



## John Prebil Frederick

March 9, 1948 - March 2, 2026

Dr. John Prebil Frederick, age 77, passed away peacefully on March 2nd, 2026. John was born to parents Jen and Sherman Frederick in Virginia, MN on March 9th, 1948. He was raised in Virginia, along with his older siblings, Joan and Sherman. He graduated from Virginia High School in 1966 and subsequently attended North Dakota State University. John graduated from NDSU with a degree in electrical engineering in 1970. John went on to medical school at the University of Minnesota and participated in the Rural Physician Associate Program in Preston, MN. He completed his residency through the University of Minnesota at St. John's Hospital in St. Paul, MN. John co-founded North Suburban Family Physicians, located in Shoreview, MN, early in his career and was fondly known as "Doctor John" by many in the community. The practice expanded to two additional sites in the north metro area. John married fellow physician Deb Sandberg on January 2, 1982; they celebrated their 44th anniversary this year. After spending much of his early career in family practice, John transitioned to medical administration and worked at East Metropolitan Health Organization and was Vice President of Clinical Services at North Memorial Hospital. John finished his career as the Chief Medical Officer at Preferred One.

In retirement, John enjoyed relaxing and spending time with family. His grandchildren were his pride and joy. He enjoyed time at the cabin on Battle Lake and at their second home in Naples, Florida, as well as vacations around the world. He was an avid baseball fan, loving both the Twins and the Braves

throughout his life. John's other passions included collecting (especially baseball memorabilia and stamps) and sports. He also loved Christmas and enjoyed singing and whistling music from his favorite bands and musicians. His best days were started in a hot tub with a pretty view and a cup of coffee. John was preceded in death by his parents and sister. He is survived by his loving wife, Deborah Sandberg, and three children: Dana (Todd), Brigitte (Jay), and Andrew (Mee). He leaves behind eight grandchildren: Elliott and Ian, Theo and Marin, and Gavan, Rowan, Sawyer, and Gemma. He also is survived by his brother and many additional relatives and friends. John is remembered as a devoted husband, loving father, doting grandfather, and loyal brother and friend. He will be deeply missed by all.

Memorial Service will be held at Shepherd of the Hills Lutheran Church in Shoreview, MN on Friday, March 20, 2026 at 11am. Visitation to be held before the service at the church, beginning at 10am. Luncheon after. Live stream of the service will be available on the following links: <https://www.facebook.com/shepherdshoreviewmn/> or <https://www.youtube.com/@shepherdofthehillschurchsh9623/streams> video will begin when the service starts and will be available on the youtube link following services.

In lieu of flowers, memorials can be directed to The Alzheimer's Association [https://donorservices.alz.org/page/FUNZRKELQMQ?utm\\_source=google&utm\\_medium=paidsearch&utm\\_campaign=giving\\_google\\_SL&gad\\_source=1&gad\\_campaignid=1707986387&gbraid=0AAAAAD8nX1qmb3Uh7oYq4PzQL0III-mKC&gclid=Cj0KCQiA2bTNBhDjARIsAK89wIEFHAr4oyOtrr4r9Oe9w\\_RMHHESmjMKC\\_-R5zr-k\\_bDjc9Vp-3KsgUaAtzJEALw\\_wcB](https://donorservices.alz.org/page/FUNZRKELQMQ?utm_source=google&utm_medium=paidsearch&utm_campaign=giving_google_SL&gad_source=1&gad_campaignid=1707986387&gbraid=0AAAAAD8nX1qmb3Uh7oYq4PzQL0III-mKC&gclid=Cj0KCQiA2bTNBhDjARIsAK89wIEFHAr4oyOtrr4r9Oe9w_RMHHESmjMKC_-R5zr-k_bDjc9Vp-3KsgUaAtzJEALw_wcB)

or Doctors Without Borders

[https://give.doctorswithoutborders.org/campaign/688632/donate?c\\_src=ADD2504U1U12&c\\_src2=google.cpc.CKMSF-BRAND\\_DWB-GS-ALL-VAR-BO-18t65P-STLK-MakeADonation-MONTHLY&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=CKMSF-BRAND\\_DWB-GS-ALL-VAR-BO-18t65P-STLK-Ma](https://give.doctorswithoutborders.org/campaign/688632/donate?c_src=ADD2504U1U12&c_src2=google.cpc.CKMSF-BRAND_DWB-GS-ALL-VAR-BO-18t65P-STLK-MakeADonation-MONTHLY&utm_source=google&utm_medium=cpc&utm_campaign=CKMSF-BRAND_DWB-GS-ALL-VAR-BO-18t65P-STLK-Ma)

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# Previous Events

## Visitation

MAR 20. 10:00 AM - 11:00 AM (CT)

Shepherd of the Hills Lutheran Church (Shoreview)  
3920 North Victoria Street  
Shoreview, MN 55126

## Memorial Service

MAR 20. 11:00 AM - 12:00 PM (CT)

Shepherd of the Hills Lutheran Church (Shoreview)  
3920 North Victoria Street  
Shoreview, MN 55126

# Tribute Wall

TV

“ *Ted Schoen & Catie Varpness purchased the Beautiful in Blue for the family of John Prebil Frederick.*



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**Ted Schoen & Catie Varpness** - March 18 at 04:10 PM

TV

“ *Ted Schoen & Catie Varpness planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of John Prebil Frederick.*

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**Ted Schoen & Catie Varpness** - March 18 at 04:10 PM



“ *We both have such fond memories of our time together with you and John in our small group with the pastors at Shepherd of the Hills. John's steady calm leadership was so helpful during some of the more challenging meetings. You two made a very good team. We pray that so many positive memories will soften the grief as you deal with John's passing. Love to you Deb. Sincerely, Dan and Ellen Kratz*

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**Dan Kratz** - March 15 at 12:10 PM