 22314

## Celebration of Life

DEC 4. 11:00 AM - 12:00 PM (ET)

Alfred Street Baptist Church  
301 S. Alfred Street  
Alexandria, VA 22314

# Tribute Wall

BW

“ Bryan W. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Delores Jacqueline Simmons.

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**Bryan W.** - December 04, 2025 at 08:12 AM