



John Frahm

May 4, 1951 - May 4, 2005

"John Frahm"

KINGSFORD - Dr. John A. Frahm, 54, of 1509 Woodward Ave., Kingsford, beloved husband and father, died Wednesday, May 4, 2005, at his home after a brief but courageous battle with cancer.

He was born on Oct. 14, 1950, in Sioux Falls, S. D., son of the late Hans and Agnes (Langley)Frahm. His family moved to Ottumwa, Iowa, shortly after his birth. He attended schools and graduated from Ottumwa High School.

Dr. Frahm attended Central College in Pella, Iowa and graduated cum laude with a bachelor of arts degree in biology in 1972. He went on to Medical School at the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He received recognition and awards for achievement in physiology, pharmacology, and biochemistry. He did his training internship at Mount Clemens General Hospital in Mount Clemens, Michigan from 1975-1976 with dear friend, Dr. Carl Smoot.

Dr. Frahm served his Internal Medicine Residency in General Medicine at Mount Clemens General Hospital from 1976-1979. He then went on to private practice in General Medicine at Mount Clemens General Hospital from 1979-1985. While in private practice he participated in training of medical students, EMT's, interns, and residents. He was also a part of the Utilization Review from 1982-1985. In 1981 Dr. Frahm was awarded board certification in Internal Medicine. He was a Fellow of the American College of Osteopathic Internists. He was a course provider and instructor for ACLS from 1976 to the

present. His previous appointments were as staff physician from 1985-1990 at the VA Medical Center in Iron Mountain. He then served as chief, medical service, from 1990 to 1993. At the present time, Dr. Frahm was chief of staff at the VA Medical Center in Iron Mountain, a position he has held since 1993. Other appointments held by Dr. Frahm were physician director of the ICCU, physician director of Respiratory Therapy, and acting chief of Physical Medicine and Rehabilitation Service at the VA Medical Center.

Dr. Frahm served on the Resource Management Advisory Committee, the Clinical Executive Board and the Infection Control Committee, the Laboratory Liaison Committee, the Pharmacy and Therapeutics Committee, Facility Planning, the ICCU Committee, the Respiratory Therapy Committee, the Emergency Committee, the Safety Committee, the Quality Council, and was a member of the County Ambulance Control Board.

Some awards obtained by Dr. Frahm were the Special Contribution Awards, 1990-1991, Commendation, 1998 and Disabled American Veterans (DAV) Certification of Appreciation, 1990.

Some special training Dr. Frahm received through the years was Title 38 Disciplinary Appeals Board Training-1994, Team Building-1994, Chief of Staff Institute-Completed January 1995, Management Development Program Certificate of Completion-February 1992, and Interagency Institute for Federal Health Care Executives-1999.

Dr. Frahm's accomplishments as chief of staff included converting the medical center from hospital based system to a managed care model, establishing tele-imaging and tele-pathology programs between medical center and VA Medical Center in Milwaukee, Wis.; electronic medical record and most recently, chiropractic care services.

Dr. Frahm married Susan Robinson on March 31, 2001, at their home in Kingsford. He enjoyed traveling with Sue, spending time with his family, fishing, hunting, trap shooting, reading, and skiing. Dr. Frahm went goose hunting in Manitoba, Canada for the past 18 years with his oldest brother, Paul, and his brother in-law, Paul Lamont. Happily, his son, Jake joined the

goose hunting group in 2004. He was a member of the Kiwanis Club. He is survived by his wife, Sue of Kingsford; sons, Jacob (DeeDee) Frahm of Duluth, Minn., and Joseph Frahm of Duluth, Minn., and their mother, Dr. Ruth Westra; stepchildren, Thomas Krause of DePere, Wis. and Emily Krause at home; his brothers and sisters, Dr. Paul (Ella) Frahm of Davenport, Iowa; Jeanne (Kore) Sneve of Oppdal, Norway; Joan (Russ) of Newport Beach, Calif., Barb (George) Monasky of Ambler, Pa., Carol Masters of Indiana, Janet (Jon) Bowermaster-Davis of San Diego, Calif., Linda (Paul) Lamont of Ankeny, Iowa and Mark (Vesta) of Ottumwa, Iowa and many wonderful cousins, nieces, and nephews.

