

Valerie Ann Cowart



Valerie Ann Cowart passed at the age of 63 on May 9, 2025 at her Denham Springs, Louisiana home. She was born in Baton Rouge, Louisiana on October 5, 1961 to her parents Alvin and Phyllis Cowart. She went to Southeastern Louisiana University and worked as a group benefits specialist for the Louisiana Sheriff's Association and for 28 years at Blue Cross. Valerie enjoyed taking trips to the beach, going on family vacations, spending time with her grand-baby, and having fun in the casino. She will be deeply missed by all those that had the privilege and joy to know and love her.

She is survived by daughter Jordan C. Delaune (Bentley T. Delaune), grandchild Maeve R. Delaune, mother Phyllis J. Cowart, sisters Brenda C. Barber (Bill "Bull Bull" Barber) and Beverly A. Cowart, and family friend Jan D. Allen.

She is preceded in death by her father Alvin W. Cowart and friend Terry H. Haffner.

There will be a visitation held at Seale Funeral Home on Friday, May 16 from 5pm to 8pm.