



## Donald T. Held

April 5, 1932 - June 15, 2023

Donald T. Held (April 5, 1932 - June 15, 2023)

Donald died of pneumonia complications in St. Joseph, MO, where he had resided since April 2022. Prior to that he was a life-long resident in St. Louis/Florissant except for serving in the USAF in Alaska and Alabama, 1950 - 1955, and while attending Southeast Missouri State University (SEMO) in Cape Girardeau, 1956 - 60. An athlete, Don lettered in basketball and baseball at St. Louis' Southwest High School. He reveled in college life as a member of Tau Kappa Epsilon fraternity and met his future wife, Anita Frick Held, at SEMO. They were inseparable and married for 56 years before she died in 2015. Donald had a BS in teaching degree from SEMO and an MS in Speech Pathology from Southern Illinois University. He was a speech correctionist and supervisor for the Special School District, 1960 - 1987. For many years, he was active in the Florissant Valley Memorial Post 444 - American Legion. He is survived by his brother-in-law Lyman L. (Jane) Frick, Jr. of St. Joseph, MO, and nephews David (Meghan Van Vleet) Frick and their sons Eli and Leo of Boulder, CO, and Christopher (Priscilla) Frick and their daughters Mackenzie and Camryn of Concord, CA. Don was a good golfer and tennis player, and consummate walker. He loved playing golf and tennis with Anita and dancing with her. Donations in Don's memory can be made to the Anita M. Frick-Held Endowed Scholarship at Southeast Missouri State

University: <https://semo.edu/about/foundation/ways-to-give/ended-scholarship.html>

# Tribute Wall

DF

“ Hello Mom & Dad: You know we share so many memories of Uncle Don, from poaching at the net in tennis to providing the measured, calm reaction to anything loud and funny coming from Aunt Anita. I have a personal memory to share. One August, out at the YMCA camp, he was the only adult I could persuade to go get ice-cream. When we got to the camp store, it was closed. Not to be deterred, Uncle Don drove us to Granby where he knew a grocery store would have ice cream for the whole family. He was such a kind man, always the same, and that is how I will remember him.

---

David Frick - September 19, 2023 at 01:16 PM