Dr. Frahm was a loving, hardworking man who made a difference in the world and who will be dearly missed by all who knew him.

Dr. Frahm was preceded in death by a brother, Dr. James Frahm and a sister, Judy.

Visitation will be on Monday from 11 a.m. to 2 p.m. at Our Saviour's Lutheran Church in Iron Mountain.

The funeral service will be held at 2 p.m. at the church. Rev. Stephen Cowen will officiate.

In lieu of flowers, a memorial will be established in Dr. John A. Frahm's name. Condolences may be expressed to the family of Dr. John A. Frahm online at www.ernashfuneralhomes.com

The family has entrusted the Erickson-Rochon and Nash Funeral Home of Iron Mountain with the funeral arrangements.

Tribute Wall

SH

“ *To Susan Frahm and the family of John Frahm*

My sincere sympathy for your loss. The article in the paper said it best.... "John Frahm made a difference." Atuly fine man he was. May you receive strength to cope with this difficult time.

From the family of Steve Harris

Steve Harris - May 13, 2005 at 12:00 AM

PR

“ *Dear Susan and the remainder of the Frahm family. I was extremely distressed when notified at home Thursday evening that Dr. Frahm had passed away. I have only know Dr. Frahm for approximatately 2 years. I originally had a great respect for the man as Chief of Staff. During the 4 months I spent as Acting Associate Director, I came to know Dr. Frahm much more deeply and my respect and friendship grew dratically. I extend my sincere sympathy to yourself and your family. The world has lost a great man and a great physician. God Bless You.*

Peter E. Schwager, RD - May 12, 2005 at 12:00 AM

“ Dear Family,

I first recall meeting Uncle John in October, 1961 when I was seven years old. When I moved in with my Ottumwa grandparents, it took me a while to figure out who all lived in that little house at 302 Albany Street. I soon recognized Uncle John as sort of the boss of us little kids. He was four years older, having celebrated his birthday that month. I saw Uncle John as an independent guy with a big bike and a paper route. He mowed lawns, delivered papers, raked leaves, and always seemed to accomplish a lot of chores to help my grandparents.

Our sixth grade teacher, Alice Barnes, thought John was a good history student and said so when she came to dinner one time. I remember Uncle John playing the trombone, and playing softball at the playground we called the res (short for reservoir). Uncle John was a good swimmer.

Uncle John was always the one who sat next to Grandpa Frahm in the balcony of First Christian Church during Sunday worship. That alone elevated his stature in my eyes. I was a bit fearful of Grandpa Frahm, so, to me, Uncle John was a really brave kid to sit next to him. I was ever so grateful that he seemed to own that seat every Sunday. He even helped Grandpa in the basement work room build and paint a birdhouse. If that wasn't brave, I didn't know the meaning. Of course, I was more timid than Grandpa was scary, but that's how I saw things then.

Uncle John was brave, but he knew where to draw the line between bravery and foolish risk. Legend has it that he had washed the family Ford Fairlane so that the windows had become invisible. The family was en route somewhere when Grandpa cleared his throat and prepared to spit out the window. For a brief instant, Uncle John had to weigh the consequences of speaking up vs remaining silent. He remembered the hard and fast rule that overruled all other rules....you don't tell Grandpa anything. So, he remained silent

while Grandpa's spit hit the window. It was the right decision.

E-mail connected us and allowed me to get to know Uncle John, the adult. When I wrote to him half kidding that I was dreading letting my little girl grow up and go to Kindergarten in the big, bad world, he wrote back, "you gotta let children live their lives." This was after his sons had survived a very bad vehicular accident. I told Uncle John once that I had never seen such worry on my father's face as I saw when Jake and Joe had been injured. The bond of brothers meant that one felt the other's pain and worry.

