



## Heather Steinwachs

November 26, 1975 - January 31, 2024

Heather Marie Steinwachs, born on November 26, 1975, in the town of Batavia, NY, departed this world unexpectedly in Nashville, TN, on January 31, 2024. Her untimely passing has left a profound void in the lives of all who were fortunate enough to have known her.

She was an embodiment of both modern innovation and timeless wisdom. With a stethoscope around her neck and kaleidoscopic jewelry adorning her wrists, she navigated the bustling corridors of the hospital with ease, bringing a touch of groove to the medical world. Her heart beat to the rhythm of electronic dance music, and her soul was woven with threads of empathy and compassion. Heather's healing touch was as soothing as a chill electronic melody, and her laughter echoed through the halls like a harmonious symphony. In her scrubs, she was a beacon of light, blending the latest medical advancements with the free-spirited vibes of a bygone era. She was not just a nurse; she was a healer, bridging the gap between science and spirituality with every patient she cared for.

Heather's journey began amidst the serene beauty of her family's small farm in Western New York. Surrounded by rolling hills and endless skies, she developed a deep appreciation for the wonders of nature and a boundless love for animals. Together with her sister, Jennifer, Heather would spend afternoons putting on elaborate puppet shows for their family, making their

loyal miniature schnauzer, FuFu, an extra puppet in the plays. These cherished childhood memories laid the foundation for Heather's lifelong passion for storytelling and creative expression.

As she grew older, Heather's thirst for adventure led her to pursue studies in English and drama at college. It was here that she discovered the transformative power of the arts. Armed with an insatiable curiosity and an irrepressible spirit, Heather embarked on a journey of self-discovery that would take her to Buffalo, NY, in the late '90s. Heather enjoyed a rich life of an independent and free thinking young woman by working a basic 9-5 job but also expressing her passion for dancing by attending raves adorned with kaleidoscopic colored jewelry with oversized clothing.

In 1998, Heather's journey brought her to the vibrant streets of Nashville, where she found happiness and friends amidst the city's music and culture. Though her days were spent working in bustling coffee shops and tending to the demands of everyday life, her nights were filled with the warmth and laughter of building a family and nurturing her children, Liam and Gwyn, her greatest treasures. Heather infused holidays with an extra dash of magic alongside her closest allies, Pixie and Kristen, her appearances adding an electrifying spark to every gathering.

Heather's love for music was a constant source of joy and inspiration, whether she was singing her favorite tunes at local karaoke nights or swaying to the rhythm of live performances in intimate venues. Her sweet voice and infectious energy captivated all who had the privilege of hearing her sing, leaving an indelible mark on the hearts of those who knew her best.

Heather always made sure she was available when you needed her, and sometimes knew that you needed her before you knew yourself. A friend whose brother passed away in 2002 recalls how Heather remembered to text

her every year on the day he died, never missing a year.

From 2008-2012 Heather went back to college and studied hard for four years, emerging as a "baby" nurse. Her dedication and knowledge to the profession were exemplary. She became a mentor, a teacher, and a patient's best friend. A friend recalls working with her for the first time, walking into a patient's room with Heather, and finding the patient in the dark in total silence but awake. Heather turned on soft music, dimly lit the room from the bathroom light, and snuggled the patient in with a blanket. She said, "No one should be left alone in the dark in silence."

Driven by her innate desire to care for others, Heather pursued a career in nursing, dedicating herself to the well-being and comfort of her patients. Her compassion knew no bounds, and her ability to comfort and heal extended far beyond the confines of the hospital walls. Whether she was holding the hand of a frightened patient or sharing a comforting word with a worried family member, Heather's presence brought solace and reassurance to all who were fortunate enough to know her.

Heather's impact on the lives of those around her was immeasurable, as she forged deep and lasting connections with friends and loved ones alike. Her steadfast compassion, contagious laughter, and boundless love brought light and warmth, crafting a timeless legacy of love and joy that will forever inspire those touched by her spirit.

Heather is survived by her children, Liam and Gwyn Steinwachs, their father Mark Steinwachs, her cherished friends Kristen Lohrer and Patricia "Pixie" Convertino, her father Evan Thomas "Tom" Jenkins, siblings Jennifer Goodrich (Scott), Bruce "Jack" Prentice Jr. (Marcy), Todd Prentice (Susan Laesser), Julie Prentice, and many adoring nieces and nephews. She is

preceded in death by her mother, Judy Jenkins.

In celebration of Heather's remarkable life, a gathering will be held on Friday, February 16th, from 4-8pm at Phillips-Robinson Funeral Home, Nashville Chapel. 2707 Gallatin Pike Nashville, TN 37216 . In lieu of flowers, donations may be made to Heather's children at <http://gofund.me/87aac34e>.

A private family burial will take place at Larkspur Conservation at Taylor Hollow in Westmoreland, TN.

What to expect at a natural burial:

Dress for an outdoor hike and wear appropriate shoes.

Use the restroom before you arrive, there is no public toilet or running water.

Carpool to Larkspur - parking is limited.

Plan to arrive 15 minutes ahead of time.

Family and friends will be welcomed at the trailhead by Larkspur staff and volunteers.

The casket or body will be in place at the graveside prior to the arrival of family and friends.

Family and friends will hike up the hill into the nature preserve for the burial ceremony.

Words are shared and the casket or body is lowered into the grave by family and friends.

With guidance the family and friends shovel soil into the grave until it is closed.

Hike away from the graveside and return to your vehicle or explore the preserve.

Leave no trash behind.

Cut flowers are welcome.

# Cemetery Details

## Larkspur Conservation

155 Bear Carr Road  
Westmoreland, TN 37186  
<https://larkspurconservation.org>

# Previous Events

## Celebration of Life

FEB **16**. 4:00 PM - 8:00 PM (CT)

Phillips-Robinson Funeral Home  
2707 Gallatin Pike, Nashville, TN US 37216  
Nashville, TN 37216

# Tribute Wall



“ *Ringed by Love was purchased for the family of Heather Steinwachs.*



February 15, 2024 at 11:13 AM



“ *Nursing Leadership at St. Thomas Midtown planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Heather Steinwachs.*

**Nursing Leadership at St. Thomas Midtown** - February 15, 2024 at 11:13 AM



“ *Pam Feller lit a candle in memory of Heather Steinwachs*



**Pam Feller** - February 14, 2024 at 06:52 PM



“ *Deepest sympathy for Heather's family and friends. Heather was one of the most wonderful people I have ever known. Her heart and love was larger than the universe and if you had the privilege of meeting her, you understand. I will always remember your nursing expertise and more, your friendship.*

**Pam Feller** - February 14, 2024 at 06:50 PM

SG

“ *Heather was a great nurse. I am so sad to hear about her passing. She did so much for our hospital at St. Thomas Midtown. I was always happy when I saw that she was on and knew that the younger nurses and the patients would be taken care of. A true loss to everyone. My condolences to her family.*

*Sidney Gilbert DO*

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**Sidney Gilbert** - February 10, 2024 at 07:50 AM



“ *3 files added to the album Memories Album*



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**Phillips-Robinson Funeral Home** - February 08, 2024 at 09:35 AM