



Freda Mae Greenebaum

July 31, 2019

Freda Mae Greenebaum, 84, of Fort Collins, died July 31, 2019.

Freda was born to parents Lacie and Marvin Seldon in Winchester, Virginia, where she and her brother Wendell were raised by Lacie Brill, and where she graduated from Handley High School. Growing up, the Apple Blossom Festival was always a very big deal and one year while in high school, Freda was named a Princess on the Apple Blossom Court. Her family still has fond memories from years of attending the festival – the pageant, parades, and of course the apples!

After high school, Freda studied in Winchester, Virginia, at Johns Hopkins in Baltimore, Maryland, and in Boston to become a Registered Nurse. Her medical experience also inspired her to earn a paralegal degree. In 1958, Freda married Howard Greenebaum, and they had three children, Rob, Julie and Sallye.

Freda worked as a Labor and Delivery nurse at Howard County General Hospital in Columbia, Maryland, where she was awarded Nurse of the Year by Governor Parris Glendening. She also taught childbirth classes and started a Prenatal Grief Counseling Program. After retirement, she traded her scrubs for fashion, working at various department stores.

Freda was incredibly creative and artsy. She did calligraphy, needlepoint, knitting, and leatherwork. She very much enjoyed theater and was part of several book clubs over the years. She excelled at gardening, one of the few people who could keep African Violets alive! She was a member of Timberline Church in Fort Collins.

Always youthful in spirit, Freda especially loved spending time with her children and grandkids, with whom she shared smiles, laughter, and her love! She also shared many adventures with her three longtime nursing friends from Maryland – "the YaYas". We will all remember Freda as the most positive, thankful, compassionate and funny person we know!

Freda is survived by her children, Rob Greenebaum of Ocean City, MD, Julie Pfeifle (Rob), of Scottsdale, AZ, and Sallye Greenebaum of Fort Collins; grandchildren, Nicholas Loewenstein, Katie Loewenstein, Sydney Pfeifle, and Chase Beranek; former husband, Howard Greenebaum of Portland, OR; her brother, Wendell Seldon; sister-in-law, Barbara; nieces and nephews, Greg, Steve, Beverly, and Lynn; and the YaYas.

A private Celebration of Freda's Life will be held at a later date.

For anyone wishing to donate in Freda's name, The Alzheimer's Association has become a special non-profit to our family.

Tribute Wall



“ *Freda Mae Greenebaum*

October 25, 2022 at 06:14 PM



“ *It was to me that dear Freda turned over the perinatal grief program when she moved to Colorado. What a wonderful, kind and loving person. I tried to do my best for both of us and it succeeded. The seed she planted sprouted and flowered and grew into and internationally known program. From small seeds come mighty oaks. It was dear to her heart and to mine. Now it is in the hands of a new loving, caring nurse who will continue to mold and grow and support these most vulnerable families. She was a special nurse and person.*

*One funny story- I remember her telling me one day about the Lincoln tea cups. I have always wondered what they looked like!!
Mary Peroutka*

maryphp - August 06, 2019 at 04:20 PM



OMG Mary... thank you a ton for sharing this!!! We had no idea!! I do have a picture of the Lincoln cup if you'd like to see it; it is beautiful!! Again, many, many thanks for sharing this - priceless!!

Julie Pfeifle - August 07, 2019 at 01:30 PM



Julie, i am just seeing this, i would love a photo!! Btw we are having a I&d memory party for freda jan 14!!

Mary - December 28, 2019 at 03:36 PM

DE

“*Freda: your friendly smile & contagious sense of humor will be dearly missed, but now the angels will be entertained! You never got the chance to put your skills to use with a “water” birth during aerobics class, but we came close! I hope you find just the right “warm spot” in heaven’s pools!*



Sallye & family: don't forget to participate in ART THERAPY, it does wonders for healing the soul & range of emotions after the loss of a loved one. So very sorry for your loss! >';'<

Deanna - August 05, 2019 at 07:01 AM

SG

What a special person you were to my mom. Water aerobics with you was a highlight of her week! Many friendships were formed during your fun classes! Thank you for saying goodbye to my mom and offering us emotional support!

Sallye Greenebaum - August 11, 2019 at 02:17 PM

SL

“*Thanks for posting the beautiful obituary. Freda was a beautiful person with a heart the size of Texas. Freda’s smile, charm and warmth will be missed by all. I’m sure her spirit will be felt by all!!!!*

Stewart Loewenstein - August 03, 2019 at 07:17 PM

BB

*So sorry for your loss. I will always remember the times in Milbur!!
Gene & Bev Brewis*

Bev Brewis - August 04, 2019 at 10:30 PM

WM

We bought your lovely home 5 or 6 years ago, Freda! Without batting an eye, when we told you we had a special needs grandson--Kennedy Creager--you immediately said: "well, very good, he can have my home!" Rest in peace and may God Bless your wonderful spirit! Bill & Linda Murphy Here :-)

William Murphy - August 05, 2019 at 01:11 PM

ES

Sallye, can you imagine my surprise when I saw your Mother's picture in the Winchester paper! I was attracted to her nurse picture which reminded me of my nurse picture from Duke circa 1958. I have missed keeping up with you as I am reminded of you each time I look at Omar's picture. You were blessed to have had such a lovely mother. May the Lord bless you and yours. Ellen Stanford formerly of Columbia, Md and now living in Winchester, VA.

Ellen Stanford - August 17, 2019 at 07:13 PM

JP

“ 40 files added to the album Memories Album



Julie Pfeifle - August 02, 2019 at 01:49 PM

GOES
FUNERAL CARE

“ 0 file added to the tribute wall

Goes Funeral Care & Crematory - August 02, 2019 at 10:58 AM