



## Mary Laura Cox

July 24, 1946 - April 4, 2026

Mary Laura Cox, 79, of 861 Lynch Mill Road, Altavista died Saturday, April 4, 2026 at her residence. She was the wife of the late Warren Cox.

She was born July 24, 1946 in Gary, NY a daughter of the late Franklyn Swift and Helen Leona Downs Vanyo. She was a retired secretary for Centra Healthcare.

She is survived by one son, Michael Goodwin and his wife, Beth of Lynch Station; one daughter, Karen Goodwin of Altavista; two grandchildren, Harlee Seamster (Thomas) and Grace Pratt; and two great grandchildren, Joseph and Silas Seamster.

She was preceded in death by a son, Joseph Goodwin; a brother, Paul Vanyo; a sister, Phyllis Akerman; and special friends, Shannon Walters, Candy and David Gibson, and Danny Monroe.

The family suggests that those wishing to make memorials consider the American Cancer Society, 2050 Langhorne Rd., Ste. 201, Lynchburg, VA 24501; St. Jude Children's Research Hospital 501 St. Jude Place, Memphis, TN, 38105-9956; or American Heart Association 4217 Park Place Court, Glen Allen, VA 23060 [americanheart.org](http://americanheart.org)

Finch & Finch Funeral and Cremation Service, Altavista is in charge of arrangements.

# Tribute Wall

DB

“ Sincere sympathy to each one of you at this very difficult time. May you be comforted by the memories of your good times together. Darlene & Billy

darlene & billy - April 09 at 08:59 AM

JA

“ I first met Mary working at the Free Clinic in Lynchburg I was hired as her part time Front Office receptionist. I learned so much from Mary, she had true compassion for everyone that came into the clinic. When Mary decided to change employment she trained me how to move into her fulltime position, I will always remember her joy and love she had for her kids and people that just needed someone to care. Karen, I know your mom loved you and she is now looking down over you. Jane Ayers

Jane Ayers - April 08 at 09:05 PM

RW

“ RUTH WOODS lit a candle in memory of Mary Cox



RUTH WOODS - April 08 at 02:53 PM

TK

“ *TERRY KING lit a candle in memory of Mary Cox*



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**TERRY KING** - April 08 at 07:57 AM

CL

“ *Carolyn Little lit a candle in memory of Mary Laura Cox*



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**Carolyn Little** - April 07 at 04:05 PM