



Francis "Sonny" Heilig

NOV 13, 1928 - OCT 31, 2025



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Francis "Sonny" Heilig

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***F** Francis "Sonny" Heilig November 13, 1928 — October 31, 2025*

Francis "Sonny" Heilig, age 96, passed away on October 31, 2025. Born in Pocomoke City, Maryland, on November 13, 1928, he served his country in the United States Army and carried that sense of duty and quiet pride throughout his life.

Sonny was a loving and devoted husband to Ellin for 59 years and a proud father, grandfather, and great-grandfather. After becoming a grandfather, he was affectionately known to his family as Pa. He delighted in family gatherings and loved to recall stories from his youth as the youngest of four children. Many of his childhood tales were surprising, funny, and often hard to imagine coming from the man we knew.

He loved his Baltimore sports teams in his earlier years, and after moving to Florida in 1960, he became an enthusiastic fan of the Miami Hurricanes, Miami Dolphins, Miami Marlins, and Miami Heat.

He never complained; his calming demeanor and reassuring smile always put everyone at ease.

Sonny is survived by his children Jeffrey (Debra) Heilig, Cynthia (Michael) Russo, and Jack (Melissa) Heilig; grandchildren Jason (Alyssa) Heilig, Samantha Heilig (Gabe Goldstein), Steffani Russo (Jamie Hopkins), Carly Heilig, and Audrey Heilig; great-grandchildren Emma, Ethan, and Taylor. He was preceded in death by his wife Ellin Zimmitt Heilig, his parents Simon and Edna Heilig, and his sisters Shirley Cohen, Lenora Nast, and Ruth "Butsie" Spinak.

He will also be dearly missed by many nieces, nephews, and friends.



Tribute Wall

Francis "Sonny" Heilig

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Barry Spinak shared a photo to the **Tribute Wall** album.

Uncle Sonny - a good man, a long life, lots of great memories.

November 7 at 7:01 PM





Media

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Barry Spinak shared a photo to the **Tribute Wall** album.

November 7 at 7:01 PM





Memories only last if you share them

Join us in honoring Francis by contributing to a collection of shared memories.



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