



Molly Ellen Froats

June 23, 1967 - October 25, 2021

Molly Froats passed away unexpectedly on Monday, Oct. 25, 2021 in Orlando, Florida. She was 54 years old. A devoted member of her family, neighborhood, and workplace, Molly will be greatly missed.

She is survived by her father Bob, brother Dan, niece Helen, nephew Tristan, sister-in-law Silvia, and numerous aunts, uncles, and cousins. She was preceded in death by her mother, Rose Froats.

Born and raised in Florida, Molly loved nature and the outdoors—most of all Florida’s original wetlands/scrub forest landscape and its wildlife, which she hoped would survive commercial development in sprawling Central Florida. An avid jogger in earlier years, Molly walked miles every day and was well known across her community in the UCF area, where she lived for over two decades.

After graduating from Orlando’s Maynard Evans High School in 1985, she studied Psychology at UNM and later Philosophy and Technical Communication at the University of Central Florida. A gifted athlete, Molly competed regionally and nationally in gymnastics, ultimately as a scholarship student-athlete on the NCAA Division I squad at the University of New Mexico (1985-89).

Molly brought joy and hope wherever she went, from her residential area (where she doted on the children of neighbors and friends) to the broader community—including through her work for Goodwill Industries of Central Florida, where she endeavored to reduce Florida's waste streams and helped provide affordable clothing and household items for thousands of families. Molly put her heart into everything she did and took pride in helping and connecting with those often forgotten by society—from the young and immigrant households in her neighborhood to Orlando's homeless community.

As a family member and friend, Molly was energetic and effusive—always ready to help, always taking time to write words of encouragement and praise. Even as she dealt with health issues of her own, she was a restless advocate for family members in need of help and care.

Molly's sudden passing leaves a huge gap in the lives of her family and others fortunate enough to have known her. She was an authentic person who gave from the heart, spoke from the heart, and made her community a better place. She will be missed greatly and cherished forever.

We miss you Molly!

Note: In lieu of flowers or gifts, consider donating to the Epilepsy Association, which helps those with chronic neurological conditions. More at www.epilepsyassociation.com or follow this link to be directed immediately to the donate page: <https://www.mygiving.net/donate/DONATE>

Tribute Wall

SH

“ 1 file added to the album Memories Album



Shonda - February 21, 2024 at 10:20 AM

RD

“ Molly I have thought about you through the years as you were such a good person in Jr HS and HS. I remember you as such a strong, kind and unique woman. My condolences to your family.

Randall Dotson - February 10, 2024 at 12:23 PM

TL

“ 1 file added to the album Memories Album



Tanya Loibl - June 13, 2023 at 07:26 PM

TL

“ 1 file added to the tribute wall



Tanya Loibl - June 11, 2023 at 02:32 PM

TL

“ 1 file added to the tribute wall



Tanya Loibl - June 11, 2023 at 02:20 PM

TL

“ 3 files added to the album Memories Album



Tanya Loibl - June 11, 2023 at 01:33 PM

TL

“ 1 file added to the tribute wall



Tanya Loibl - June 11, 2023 at 01:17 PM

TL

“ 1 file added to the tribute wall



Tanya Loibl - June 11, 2023 at 01:09 PM

TL

“ Molly and I met our freshman year 1985-86 at University of New Mexico and competed on Women's Gymnastics Team. Molly was one in a million. I will never forget meeting her the first time. She had this wonderful, kind, vibrant personality, an amazing sense of humor, and incredible intelligence. Molly trained hard in the gym each day and was an outstanding gymnast her freshman year. She was our team MVP. Molly and I stayed in touch in the mid-90's. At that time, she was working and attending UNM in Albuquerque. She wrote such heartfelt, funny, endearing letters. She was a big fan Cowboy Junkies and Morrissey, loved Betty Boop memorabilia and adored her two cats - Lydia and Claudius. Later, she moved back to Florida and was so happy to be near her family again. I miss you, dear friend!

Tanya



Tanya Loibl - May 14, 2022 at 04:22 PM

ND

“ Dear Molly

Hope you are doing well. We made it to the Midwest. Currently we are living in Farmington hills, a small town in suburban area of Detroit. The weather here is pleasant.

We spent the first 10 days of May at Talat place. On may 9th we moved from Orlando. That morning we wished to say goodbye to you. But it turned out that we were crying. We drove all the way to Tennessee and stayed at a friend's place in Knoxville. Next morning we started driving early morning and end up the trip at Chicago. We stayed there at Sana's cousin place. Next morning we reached Farmington hills. Life here is very fast a compared to Orlando. We are trying to settle down here with everything. Elaina is Missing Orlando family a lot. In fact we all are still living in Orlando in our thoughts and emotionally.

Hope we will visit Orlando soon.

Take care of yourself.

Love

Naseem and Family

This was my Last email I sent to Molly. I didn't get reply. We shared a lot of memories. Molly was so amazing that we used to talk about Molly with all our family members back home. My mom used to ask about Molly every time we talk. She was so amazing and kind hearted individual.



Naseem Ud Din - December 06, 2021 at 11:17 PM

DF

“ 2 files added to the album Memories Album



D Froats - November 05, 2021 at 07:29 AM

AS

“ 2 files added to the album Memories Album



Angela Sockwell - October 30, 2021 at 07:30 PM

AS

“ Molly was my best friend in middle and high school, and I loved her dearly. Some of the best memories of my teenage years were with Molly. Sadly, life separated us physically and geographically, but she never left my heart. I will never forget all our sleepovers, rocking out to AC/DC, REO Speedway, Van Halen, and Rush. Molly and I even saw Rush in concert together! Molly was a strong woman with a kind and gentle soul. Oh Molly, I wish I had a few more minutes with you! I love you and miss you sister!

Angie

Angie Sockwell - October 29, 2021 at 06:05 PM

JB

I will always remember Molly's smile and kindness. She was friendly to everybody at our high school and a true angel. I'll see that smile again someday. I love you, Molly.

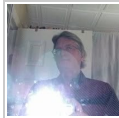
JoAnn Bernat - October 29, 2021 at 10:35 PM

DF

“ 7 files added to the album Family photos



Daniel Froats - October 29, 2021 at 03:05 PM



I wish I had known. Molly was a great friend and someone I loved very much.

Tommy Cashwell - June 19, 2024 at 06:31 PM