



## Sandy Froemke

August 23, 1963 - March 1, 2011

Sandy Kay Froemke, age 47 of Bellvue died March 1, 2011 at University of Colorado Hospital in Aurora after suffering a brain aneurysm. A memorial mass will be held at 10:00 AM Thursday, March 10, 2011 at St. Joseph Catholic Church, Mountain and Howes Streets, Fort Collins. Sandra Kay Froemke was born August 27, 1963 in Fargo, North Dakota to RDell and Carol Froemke. She grew up in Fargo and attended Moorhead Tech College in 1986. She became a hospital coding specialist and did so in Reno, Nevada at St. Mary's Hospital from 1986 until 1989. Sandy moved back to Fargo and worked at Meritcare Hospital from 1989 until 1998 when she moved to Fort Collins to work at Poudre Valley Hospital. Sandy loved animals and supported their causes by her donations of time and treasure to the Dumb Friends League, the Larimer Humane Society and the Denver Rescue Mission. She enjoyed watching football, baseball and car racing. She was known as the cute and bubbly one in her family and was recently thought to be a gentle soul. Survivors include her parents, RDell and Carol Froemke; her brother, Tom (and wife, Chel); sister, Pam Froemke, all of Fort Collins; a niece Kalai Donner of Denver; a nephew, Josh Donner of Ft. Collins; her dear and special friend, Mike Hoaby of Fargo, ND; three kitties, Kirby, Oliver and Molly; and three chickens, Petunia, Lily and Violet. Sandy's family requests that any memorial donations please be made to the Larimer Humane Society 6317 Kyle Street, Fort Collins, CO 80525 and The Dumb Friends League 2080 South Quebec St. Denver, CO 80231-3204.



# Tribute Wall



“ *Sandy Froemke*

October 25, 2022 at 06:14 PM



“ *Rose writes.*

*I enjoyed Sandy on her Parent's farm in N. Dakota during the '60's and '70's. When I'd come to visit Carol and her family, I remember Sandy when her Dad would take us all out on the hay bale wagon to bail hay for his farm animals. That was so much fun and I have happy memories of Sandy then.*

*I also spent 3 or 4 days in Fort Collins with my sister, Carol & her family during the summer of 2006. I have many wonderful memories of Sandy then, happy in her own home, nice job, and always her loving kitties. She was such a charming lady, it's hard to accept that she was suddenly struck so young.*

*I'll miss the charming bubbly gal she was. May God bless her eternally. Our love and sincere sympathy go out to Carol, RDell, and their wonderful family.*

*Rose & Rick Gonser  
Long Beach, California*

Rose & Rick Gonser - March 01, 2011 at 12:00 AM



“ *I am very sorry to hear about your loss. I worked with Sandy many years ago in Reno when we were both starting out in our new careers. Thinking of your family at this difficult time.*

Jacki Bebb - March 01, 2011 at 12:00 AM

VG

“ *Our hearts and prayers go out to the Fromke family*

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**Virginia Gomez** - March 01, 2011 at 12:00 AM

JW

“ *To Sandy's family,  
I am so sorry for the loss of our dear co-worker Sandy, she will be truly missed. Sandy was a competent and skillful coding specialist. She willingly helped others with any coding questions. Sandy was so happy to be able to work from home the last few years. Whenever I called her about anything, I would always check to see if she had any deer, foxes or birds to look at that day in her lovely setting out of the office. I feel so lucky to have seen Sandy recently, she was happy and as usual her great sense of humor was evident. My thoughts and prayers are with you during this difficult time.*

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**Jeannette Walls** - March 01, 2011 at 12:00 AM

VC

“ *Our thoughts and prayers are with you in this time of loss. We will miss Sandy.*

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**Vicki Clark** - March 01, 2011 at 12:00 AM

CS

“ Dear Carol and RDell and family,

*I was so sorry to hear of Sandy's passing. I do remember her even tho it has been many years since we have all seen each other. Back then I remeber hanging out with her at all the picnics and reunions. Her picture is very nice and thats how I remember her. My sympathy goes out to you and your family,it's very sad and i'm so sorry for your loss.*

*Cindy Schulz (niece)*

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**Cindy Wanzek Schulz** - March 01, 2011 at 12:00 AM

GM

“ *My thoughts and prayers go out to your family. Although I have not seen Sandy for many years, I do remember her sweet shy smile. It is so hard to lose a child and sibling. Try to remember all the good memories and fun times your family had, it will help some. She will always be close at heart.*

*Love your niece Geri*

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**Geri (Wanzek) Miller** - March 01, 2011 at 12:00 AM

JK

“ *Carol & RDell & Family,*

*So sorry to here about the loss of Sandy. Our families have not kept in touch over the years however my thoughts & prayers are with you at this time. God Bless. Jayme(Wanzek)Kautzman*

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**Jayme (Wanzek) Kautzman** - March 01, 2011 at 12:00 AM

JR

“ *Sandy will be greatly missed by me and my family. She was always smiling and just fun to be around.*

*I had just seen Sandy at a department function and had said I was going to call her that week and make some plans for the 2 of us to get together. Now, I will never be able to do that.*

*Sandy and I had an ongoing "so-called" rivalry because we were from the Dakotas. . . me being from South Dakota. So, it would get to be pretty funny because we would harass each other about being the North and the South.*

*We had fun no matter what we did together and will smile about those times, but will miss the times that could have been. I will treasure the pictures that I have of Sandy, from my wedding, with the "girls".*

*Sandy, you will always be in my heart and thoughts, my dear friend, and I will miss you greatly.*

*I am a better person from knowing Sandy and being her "pod buddy" at work.*

*May your family be comforted by knowing you had a great many friends that are missing you and also that you are now with God.*

