



Tracy Danielle Parmon Ingram

July 3, 1965 - July 3, 2021

Tracy Danielle Parmon Ingram

Sunrise July 3, 1965- Sunset July 3, 2021

On July 3, 1965, Tracy Danielle Parmon Ingram entered this world and exactly 56 years later God called her home to rest on July 3, 2021. Tracy, a resident of Winston-Salem, NC was the daughter of the late Albert Parmon and Earline White Parmon. She was born in Brooklyn, New York a graduate of Parkland High School Class of 1983 and Piedmont Community College.

Reflections On Faith, Love and Family

Tracy dedicated many days and nights serving as a personal care provider, campaign manager, community activist and neighborhood mother.

Known in the Winston-Salem and Forsyth County Community by many as believer and a giver, she served as an active member of Exodus United Missionary Baptist Church and the caretaker for her Godfather, the late Honorable Larry Womble, 71st N. C. House of Representative (1995-2012).

In addition to her parents, the late Deacon Albert Parmon and the late Senator Earline White Parmon, first black state Senator to represent Forsyth County, Tracy was preceded in death by her husband Lyndell Ingram Sr., grandson Cortland Ingram, and brother, George Richardson.

Precious Memories

She leaves to cherish her loving memories her daughter, Shalonda Ingram; son, Lyndell Ingram Jr. (Angelica); sisters, Morticia "Tee-Tee" Parmon (Kelvin), Adrienne Johnson (Michael), and Angela Furman; brothers, Rodney Davis, Jerry Richardson, Steve Robinson, Robert Richardson, and Ronald Richardson; eleven grandchildren and one g g great-grandchild; her special relatives to whom she loved dearly include two special nieces, LaSonya and KaTrina Killian; two god-children, Y'Khia Brannon and William Conrad; a loyal best-friend, Darlene Hood; faithful cousin, Palmer White; two uncles, James White (Joanne) and Robert Moore; two aunts, Linda Simmons and Deborah Barksley, five honorary aunts, , Marie Roseboro, , Congresswoman Alma Adams U.S. House Representative, NC State Representative Evelyn Terry, Retired Clerk of Court for Forsyth County Susan Frye, and City of Winston-Salem Mayor Pro-Temp D. D. Adams; three god-sisters, LeJuene Thompson, Forsyth County Commissioner Tonya McDaniel, and Tanya Wiley; and a host of other relatives , nieces, nephews, cousins, and many many friends.

Previous Events

Celebration of Life

JUL 10. 1:00 AM (ET)

Second Calvary Missionary Baptist Church
1751 New Walkertown Road
Winston-Salem, NC 27101

Visitation

JUL 10. 12:00 PM - 1:00 PM (ET)

Second Calvary Missionary Baptist Church
1751 New Walkertown Road
Winston-Salem, NC 27101

Tribute Wall

MR

“ *Rest In Heavenly Peace*

Parkland Mustang Class of 83.

Monica Imes Ross



Monica imes Ross - July 09, 2021 at 07:31 PM

PC

“ *Patricia Curtis lit a candle in memory of Tracy
Danielle Parmon Ingram*



Patricia curtis - July 09, 2021 at 03:24 AM

SC

“ *Sylvia Clardy lit a candle in memory of Tracy
Danielle Parmon Ingram*



Sylvia Clardy - July 08, 2021 at 09:49 AM

AF

“ *Ms. Ingram was like a second mother to me. I will never forget how she took me in and treated me like I was one of her own. I will forever cherish the memories I have of her cooking spaghetti for Shalonda and I while we studied hard for tests! You will be truly missed!*

April F - July 07, 2021 at 08:09 PM

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“ *Delta Sigma Theta Sorority, Inc Spring 06 purchased the Lavender & White Standing Spray for the family of Tracy Danielle Parmon Ingram.*



Delta Sigma Theta Sorority, Inc Spring 06 - July 07, 2021 at 08:04 PM



“ *Shades of Purple was purchased for the family of Tracy Danielle Parmon Ingram.*



July 07, 2021 at 06:59 PM