



## Kenneth Oghenerobor Ogu

November 21, 1965 - January 28, 2026

In Loving Memory of Dr. Kenneth O. Ogu, MD (1965-2026)

Dr. Kenneth O. Ogu, MD, age 60, passed away peacefully at his home in Minnesota on January 28, 2026, with his beloved wife, Sophia Williams-Ogu, by his side. They shared 23 years of marriage marked by commitment, devotion, and love.

Born on November 21, 1965, in Delta State, Nigeria, Kenneth was the firstborn of Andrew Ogu and Elizabeth Anwoh, both of whom preceded him in death. He grew up alongside his siblings Nelson Ogu, Robina Simire, Linda Oyana, Peter Ukhurebor, and Kelvin Ogu, with Kelvin preceding him in death. From an early age, Kenneth was strong-willed, deeply curious, and unmistakably funny, a man whose infectious laughter could light up any room. Kenneth dedicated his life to medicine and mental health. He completed medical school at the College of Medicine, University of Lagos, in Nigeria. At 26, Kenneth moved to Trinidad, where he lived for 15 years. He threw himself into life on the island, enjoying Carnival celebrations and immersing himself in the vibrant culture and energy of the community. He made a meaningful impact as a psychiatrist at St. Ann's Psychiatric Hospital and Seventh Day Adventist Hospital, while also running a small private practice where he treated prison officers and a variety of patients. About eight years into his time in Trinidad, Kenneth met Sophia, who would become his wife and life partner. Together, they built a life filled with laughter, love, and partnership. During these years, he also taught as a guest lecturer at the University of the West

Indies, sharing his knowledge, humor, and care with students. A lifelong scholar, Kenneth wrote and published on the effects of father absence on children's mental health, reflecting his deep concern for family systems and child development.

Outside of medicine, Kenneth lived boldly and joyfully. He was an avid party promoter, known for themed events and lively, welcoming atmospheres in Trinidad. His party moniker was Odafee and Freinds and his events were well attended and sought after. He appreciated fine art, loved to paint, and believed creativity was essential to well-being. He loved playing Scrabble with his close friend Dr. A. Akpan, and after he became ill, he continued to play on his iPad, showing his resilience and devotion to the game. Kenneth also loved cars, especially his Mercedes-Benz convertible, he use love driving with the top down, soaking up the sun and that sense of freedom you feel when driving a convertible.

During his time in Trinidad Kenneth made many friends and one of his favorite spots to "lime" (Trini term for hanging out) was a sports bar called Smokey and Bunty, he use to jokingly called it his second office. There Kenneth use to love meeting with friends to shoot the breeze , plan his next party or just relax and take in the scenes.

Now, one cannot speak of Kenneth without mentioning how much he loved his African food, some of his favorites were Egusi soup, Ogbona soup, Pepper soup, Vegetable soup all eaten with Pounded Yam, Starch, Amala to name a few. We cannot stress how much Kenneth loved his cultural food, he indulged in Trinidad Cuisine but always favored African food. He use to say, Trini's like to season everything, if you stood too long in front of a Trini they will season you too! LOL. He even taught his wife how to cook some of these dishes, which she made for him throughout the years.

His wife rembered the first time he taught her how to cook stew, he didn't season the chicken, just threw it in the stew, she could not believed her eyes and refused to eat it. He joked and said the seasoning is in the stew! He appreciated a healthy appetite and loved to entertain always encouraging his

guest to " please have some more..eat up" .

He always spoke of his time in Trinidad and Tobago as some of the best years of his life, having not known anything about the country before responding to an ad in the paper back in Nigeria all those years ago, he stated he'd never heard of these islands. The culture shock was instant, the moment he stepped off the plane he was hit with the Trini accent and the way Trini's pronounce words. He would have us laughing when he recounted getting into a taxi at the airport and trying to explain to the taxi driver where he was going, needless to say the taxi driver didn't understand him and vice versa; the address he was going to was in a town called San Juan and Kenneth pronounced it just like its written in his deep voice and thick clipped Nigerian accent, the taxi driver was clueless, until he showed the driver the piece of paper on which the address was written and the taxi driver exclaimed " Orrr you going Sah Wah, well say that nah man" LOL he loved telling that story.

