



## Megan M. Carlson

February 7, 1986 - December 22, 2024

Megan was born February 7th, 1986. She grew up in Coon Rapids Minnesota. She attended Coon Rapids High School and graduated with honors in 2004. While attending school she was active in National Honor Society, Concert Orchestra, Girls Varsity Gymnastics, and the Cheer team. After graduation she attended St. Catherines University earning a Doctorate Degree in Physical Therapy. On graduation, Megan accepted a position at Fairview Healthcare. This was her first interview and she continued to work there until her passing

### Megan's Journey

The last 5 years Megan had many challenges. Following Megan's divorce she was forced to handle the death of her first pet Bell and then covid happened. Megan struggled like many others with isolation during shut downs but was proud to be working the frontlines and help these patients through this unpredictable time. It was at that time where we learned of Megan's struggle with mental health and the over use of alcohol. After a hospital stay she was able to quickly recover and all things were looking up. It was at this time where she met Matt and their adventure began. Meg and Matt were lucky enough to go on multiple trips around South America, enjoy pontooning on twin lake with both their dogs Gus and Frank. Just when things were getting back to normal is when Megan had discovered Matt had unexpectedly

passed. Megan again stepped up and helped Matt's mom plan the memorial. In January Megan's sister, Lindsey, was diagnosed with stage 3 breast cancer. As Lindsey went through her surgeries, chemotherapy and radiation treatments. Meg was there to support.

Megan's doctors were monitoring her health as there was genetic information and markers for breast cancer. In the month of April, a small lump was located in Megan's breast. So it was her turn for surgery. But with her early detection no chemotherapy nor radiation would be needed. This whole time with the above, she never showed any signs of her depression. So we were confident for now she had put that behind her. Post surgery Megan started to verbalize her depression on her outcome and where life had presently lead her. We encouraged her to seek help from either counseling or medication. We became additionally concerned around Thanksgiving but she was looking forward to Christmas and was actively enjoying the season, as it was her favorite. We never knew she was in crisis. She maintained her bright smile and was verbal of her concerns only of others. We will miss her greatly and hope she has found her peace.

Megan's celebration of life is scheduled on January 12th for 1 - 3 pm. Location is Washburn McReavy's Coon Rapids, MN location. We look forward to sharing and celebrating all of Megan's success and the people she impacted and shared her life journey. God has called her home.

# Previous Events

## Visitation

JAN 12. 1:00 PM - 2:00 PM (CT)

Coon Rapids Chapel  
1827 Coon Rapids Blvd.  
Coon Rapids, MN 55433

## Memorial Service

JAN 12. 2:00 PM - 3:00 PM (CT)

Coon Rapids Chapel  
1827 Coon Rapids Blvd.  
Coon Rapids, MN 55433

# Tribute Wall

AP

“ Alex & Jessica Pass purchased the Beautiful in Blue for the family of Megan M. Carlson.



Alex & Jessica Pass - January 11, 2025 at 05:37 PM

AP

“ Alex & Jessica Pass planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Megan M. Carlson.

Alex & Jessica Pass - January 11, 2025 at 05:37 PM

SF

“ Sandvik Family purchased the Joyful Memory for the family of Megan M. Carlson.



Sandvik Family - January 11, 2025 at 04:54 PM

SF

“ Sandvik Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Megan M. Carlson.

Sandvik Family - January 11, 2025 at 04:54 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Megan M. Carlson.

January 11, 2025 at 03:06 PM



“ A grove of 5 [Memorial Trees](/store/Product.aspx?ProductId=4518) was planted in honor of Megan M. Carlson.

January 10, 2025 at 12:55 PM



“ West Bank Care Mangement purchased the Sweetest Sunrise Bouquet for the family of Megan M. Carlson.



West Bank Care Mangement - January 10, 2025 at 09:43 AM



“ I was fortunate to have Megan as my clinical instructor this past summer. She was an amazing teacher and lit up every room we walked into with her smile and humor. It was an honor to learn from her and witness her passion for helping and caring for others.



Kacey Wachholz - January 09, 2025 at 03:14 PM



“ I was in Megan's graduating DPT class of 2011. My heart breaks for her family. The world is missing a bright, funny, confident spirit. That's how I always saw her.

Jessica Tice - January 08, 2025 at 10:06 PM

AF

“ *Andy and Linda Judge-Peterson and family purchased the Enchanted Cottage for the family of Megan M. Carlson.*



---

**Andy and Linda Judge-Peterson and family** - January 08, 2025 at 10:53 AM



“ *Sweet Tenderness was purchased for the family of Megan M. Carlson.*



---

January 07, 2025 at 10:39 PM

TA

“ I met Megan a couple years ago when I started working at the hospital as a social worker. Megan was someone who I loved to work with. She was so good at what she did and helped many people each and every day. I could often hear her joking with the patients as I walked the hallways on my unit and just knew they loved Megan like we all did. I felt like she particularly did an amazing job with the elderly patients on our unit. I was always happy to collaborate with Megan at work because we made a great team, and it was very apparent to me that she wanted the best for our patients. I trusted her judgement and appreciated her insight on difficult cases. She was incredibly patient, too.



Even though we saw Megan go through so much in such a short period of time, she always maintained such a positive spirit. No one could deny that Megan was a bright light, especially in a work setting that can come with so much pain and tragedy. I will miss the giggles and gossip we shared and Megan's witty comments during interdisciplinary rounds. Our team not only lost a colleague, but a friend. We will always remember Megan and I hope she has found peace and can now rest.

All my love and sympathy to Megan's family.

“To live in hearts we leave behind is not to die” -Thomas Campbell

With love,

Taylor Schneider  
Social work at UMMC - West Bank

---

Taylor - January 07, 2025 at 04:28 PM

JS

*So well said Taylor. Megan will be so deeply missed by all of us.*

**Jillian Steinke** - January 08, 2025 at 03:10 PM

HB

“ *Megan was a respected Physical Therapist at M Health Fairview. She advocated for her patients. She was little but mighty. Her loss is felt every day in the hallways of the hospital. She touched so many lives and has left an entire hospital family grieving.* ”

**Heidi Bahe-Johnson** - January 07, 2025 at 01:01 PM

MS

“ *Mark & Heather Stesin lit a candle in memory of Megan M. Carlson* ”



**Mark & Heather Stesin** - January 06, 2025 at 09:37 PM

MS

*our heartfelt sympathy to the Carlson Family. We feel your pain and loss. May Megan's memory be a blessing for you and all who knew her. oxoxoxo*

**Mark and Heather Stesin** - January 06, 2025 at 09:40 PM

SL

“ *Shannon Leahy lit a candle in memory of Megan M. Carlson* ”



**Shannon Leahy** - January 06, 2025 at 12:37 PM

LG

“ Love, Kelly & Lisa Grundmeyer purchased the Full Of Love Bouquet for the family of Megan M. Carlson.



---

Love, Kelly & Lisa Grundmeyer - January 05, 2025 at 04:21 PM

LG

“ Love, Kelly & Lisa Grundmeyer planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Megan M. Carlson.

---

Love, Kelly & Lisa Grundmeyer - January 05, 2025 at 04:21 PM



“ Arrive in Style was purchased for the family of Megan M. Carlson.



---

January 03, 2025 at 03:04 PM