



Mildred "Millie" May Forrest Heinemann

October 5, 1932 - September 8, 2025

Mildred "Millie" May Forrest Heinemann, daughter of the late Fay and Mary (Snavelly) Forrest, was born October 5, 1932, in Norwood, Missouri, and passed away at home at the Lake of the Ozarks on September 8, 2025, just shy of her 93rd birthday, following a multi-year battle with cancer.

She was the beloved wife of Robert "Bob" Heinemann, who preceded her in death on September 15, 2018, after nearly 58 years of marriage. Together they built a life full of love, adventure, and family.

She was the beloved mother, grandmother and great-grandmother to daughter Cindy Heinemann Waites and her husband John, and son Carl Michael Heinemann and his wife Marnie; to cherished grandchildren David Waites, Margaret Waites Saunders and her husband Brady, Meredith Waites, Audrey Heinemann, and Conner Heinemann; and to her beautiful new great-granddaughter Chloe Saunders. Millie also shared a special bond with Min-Zheng "Heidi" Veneau, who became like a second daughter to her. Two brothers, Robert and his wife Tina, and Russell and his wife Lou, preceded her in death. She is survived by her brother Ronnie and his wife Willie, and her brother Duane and his wife Erma, and several nieces and nephews.

Millie lived a remarkable life marked by travel, resilience, and joy. With Bob, she made homes around the world including Mexico City and Monterrey,

Mexico; Buenos Aires, Argentina; Caracas and Maracay, Venezuela; Battle Creek, Michigan; Winston-Salem, North Carolina; Manila, Philippines; Hong Kong; Miami, Florida; and Xiamen, China before retiring to the Lake of the Ozarks, where she enjoyed 36 years of lake life.

She was known for her passions of gardening, tennis, bridge, and Canasta. Fiercely competitive, whether on the tennis court until 80 years old or around the card table, Millie played to win. She cherished her friends worldwide and her neighbors at the lake, who brought joy and community to her life.

Her fighting spirit and resilience was legendary. She was back on the tennis courts within months of knee replacements, managed to save her home during a devastating typhoon in the Philippines just weeks after a major surgery, regained independence after a long hospitalization and dialysis for Ehrlichiosis (tick bite), endured the loss of her beloved husband, and most recently faced stage 4 breast cancer. She never let anything stop her from living life to the fullest, she could be seen riding waverunners on the lake into her 90s.

Millie loved deeply and lived fully. She leaves behind a legacy of family, friendship, and perseverance. She will be profoundly missed, but her life is celebrated with gratitude and love.

A celebration of her life will be held at a later date. If desired, a memorial donation may be made to CoxHealth Foundation in support of the Hulston Cancer Center, to the Westside Senior Center in Laurie, Missouri, or to a charity of the donor's choice.

Cremation arrangements are under the direction and care of the Kidwell-Garber Laurie/Sunrise Beach Chapel.

Tribute Wall

MI

“ 1 file added to the tribute wall



min - October 21, 2025 at 09:13 AM

MI

“ 2 files added to the tribute wall



min - October 21, 2025 at 09:12 AM

MI

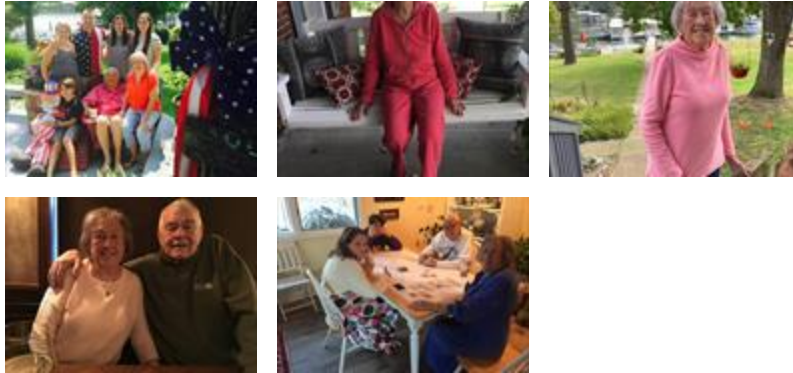
“ 1 file added to the tribute wall



min - October 21, 2025 at 09:10 AM

CH

“ 15 files added to the album *Memories of Millie*



Carl Heinemann - September 17, 2025 at 03:53 PM

BF

“ As a very young boy, Billie used to walk down to our home to visit. Mom said I always yelled i want to go home with aunt Mil-Mil. I couldn't say Mildred at that age. Billie always let me come home to spend the night. That was over 65 years ago and I still smile when I think about it. Millie was my dad's only sister. I was fortunate enough to spend the last 16 years living near Millie and Bob. Rest in peace in Bob's arms as I am sure he was there waiting for you.

Bob Forrest - September 16, 2025 at 05:09 PM

BF

I am so sorry for autocorrect. Should say Millie

Bob Forrest - September 16, 2025 at 05:10 PM