MINDEL  
  
Frederick Myers  
  
  
  
Frederick Myers Mindel, 70, predeceased by his parents, Irvin J. and Dorothy M. Mindel, of Toledo. With great sadness we share the news that Fred Mindel, extraordinary father, grandfather, beloved son, brother and friend, died of natural causes following cardiac arrest on June 26, 2015, at New York Presbyterian Hospital. Fred grew up in Ottawa Hills and graduated from Ottawa Hills High School in 1962, where he was a natural leader, standout basketball player and bowler. He graduated from Washington and Lee University in 1966, where he started for the basketball team and became active in the [civil rights](http://www.legacy.com/memorial-sites/civil-rights/) movement. Running on a platform advocating greater student diversity, Fred was elected President of the Student Body and established the school's first scholarship for African American students. Pursuing his passion for social justice, he graduated from UC Berkeley School of Law in 1970 and was a criminal defense trial lawyer in California for several years. His recovery from a back injury in 1983 inspired him to get a Doctor of Chiropractic degree from New York Chiropractic College and Board Certification in Nutrition and Integrative Medicine. He founded HolisticNYC, a top-rated, private natural health care clinic in Manhattan where he practiced for nearly thirty years. Dr. Mindel successfully treated his patients with a gift for integrative natural healing and remarkable ability to connect and empathize with people from all walks of life. He was well known for his sense of humor, love of life, curiosity, philosophical nature, his formidable intellect, and enormous heart. Fred will always be remembered for his commitment to excellence, his unwavering values and personal integrity. He was a beautiful man who inspired others to lead fulfilling and meaningful lives.  
  
He is survived by his three children, Aaron, Alicyn and Rebekah; grandsons, Calvin and Miles; sister, Barbara; nieces, Emily and Kate; the extended Mindel/Myers family, and his many friends.  
  
Let us continue to share our fond memories and stories of Fred, remembering his love and the inimitable role he played in our lives. The funeral will be held on Tuesday, June 30, at 11:30 a.m. Temple Shomer Emunim, 6453 Sylvania Ave., Sylvania, OH 43560. A memorial service in New York City is being planned for this summer. While friends may make remembrances in any way they wish, the family suggests that, in lieu of flowers, donations be made in his memory to The Dorothy and Irvin Mindel Indigent Burial Fund at The Jewish Federation of Greater Toledo or to one's charity of preference.  
  
419-535-5840

Published in The Blade on June 29, 2015