



Heather L. Frederick

May 29, 1974 - January 8, 2023

Heather L. Frederick, 48, of Marengo, passed away peacefully Sunday, January 8, 2023.

She was born May 29, 1974, in Elgin the daughter of Orville Brettman and Sheran (Coose) Rehfeldt. She graduated Huntley High School in 1992 where she was active in sports, student council, and a peer leadership program called snowball that empowers student leaders. She went on to play college basketball at McHenry County College and continued her education at the University of Illinois Chicago and Saint Xavier earning a Bachelors in Kinesiology, and a double master's in educational leadership along with a type 75 administrative certificate.

She was a Physical Education teacher at District 158 for 20 years where she was a team lead and coached boys and girls' basketball as well as track and field.

To know Heather was to love Heather. She radiated a beautiful energy with a passion for empowering others and motivating people to be their best selves. In a prompt from her Mother's Legacy Journal that asked "How would you like to be remembered? Heather wrote the following: "Inspirational, loving, courageous, smiley, smart, caring, dependable, strong, passionate, happy-go-lucky, carefree, and I loved my children with all my heart!!!"

Heather touched the lives of countless people through her involvement with GiveLoveForLife, a non-profit that she co-founded in 2014, health coaching,

student mentorship, and her memorable quotes, sayings, and posts that reminded everyone to find joy, create happiness, and above all, love. She married Ryan Frederick on July 5, 2014, in Gatlinburg, TN. Together, they enjoyed an adventurous lifestyle including hiking, the beach life, fitness, and traveling. She was the glue to what Heather called her “Brady Bunch” family. She embodied the definition of a loving mother, wife, sister, daughter, aunt, and new Mimi (grandma). Those that were touched by her understand that her existence and the imprint she left on our hearts exceed the quantity of time she was here on Earth.

She is survived by her husband, Ryan; her children, Tory & Haley Ream, Faith & Riley Weiss, and Owen & Ava Frederick; grandchild, Colson Mlachnik; brothers & sisters, Derek (Gina) Brettman, Tiffany Jernigan, Amanda (Tristan) Davis; her father, Orville (Annie) Brettman; and stepfather, Bruce (Jola) Rehfeldt.

She is preceded in death by her mother, Sheran.

Visitation will be on Sunday, January 15 from 2:30 to 6:30 PM at Harvest Bible Chapel, 1000 N. Randall Rd. in Elgin.

An intimate memorial service, open to all, will be held immediately after from 6:30 to 7:30 pm at the same location.

A Celebration of Life will be held on Wednesday, Jan. 18 from 6 to 8 PM at Heineman Middle School, 725 Academic Dr. in Algonquin.

In lieu of flowers, please donate to the Give Love for Life, <https://www.giveloveforlife.com/> a 501 (3)(c) organization she founded in 2014 to help people in need. Donations will be used to fund a scholarship for a District 158 student in her name.

Previous Events

Visitation

JAN 15. 2:30 PM - 6:30 PM (CT)

Harvest Bible Chapel
1000 N. Randall Road
Elgin, IL 60123

Service

JAN 15. 6:30 PM - 7:30 PM (CT)

Harvest Bible Chapel
1000 N. Randall Road
Elgin, IL 60123

Celebration of Life

JAN 18. 6:00 PM - 8:00 PM (CT)

Heineman Middle School
725 Academic Drive
Algonquin, IL 60102

Tribute Wall

ST

“ I am so sorry for your loss! Sending love, prayers and hugs! ❤️🙏❤️



Sherri Truman - January 23, 2023 at 10:29 AM



“ Heather L. Frederick

January 17, 2023 at 03:12 PM



“ I'm proud to have known and cared for you. Your impressive children are a testament to who you are as a mother. And your success as a teacher, I'm sure, is a delight to your Mom in Heaven.

You always beamed when you told me about Tory and Haley's success in college. Faith and Riley are such a reflection of your wonderful character. One time, Faith sent me a thank you card for the care I provided her. I treasured that note! That is evidence of the good parenting and love you gave your kids. I know, they will all continue on to do well - because you prepared them well.

We were all blessed to know you and will miss you, dearly.

Dr Bill Awe

William Awe - January 15, 2023 at 05:42 PM

BP

“ *She was like a second mom to me growing up, and I will always cherish the memories of her warmth and classic sandwiches she would make Haley and I. A true light and beautiful soul. My love and condolences to the entire family.*



Brittany Branch Poirier - January 15, 2023 at 09:48 AM

BA

“ *Ryan and family, so sorry to hear about Heather. Sending prayers of comfort and peace.*



Bob and Terri. Alderman - January 13, 2023 at 09:44 AM