Of course, I am so very grateful for the medical advice Uncle John gave to me when I had a herniated thoracic disk. He gave me more information and helpful advice via e-mail than any of the doctors who were directly involved with my case up to that point. Uncle John's advice started me on the path to recovery and relief.

When I phoned Uncle John on March 18, 2004 to tell him that Dad had suffered a heart attack, Uncle John's matter of fact doctor's voice was reassuring over the phone. He told me to tell Dad that he was counting on Dad to go hunting with him in the fall. That didn't seem remotely possible to me at the time. When Dad did recover and was able to go on that trip, it was very reassuring to know that Dr. John Frahm was going to be with him.

Was I worried that Uncle John wouldn't pull through the treatment for multiple myeloma? No, I knew he was strong and could do it. I do recall worrying that Uncle John might die that day about 40 years ago when he was stung so badly. His skin was a color of blue that I had never seen before. I remember seeing him in agony when his knee went out in the front yard of the Adams' house. I did not think he would die one day after his niece Stephanie's birthday and one day before his sister Janet's birthday at the too young age of 54.

What is the one characteristic I will remember most about Uncle John? His humor, of course. He could recall and tell jokes like no one else I know. He found humor in even the bleak situations in life.

He wrote humorous e-mails. The content of his e-mails made me laugh out loud, and his writing s

Kathy Wylie - May 12, 2005 at 12:00 AM

SP

“*Dear Susan and Family: I am Tammy Smoot's daughter. I knew John for a couple of years. I knew what great friends him and Carl were. I am so deeply sorry for your loss. John was a wonderful man and will be greatly missed. I wish that I could have been there for the funeral. Your family is in my prayers and know that my family is constantly here to help you with whatever you may need. With my deepest sympathy*
Stephanie”

Stephanie Paquette - May 09, 2005 at 12:00 AM

CD

“*I will never forget John.He was one of my favorite trainers at Mount Clemens General hospital. John was very dedicated and expected the same from those he worked with. He was well prepared on a daily basis and never made any mistakes. His example of hard work and dedication will always be remembered by me. I started with John as a young inexperienced physician and with his quidence gained knowledge and confidence. I will always remember John as one of my most respected mentors.*”

Craig Norris D.O. - May 08, 2005 at 12:00 AM

PA

“ To all my aunts uncles and cousins.
My Prayers are with u. i am sorry sorry for our family loss. Uncle Jonh was a fabulous person. i know he will be sadly miss both at work and in our family. I pray everyone else is safe and healthy today as u all join to celebrate a mans wonderful life. I only wished i could be there with u. my prayers are at any rate. i hope you all can pick up the pieces and go on at least he is with my dad again they have so much to talk about and catch up on love patty your neice adn cousin.

Patty adams - May 08, 2005 at 12:00 AM

OD

“ Dear Frahm Family, Our deepest sympathy to you all. We are keeping you close in our thoughts and prayers, may God guide and comfort you.

Love,
Aunt Olene and Family

Olene Degen - May 07, 2005 at 12:00 AM

MG

“ Dear Susan & Family,

*Bud & I am so deeply sorry for your loss & the loss to our V A family. I shall always remember the conversations John & I had over the years. I have some great mind's-eye pictures of that impish smile that he had & the great laugh... sometimes lacking in more serious times in the work situation but always there on the 'outside' whether it be @ the VA- DCMH baseball games or the V A parties- Annivesary, Going Away Roasts, etc. Please feel free to call me any time. I have a great shoulder & great hugging ability. ANYTIME you need to talk, just call me @ 774-3982. With great Sympathy,
Mia & Bud Grenfell*

Mia Grenfell - May 06, 2005 at 12:00 AM