



## Meghann Maris Armstrong Gaines

April 7, 1983 - April 18, 2020

Meghann Maris Armstrong Gaines, 37, passed unexpectedly on April 18, 2020 at Tallahassee Memorial Hospital.

Meghann was born on April 7, 1983 in Fort Lauderdale Florida to Howard and Jeanne "Bunny" Armstrong. While they were growing up, Meghann and her sister Sarah got to spend a lot of their time with their loving aunt Jeni and uncle Jay Scott in Tallahassee.

After graduating from Leon High School, Meghann went on to college at Florida State University where she earned both a Bachelor of Psychology Degree and a Bachelor of Sociology Degree. She enjoyed a career that transformed from hospitality to the Florida Department of Elder Affairs, and then on to the retail industry.

Meghann was the beautiful light in everyone's life. She is survived by her loving husband Freddie Lee Gaines, Jr.; her children that she cherished more than anything in the world, daughter Margaret-Ellen (Maggie) Teresa Burney Merrill (and her husband, Andy), and son's Lunden Allen Grice and Freddie Lee Gaines, III; her sister Sarah Cutchen (and her husband Clay); her father Howard Armstrong; her aunt and uncle's Jay and Jeni Scott, John Scott, Annette Hayward, and Penny Irving; stepmother to Francesca Hickey and Jasmine Testerman; her cousins and countless friends. Meghann is

predeceased by her mother Jeanne Armstrong.

Meghann loved life. From the time she was a little girl she wore the biggest, most beautiful smile. She had a way about her that would bring happiness to everyone she knew. She could cheer you up when you were down, and always made you feel good about yourself and about life. Meghann had a heart of gold and loved to help people.

Meghann Gaines was passionate about her children, enjoyed time on the water, doing crafty things, and spending time with her family and friends. Her daughter Maggie is expecting her first child in September (a little girl), and Meghann was so excited to become a grandmother. Meghann had so much love left to give, and left this earth far too soon.

In light of the health and safety concerns at this time, a private family gathering will take place on Saturday, April 25, 2020. A full Celebration of Life will take place at a later date when it is once again safe for social gatherings. This site will be updated with information as it becomes available.

The family is being assisted by James Sircy and cared for by Jackie Fulford of Young Fulford Funeral Home and Crematory in Tallahassee, Florida.  
(850)610-4444 [YoungFulford.com](http://YoungFulford.com)

# Tribute Wall



“ *Meghann Maris Armstrong Gaines*

October 22, 2023 at 10:27 PM



“ *Meghann Maris Armstrong Gaines*

October 09, 2023 at 11:25 AM



“ *Meghann Maris Armstrong Gaines*

September 22, 2022 at 01:34 PM



“ *im so sorry for your loss please give my deepest condolences im so sorry sorry i couldnt do it earlier lemme me know if you ever need a babysitter*

**Kaido Cone** - April 28, 2020 at 12:55 AM



“ *Arrive in Style was purchased for the family of Meghann Maris Armstrong Gaines.*



April 27, 2020 at 08:19 AM



“ *Full Of Love Bouquet was purchased for the family of Meghann Maris Armstrong Gaines.* ”



April 27, 2020 at 08:18 AM



“ *Dee lit a candle in memory of Meghann Maris Armstrong Gaines* ”



dee - April 25, 2020 at 06:37 PM



“ *Arrive in Style was purchased for the family of Meghann Maris Armstrong Gaines.* ”



April 25, 2020 at 09:04 AM



“ *Full Of Love Bouquet was purchased for the family of Meghann Maris Armstrong Gaines.* ”



April 25, 2020 at 08:57 AM



“ Arrive in Style was purchased for the family of Meghann Maris Armstrong Gaines.



April 24, 2020 at 03:39 PM



“ Small Garden Dish was purchased for the family of Meghann Maris Armstrong Gaines.



April 23, 2020 at 11:49 PM



“ 9 files added to the album Memories Album




Susan Byrne - April 23, 2020 at 07:28 PM

MM

“ *Meghan was very special to me. I knew her when she was in middle school at Raa. We always enjoyed talking with each other, we could have solved everybody's problems if they would have listened. I remember her telling me how she loved to go see her daddy in the Bahamas. She was a special person, beautiful inside and out. Sorry to hear of her passing. God be with each of you.* ”

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**MaryAnn McKnight** - April 23, 2020 at 07:13 PM

 Sarah  
Dixon

“ *Sarah Dixon lit a candle in memory of  
Meghann Maris Armstrong Gaines* ”



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**Sarah Dixon** - April 22, 2020 at 04:14 PM