



## Mary Ellen Fredrick

December 6, 1954 - May 12, 2018

Dateline: Godfrey

Mary Ellen (Ryan) Fredrick died Saturday, May 12, 2018 in Jerseyville, IL, following a one-year illness.

She was born December 6, 1954, in Louisville, KY., the daughter of the late John M. and Rita (Tracy) Ryan. She graduated from Marquette High School in 1973; SIU- Carbondale in 1977; and received her Master's degree from Eastern Illinois University in 1979. During her career as a clinical dietitian, she made lasting friendships at a variety of local hospitals and facilities, including St. Joseph's Hospital in Alton, St. Elizabeth's Hospital in Granite City, and Jersey Community Hospital in Jerseyville. For the past 20 years, she worked as a dietitian and eventually health coordinator at Riverbend Head Start & Family Services in Alton.

On December 31, 1988, she married Steven Fredrick. They later divorced, but remained good friends.

Ellen was diagnosed with brain cancer in May 2017. Despite a dismal prognosis, she remained upbeat, never losing her sense of humor. Her main concern was the well-being of her daughters. She was determined to live her life "one day at a time".

She is survived by two daughters, Meagan (Robert) Wilkerson, of Colorado Springs, CO, and Maura Fredrick of Godfrey; a step-daughter, Emily Eckelkamp of O'Fallon, MO; two sisters, Tracy Howard of Godfrey and Maureen Ryan (Jeff Johnson) of Alton; four brothers, James Ryan (Lucy Chappee) and Michael (Sally) Ryan of Alton, Paul (Gwyn) Ryan of Memphis, TN, and William (Ellen) Ryan of St. Simon's Island, GA; as well as several nieces and nephews. She is also survived by her four-legged companion of 15 years, Freckles.

She was preceded in death by her parents and her brother-in-law, Philip Howard.

Ellen designated that her body be donated to St. Louis University for medical research.

A visitation will be held at SS Peter & Paul Catholic Church, where Ellen was a life-long member, on Thursday, May 17, 2018 from 4-8 pm, with a memorial service following on Friday, May 18, 2018 at 10 a.m.

The family has requested that memorials be made to Riverbend Head Start & Family Services in Alton.

Gent Funeral Home in Alton is in charge of arrangements. Online guestbook and information may be found at [www.gentfuneralhome.com](http://www.gentfuneralhome.com)

# Previous Events

## Visitation

MAY 17. 4:00 PM - 8:00 PM (CT)

SS Peter & Paul Catholic Church  
Alton, IL

## Memorial Service

MAY 18. 10:00 AM (CT)

SS Peter & Paul Catholic Church  
Alton, IL

# Tribute Wall



“ *Mary Ellen Fredrick*

January 28, 2023 at 10:19 AM



“ *Mary Ellen Fredrick*

January 28, 2023 at 08:19 AM



“ *Ellen was the best boss I ever had, she always had my back. She made the most boring in service a little bit better...making us all laugh. Just the way she tells stories was so funny. She was very committed to her job and the mission we all work so hard for. She cares about the kids we feed each day and the families of those children. I will always love and remember her with great pride and the joy of knowing such a wonderful person. You will be mist! :-)*

**Georgia Stryffeler** - May 17, 2018 at 08:53 PM



“ *Sorry to hear of her passing she will be missed but will always be in our heart prayers for the family*

*Rob & Tracey Whitten*



**Rob & Tracey Whitten** - May 17, 2018 at 12:05 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Mary Ellen Fredrick.*



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May 16, 2018 at 09:28 PM



“ *Dear Ryan family,*

*I was so saddened to hear about Ellen's passing on Saturday. I saw her and Bill two years ago following our Class of '74 reunion, and she was as funny and upbeat as always. That was pre-diagnosis, but that didn't matter. That was Ellen ... always able to make others laugh and not take things so seriously. She will be missed by so many, especially her family and close friends. My deepest sympathy as you deal with her loss.*

*Buffy (Van Buren) Schnurbusch*

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**Buffy Schnurbusch** - May 15, 2018 at 11:46 PM



“ *Full Of Love Bouquet was purchased for the family of Mary Ellen Fredrick.*



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May 15, 2018 at 05:52 PM



“ *Arrive in Style was purchased for the family of Mary Ellen Fredrick.*



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May 15, 2018 at 05:39 PM



“ *Ellen was one of the sweetest people I've ever met. My sister and I always LOVED going to Meagan and Maura's house and a lot of that had to do with getting to see Ellen! I have so many fond memories of her. From her letting us setup a nail painting stand on the front steps, to taking us to the pool at Summers Port, taking us to Schnucks to rent movies, taking us to Jamestown to the cool movie theater, making us countless dinners, and her signature sign off as she dropped you off at home after a fun weekend at the Fredrick's "You know you're our favorite!!" I am so sad to hear of her passing. Sending Meagan, Maura and Steve love.*

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**Jessica Grace** - May 15, 2018 at 12:06 PM



“ *Connie Paruch lit a candle in memory of Mary Ellen Fredrick*



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**Connie Paruch** - May 15, 2018 at 08:56 AM

CP

*Ellen was one of a kind! One of the most charitable people I have ever known. I will miss our dates to work functions and our conversations filled with laughter and joy! Ellen has been there through every event in my life...rejoicing with me, holding my hand, praying with me, offering comfort...she was one of the few that was always there with her unconditional love. Ellen was the closest thing to a true sister that I have ever had and I will miss her so very much! To Meg, Maura and the rest of Ellen's wonderful family...may God bring you peace and may you see the beauty of Ellen within yourself...because she is part of each of you!*

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**Connie Paruch** - May 15, 2018 at 09:23 AM

LW

“*Today I thanked God for giving me the privilege of knowing Ellen. She was the kind of person who made the day brighter when you were with her. I miss the deep conversations we shared and her wonderful laugh & spirit. Meagan & Maura you are in my prayers. May you feel God's presence, power & strength as he walks with you through this deep loss. Till we meet again, Ellie Bellie. You are loved!*

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**Liz Wernsing** - May 14, 2018 at 09:56 PM

EG

“*Eugene & Diane Gacki lit a candle in memory of Mary Ellen Fredrick*



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**Eugene & Diane Gacki** - May 14, 2018 at 05:45 PM

EU

*Miss Ellen me and Diane will always think of you and pray for you to rest well now that you are in GODS arms. Great times we got to spend with you are always great memories we will cherish. we will never forget you. Love always .*

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**Eugene** - May 14, 2018 at 05:59 PM

DG

“ *Debby Grasle lit a candle in memory of Mary Ellen Fredrick*



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**Debby Grasle** - May 14, 2018 at 12:44 PM

DG

*I was blessed to work with her for many years. She had a great smile and an infectious laugh. Thanks for all the good memories Ellen including painting your fingernails at work. May Gods arms be around your family, and you rest in peace. I seen the beautiful dove you sent this morning.*

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**Debby Grasle** - May 14, 2018 at 12:47 PM