After leaving Trinidad, Kenneth moved to the United States, where he completed residency training in psychiatry at North General Hospital in Manhattan, New York. Guided by a deep belief in early intervention, he specialized in child and adolescent psychiatry, having completed his fellowship at New York medical College. He would often say that helping children overcome mental health challenges leads to better-adjusted adults. He later served as Medical Director at the Bowen Center in Warsaw, Indiana, continuing his unwavering commitment to improving mental health care. He and his wife spent 4 years in Indiana where they became members of the Nigerian Association of Fort Wayne (NAFW), there he made many friends and him and his wife were embraced by the community where they attended and participated in many cultural events and family functions. Although life in Indiana wasn't as busy as New York or as lively as Trinidad he and his wife got use to the small town life that was Warsaw IN, often going for walks or

visiting the Amish Acres for fresh produce, attending events on the lake and going to the town fair. At that time in their lives they came to appreciate the slower paced lifestyle . He and his wife would do countless road trips across the US over the years sometimes with friends and family, recounting fun times with the Odulaja's on a road trip from New York to Atlanta, with the Agunne's and family and a road trip from Indiana to Texas. After moving to Minnesota in 2014 , him and his wife continued doing fun road trips frequenting Chicago, New York and Georgia, before his health declined. He loved the adventure, playing lively soca music or afro beats, or sitting at the back of the van watching a movie on the built in dvd screen, taking pictures of the sites they encountered along the way, stopping at restaurants to sample different meals and would always seek out the the nearest african restaurant when they have reached their destination :) Yes he loved his food!

Above all, Kenneth will be remembered for his infectious laugh, sharp wit, strong will, and generous spirit. His sister Robina would always describe him as a "free thinker" meaning he lived life on his own terms and stood on his convictions. His legacy lives on through the patients he healed, the students he inspired, and the love he shared so freely with family, friends, and colleagues.

May his memory be a blessing and a source of comfort to all who knew and loved him.

# Previous Events

## Visitation

FEB 13. 2:00 PM - 3:00 PM (CT)

Glen Haven Chapel  
5125 West Broadway  
Crystal, MN 55429

## Celebration of Life

FEB 13. 3:00 PM - 4:00 PM (CT)

Glen Haven Chapel  
5125 West Broadway  
Crystal, MN 55429

# Tribute Wall



“ Washburn-McReavy Funeral Chapels created a Memorial Service for Kenneth Oghenerobor Ogu in memory of Kenneth Oghenerobor Ogu



Washburn-McReavy - February 04 at 01:10 PM

MI

*I am so deeply sorry for your loss. Although we have never met personally, I have heard many beautiful things about you and your husband through your family. My thoughts are with you and your loved ones during this incredibly difficult time. Wishing you strength, comfort, and peace. Sabali and mijke*

mijke - February 13 at 03:54 PM

SO

*Thank you Mijke! Give my love to Sabali!*

Sophia Ogu - February 16 at 01:57 PM

SO

“ Sophia Ogu lit a candle in memory of Kenneth Oghenerobor Ogu



Sophia Ogu - February 16 at 04:27 PM

NS

“ NorthPoint Health & Wellness Ctr Staff purchased the Simply Elegant Spathiphyllum for the family of Kenneth Oghenerobor Ogu.



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**NorthPoint Health & Wellness Ctr Staff** - February 11 at 11:35 AM

CG

“ Carmen G. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Kenneth Oghenerobor Ogu.

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**Carmen G.** - February 10 at 07:54 PM



“ Fiery Lily and Rose was purchased for the family of Kenneth Oghenerobor Ogu.



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February 10 at 07:54 PM



“ Beautiful Dreams was purchased for the family of Kenneth Oghenerobor Ogu.



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February 10 at 09:08 AM

PO

“ I am saddened by the passing of a dear friend, brother, former member of Nigeria community in Fort Wayne, Dr. Kenneth Ogu. Even with his brief stay with us, Dr. Ogu added much value to the community. He was a complete gentleman. He was kind, friendly, humble, and respectful of everyone he came across with privately or in public gatherings. Dr. Ogu addressed each lady as madam, and never called any one of them by their first name. He called the men chief, including boys who were not yet 6 years old, even though he is the one that looked much handsome and kingly. We are missing him dearly. Our collective sympathy goes to his extraordinary supportive loving wife, Madam Sophia Williams-Ogu, and his family and relatives back home in Nigeria.

*Adieu my brother and friend! May your gentle soul rest in perfect peace.*

*Professor Benson Onyeji  
Fort Wayne, Indiana*

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**Prof. Benson Onyeji** - February 09 at 05:15 PM

SO

*Thank you Dr Benson for this beautiful tribute!*

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**Sophia Ogu** - February 10 at 11:47 AM

TF

“ The Milton Bouger and family purchased the Sweetest Sunrise Bouquet for the family of Kenneth Oghenerobor Ogu.



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**The Milton Bouger and family** - February 09 at 01:43 PM