*Love, Julie*

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**Julie Robbins** - March 01, 2011 at 12:00 AM

JG

“ Dear RDell, Carol, Pam, Tom and Schel:  
We am so sorry for your loss. Sandy was a vital and loving member of your family. May the many wonderful memories of her life and laughter, provide comfort during this time of sorrow. We are thinking of you always.  
Love, Jan & Henry

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**Jan Engert/Henry Gholz** - March 01, 2011 at 12:00 AM

CO

“ I met Sandy when we worked together at Meritcare. She was always smiling and so kind. We would do fun things spur of the moment, like deciding to go to the Eagles concert 3 hours before it was supposed to start. Or joining me in scuba diving lessons so we could meet boys (we were the only two people in the class...which was good because we looked terrible in wet suits). She was a great dive buddy and friend. She loved her animals and was so proud of her home and the projects she completed. And she was so happy to be in Colorado with her family. I can't believe she is gone and she will be deeply missed. I am so sorry for your loss and am praying God's comfort and peace for you all.

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**Carolie Olgard** - March 01, 2011 at 12:00 AM

RS

“ Very sorry for your loss. Please know that you are in our thoughts and prayers.

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**Robert & Therese (Wanzek) Solinger** - March 01, 2011 at 12:00 AM

WW

“ *My prayers and heart go out to all of you. I enjoyed Sandy very much. We had many laughs together and I was very blessed to see and talk with her before her death. She looked great and was in a very happy mood. Sandy will definitely be missed.*

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**Wendy L West** - March 01, 2011 at 12:00 AM

MK

“ *I was very shocked and sad to learn of Sandy's death. I am so sorry for your loss she was such a dear sweet girl.*

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**Maureen Kurtz** - March 01, 2011 at 12:00 AM

KG

“ *I am so sorry for your loss. I worked with Sandy in the coding department before I left Poudre Valley Hospital several years ago. My thought and prayers are with you at this sad time.*

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**Kim Guskin** - March 01, 2011 at 12:00 AM

JH

“ Sandy and I worked together when she was a coder at the Neuroscience clinic. We became friends and actually did some scuba diving together along with Carolie when she got certified. We did keep in touch over the years with just having lost contact the last few years as my children's activities got more involved and friendships are the things that get pushed to the back. I always enjoyed the time we spent together - her sense of humor and her care for her pets. I do remember that she did have Kirby when she lived in Fargo.

*I know she enjoyed life and got the most out of it possible. Family/friends and her pets were the joys of her life.*

*She will be greatly missed.*

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**Janet Haiby** - March 01, 2011 at 12:00 AM

BC

“ My sympathy and prayers go out to you and your family. Sandy had such a good heart working with people and animals. She will be missed.

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**Barbara Chilton** - March 01, 2011 at 12:00 AM

ST

“ Dear RDell and Carole,

*I am so sorry to read of your daughter, Sandy's, death. No one can really know exactly how you feel but I also know the anguish of losing a grown child.*

*I can highly recommend the group called The Compassionate Friends. This is a support group for parents who have lost a child or children of any age. They can be reached by contacting Larimer County Hospice which also has a grief support group. I recommend both. Bill and I attended the monthly meetings of The Compassionate Friends for several years after our son, Dan, died of cancer in 2001. The Compassionate Friends also has a website which you can find through a search.*

*Again I am so sorry to read of your loss.*

*Sandi Trissel*

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**Sandra Trissel** - March 01, 2011 at 12:00 AM

LW

“ Just read in the Forum of Sandy's death.  
My heartfelt sympathy to you Carol & RDell & Pammy. We never got to know Tom but condolences to him also. I especially remember the years the girls played together at our house and your house. We never know what is ahead of us but just have to remember God is with us all the time.  
But as time goes on things change for all of us. Don't know if you know but Fred went to be with his God in Heaven December 30,2009 after years of suffering with Huntington's Disease.  
Janine & Doug live in Perryton, TX and Brian, Lisa, Hunter & Halton live in Omaha, NE. Hunter graduates from High School this Spring. Also,don't know if you know but Brian was diagnosed with Multiple Sclerosis when he was 26 years old and struggles with it every day. We thank the good Lord every day for the good times we've had with our family and friends. Lucille Winkler

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**Lucille Winkler** - March 01, 2011 at 12:00 AM

DG

“ Dear Carol and RDell,  
  
I was shocked to read in the paper about the death of your daughter. You have my sincere sympathy. God Bless you and your family.

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**Donna Gaffaney** - March 01, 2011 at 12:00 AM

BM

“ We were so shocked to read in our local paper this morning of Sandy's passing. Our thoughts and prayers are with her family at this sad time. So sad Rdell and Carol, Pam, Tom, Chel. God bless you all in your time of mourning.

*Butch&Marion MacArthur*

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**Butch MacArthur** - March 01, 2011 at 12:00 AM

JD

“ *My condolences to the Froemke Family for the loss of your dear daughter, Sandy.*

*She was always very helpful to me when I had a coding question and needed assistance with a hard chart.*

*She will be deeply missed. May God wrap His arms around you all and give you comfort.*

*Bless you.*

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**Janette Dickey** - March 01, 2011 at 12:00 AM

CS

“ *Carol and RDell*

*We are so sorry for the loss of your daughter.*

*You and your family will be in our thoughts and prayers.*

*Hoping loving memories will comfort you at this difficult time.*

*Take care*

*Clare and George*

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**Clare and George Schmidt** - March 01, 2011 at 12:00 AM

LM

“ *Sandy was a quiet person, she worked hard and I admired her coding knowledge. She was always willing to offer advice when asked. She had a good sense of humor and seemed very dedicated to her family.*

*I am sorry for your loss.*

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**Lynn Murphy** - March 01, 2011 at 12:00 AM