



Heather Frederick-Sousek

May 17, 1971 - July 23, 2025

Heather Jane Frederick 54, left this earth July 23, 2025, at Unity Point Meriter Hospital, in Madison, after a short illness. Born to Patrick and Susan (Cummings) Frederick, May 17, 1971 in Merrill Wisconsin.

Heather lived a life rooted in the love of her family and simple joys that brought her happiness. A graduate of Merrill High School, Heather remained closely connected to her hometown roots throughout her life. She was known among those who knew her for her warmth and creativity, which she expressed through her many hobbies. Heather found joy in shopping, crafting projects, and spending time in her garden. Her green thumb brought beauty to every space she touched. An exceptional cook, she delighted family and friends with meals made from the heart, each dish a reflection of her care and talent. She had a special place in her heart for animals. Especially her adored pugs, Chugga and Duck who were constant companions and source of comfort.

Heather centralized her life around her children, especially by giving her house up for the holiday gatherings. Her biggest joy was seeing all her children and grandchildren together during those times, even with the big mess that came with it. There was never a light moment when it came to those times with Heather.

Heather shared her life with her devoted husband, Thomas Hudson. Together they built a home filled with laughter and love.

Heather is survived by her mother Susan Frederick-Van Der Geest and stepfather Bob Van Der Geest, brothers Jon (Kelly) Frederick, Jesse Frederick, Aaron (Amanda) Frederick and step sisters Sheila Winfield, Cortney (Tim) Swan and Casey Van Der Geest. Her children Lily Frederick, Dallas Sousek, Michael (Lindsey) Frederick and Elizabeth (Nikolaus) Schmidt. Her grandchildren Alexandra and Lukas Smith, Myles Frederick, Ivarr and Evelyn Schmidt.

She was preceded in death by her father, Patrick Frederick, and her beloved son Tyler

J. Nelson.

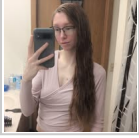
Her memory will live on in the hearts of all who knew and loved her. May it bring peace to those who mourn her passing and joy to those who remember the light she brought into their lives

Tribute Wall

HC

“ My deepest sympathies to Heather’s family. 🙏
Heather truly was an amazing, fun loving and caring person. Many memories from high school up to now. R.I.P. my friend. Holly Corgright aka., Kaiser.

Holly Cortright - August 06, 2025 at 02:51 PM



“ Gosh, there's so many memories I can share but I will share my favorite one. My siblings, mom and I would take our childhood dog for a run just about once a week growing up. We lived near a dead end, so it was perfect for Lou to run down as fast as she wanted to go. We had the green mini van and us kids would take turns sitting on Mom's lap steering while we ran the dog. We always looked forward to it. We knew it would happen because Mom would get us McDonald's for dinner.
I plan on doing that with my child as well.

Liz Schmidt - August 05, 2025 at 07:51 PM