



## PAULA M. TSHUDY

February 11, 2012

Paula M. Tshudy, 53, of Lancaster died unexpectedly on Thursday evening, February 9, 2012 at Lancaster General Hospital. Born in Kearny, NJ she was the daughter of the late Charles and Dorothy Brown Meechan. She was married to Mark E. Tshudy with whom she would have celebrated 24 years of marriage on April 16th.

She grew up in New Castle, DE before moving to Lancaster. A graduate of Marymount University, Paula was a member of St. Anthony of Padua Church, Lancaster. She was involved with WomenHeart: The National Coalition for Women with Heart Disease. She volunteered at the Lancaster General Hospital Cardiac Rehab and other various women's health support groups.

In addition to her husband Mark, Paula is survived by her brother David Meechan of Bradenton, FL.

Family and friends are respectfully invited to Paula's Memorial Service at The Groffs Family Funeral & Cremation Services, Inc., 528 W. Orange Street (corner of Orange & Pine Sts.), Lancaster on Saturday, February 18, 2012 at 3:00 p.m. The Family will greet friends at The Groffs from 2:00 p.m. until the time of the Service. Interment will be private at the convenience of the family. In lieu of flowers the family requests donations go to WomenHeart in memory of Paula: [www.womenheart.org](http://www.womenheart.org) or WomenHeart, 818 18th NW, Suite 1000,

Washington, DC 20006.

# Tribute Wall



“ PAULA M. TSHUDY

October 22, 2023 at 11:34 PM



“ *I have just recently learned of Paula's passing. I don't know if you will read this, Mark, but I know how much you loved her. Paula was one of my closest friends in college and for years afterward until I moved to Boston for grad school. She was the God mother to my daughter, Caitlin, who will, to my amazement soon turn 32. So often through the years Caitlin would make a joke that would remind me of Paula's sense of humor. We had many, many adventures; too numerous to write about here. Many of my best memories took place around her kitchen table, including one special New Year's Eve with her friend Rose, my future husband, and our best man. We laughed the entire evening, fueled by the laughter led by Paula. Her parents, Dot and Charlie were amazing, too and David was the "picked upon" younger brother who teased Paula mercilessly. But she loved him, like she loved her family, friends, and especially Mark. I can still remember the day she called to tell me that she had met him and she was so happy and had hopes that their relationship would work out. I loved Paula, and though we sadly hadn't seen one another in too long, she was always in my heart and will remain there forever.*

*Love always,*

*Ann Castle*

Ann Castle - December 28, 2017 at 03:39 AM

HA

“ *h tainia mou arese padaro3ws!!!enta3ei den einai kai h super tainia opws lene oi kritikoi kai den se krataei sth tsita opws to no country for old man alla to olo concept einai arketa entupwsiako kai epipleon ta scenaries kai olh auth h epoxh twn petrailewn apo istorikh apopsh.emena me xalase to telos ths tainias toso polu pou 8elw na thn 3anadw thn tainia wste na apofasisw gia to ti 8elei na dei3ei o skhno8eths.*

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**Hassan** - December 21, 2015 at 11:39 PM

SP

“ *Dear Mark,  
Sandy and I are still in a state of disbelief that Paula is no longer with us. We will always hold her in our hearts and remember her kindness, her sense of humor and her desire to help others. She was a rare and wonderful woman and we know how much everyone will miss her, especially you. We want you to know there will always be a light on for you here in Macungie.  
Our love to you and your family,  
Sue and Sandy*

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**Sue Pease** - February 14, 2012 at 09:21 PM

SH

“ Dear Mark and family,  
Paula was one of the very first heart sisters I met at the WomenHeart Mayo Clinic-Science and Leadership training in Oct 2010. After thinking I made a "fool" of myself during our class introduction to "why" we were there (I pretty much bared all)- Paula came right up to me afterwards and said "I so know what you mean-sister, we WILL TALK before this training is over!" And, we did! And, yes, we talked about "everything!" I so needed that support after facing hearat disease alone for 2 years. She encouraged me to start a support group-and it's been running for 14 months! And, oh, how contagious her smile was! She made me cry and laugh all at once. She will always be a blessing to me. I am so sorry for your loss. I will think of her every time I listen to Bruce Sprinsteen, our mutual heart-throb.  
Cheers to Paula!  
love, Steph Hammar

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**Stephanie Hammar** - February 14, 2012 at 11:58 AM

AM

“ Mark, I'm so sorry this is an incredibly difficult thing to have to go through, and entirely too young! Paula was such an incredible woman, with such a giving heart. Please know that I am thinking of you and your family at this difficult time. Let me know if there is anything I can do. - Ann Marie

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**Ann Marie** - February 14, 2012 at 02:58 AM

CB

“ I would like to extend my deepest sympathies to Paula's family and friends. I met Paula through WomenHeart, and Paula was truly an angel during my time of need. She was in tune with the feelings and needs of others, often putting theirs before her own. Your work here on earth is done Paula...go rest high upon that mountain. God Bless....

Cyndi S. Brown  
Franklin, TN

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**Cynthia Brown** - February 13, 2012 at 10:29 AM

EW

“ Although I only met Paula once, at the Red Dress Fashion Show 2011, I felt like I had known her forever. I truly mourn the loss of a vibrant woman who love life. Too soon. RIP Paul, see you later. - Eileen

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**Eileen Williams** - February 13, 2012 at 09:53 AM

LB

“ I only knew Paula long enough to enjoy and celebrate her. Her laugh, the twinkle in her eyes, the fun she loved. Dance On, Paula!

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**Lyn Behnke** - February 13, 2012 at 08:53 AM

DS

“ *Mark, We are so sorry to learn of Paula's untimely passing. Our deepest sympathy and thoughts are with you in this most troubling time. We will always remember the joy the two of you had when you first met. It is a rare and precious love the two of you shared for so long. Please know you and your family are in our thoughts and prayers.*

*Love, Dana Ervin and Stephanie Matzo*

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**Dana & Stephanie** - February 12, 2012 at 08:08 AM