



Pamela G. Froemsdorf

December 27, 1951 - April 2, 2023

IN MEMORY OF:

Pamela G. Froemsdorf

Serving Location:

CRAIN FUNERAL HOME – CAPE GIRARDEAU

829 North West End Boulevard, Cape Girardeau, Missouri

Pam Froemsdorf loved to feel the grass under her bare feet. She loved singing and dancing and laughing. She was always ready to go – to Florida, Las Vegas, on a train ride -- no matter what the plan was.

Pam lost her family at a young age. Her father Gale died when she was 19, her brother Roger died at birth when Pam was 7, and her mother Frances “Sparky” Froemsdorf died 18 years later.

Pam’s many friends became her family. “She was loving and caring to all, and the amount of friends she had was her testimony to that,” said one of them, Karen Switzer.

Pam died April 2, 2023, at age 71 from complications of scleroderma, an incurable autoimmune disease.

Carolyn Crain said Pam believed in God and angels. “I always looked at her as one of God’s special little earth angels. She always cared for everyone, loved everyone and was so quick to forgive when she was hurt by others.”

Pam had the heart and soul of a nurse. She graduated from Cape Central High School in 1969 and from the inaugural class of the Licensed Practical Nursing Program at Vo-Tech in Cape Girardeau. She spent most of her career serving in Cardiac Care at Mercy Hospital in St. Louis. In retirement she worked as an LPN for Comfort Care in Cape Girardeau.

Pam and Debbie Kitchen were best friends. Their parents lived near each other and Pam remembered finding Debbie in her rabbit hutch at the age of 3. The two spent some years living on the beach in Florida before returning to Missouri. The two were co-leaders of Indivisible SEMO, a Democratic activist group fighting for women's rights and women's healthcare.

Pam advised when Debbie faced a surgery. "She calmed me down, she showed me love and assured me I would be OK because God had me."

They loved each other like sisters.

Karen Switzer watched Pam be grateful to the staff at the hospitals where she was cared for as her health declined. "Even after she knew that she would not be with us much longer, she never stopped being grateful for the people around her," Switzer said, calling Pam "a really great Christian lady."

She also was a lady who might hide dirty dishes in her oven as party guests were arriving and then, after the oven somehow got turned on, have to explain what was cooking in the oven. "Pam had a way of doing things that were comical and risky," Kitchen recalls.

Pam bonded with Kitchen's daughter Corie.

David Niswonger and Pam knew each other since the third grade. They nicknamed their teacher that year Frankenstein because she never smiled and was mean and grouchy. Laughing and giggling together helped them survive and they remained friends the rest of their lives. "Knowing Pam was like always knowing you had a friend – forever and ever – always," he said. "She was that special friend that everyone needs," said Sally Leiner. "She always seemed to know just what to say, and you knew it came from her heart."

Pam loved dancing to Ivas John's music at The Library. She regularly listened

to live music across the street at Ebb N Flow.

Friends are invited to Pam's Celebration of Life to be held from 2-4:30 p.m. May 13 at the Elks Lodge in Cape Girardeau. Music will be by Ivas John, Chris Moore, Gary Nunnely and Brad Graham. Please RSVP at (314) 722-5501.

Previous Events

Celebration of Life

MAY 13. 2:00 PM - 4:30 PM (CT)

Elks Lodge
639 Elks Lane
Cape Girardeau, MO 63701

Tribute Wall

DT

“ I’m really missing Pam. She was a sweetheart. We met in Jr. High and became good friends. Working as a nurse she knew how short life could be and she made the best of it□

Donna S Taylor - July 26, 2025 at 12:11 PM

JF

“ Johannah Froemsdorf lit a candle in memory of Pamela Froemsdorf



Johannah Froemsdorf - November 01, 2023 at 04:44 PM



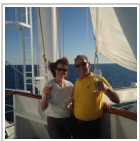
“ Pamela G. Froemsdorf

October 23, 2023 at 06:26 AM

RB

“ Sure wish I could be there. We had some good times back in the day

Rick Barton - May 13, 2023 at 03:23 PM



“ Pam was a hoot! She always had a lot of friends around her because she was kind and funny and always glad to see you! She was genuinely caring of others. She was a good woman and will be deeply missed. So sad to hear of her passing. Denise Lavender

Denise Lavender - May 04, 2023 at 09:57 AM

EP

“ *A beautiful tribute to your dear friend. I know you will miss her. Pam was so fortunate to be surrounded by her guardian angels. May Pam rest in peace.*
Ellen Neihart Parker

Ellen Neihart Parker - April 28, 2023 at 09:30 AM

CP

“ *So sorry to hear of Pam's passing. I knew her mother and dad from the VFW.*
I knew she had moved to St. Louis and hadn't seen Pam in many years until about 3 or 4 years ago at the VFW in Cape. My thoughts and prayers are with you at this difficult time. Clairene Priest

Clairene Priest - April 07, 2023 at 04:21 PM