

Thomas Isaac Strinden, M.D. a beloved husband, father, physician, and devoted follower of Jesus Christ, passed away peacefully on July 13 at his family home on Lake Lida after courageously battling brain cancer for 17 months, surrounded by his loving family. He was 63.

Born on December 24, 1961, in Grand Forks, North Dakota, to Earl and Janice Strinden, Tom dedicated his life to serving others-combining exceptional skill as a physician with deep compassion for the tens of thousands of patients whose lives he touched over a decades-long career in ophthalmology.

Tom graduated from Grand Forks Red River High School in 1980, where he excelled as a student-athlete in football and hockey and was active in numerous student groups. It was during high school that he came to know Jesus Christ as his Lord and Savior through Fellowship of Christian Athletes-an experience that shaped his character and his calling to serve.

He continued his hockey career at Concordia College in Moorhead, Minnesota, graduating magna cum laude in 1984. He earned his Doctor of Medicine degree from the University of North Dakota School of Medicine in 1988, where he was inducted into the Alpha Omega Alpha Honor Medical Society.

After completing his ophthalmology residency at the University of Wisconsin-Madison-where he served as President of the Wisconsin House Staff Association-Tom began a distinguished career marked by innovation and leadership. He practiced in southern Minnesota before returning to North Dakota to help lead the region's largest eye care practice, ultimately co-founding Bagan Strinden Vision in Fargo, where he cared for patients for 29 years. Known for his steady hands, clinical excellence, and genuine kindness, Dr. Strinden earned the respect of colleagues and the trust of generations of patients.

Tom's professional contributions were numerous. He served as Associate Clinical Professor at the University of North Dakota School of Medicine and Health Sciences, where he mentored countless young physicians. He was a Fellow of the American Academy of Ophthalmology, serving as Councilor representing North Dakota and as the state's Legislative Chair. He also held leadership roles as President of the North Dakota Society of Eye Physicians and Surgeons and as Chairman of both the North Dakota Eye Political Action Committee and the North Dakota Medical Political Action Committee.

Outside of his professional achievements, Tom invested deeply in his community. He served on the National Board of Directors for Fellowship of Christian Athletes Hockey and coached youth hockey in Fargo, West Fargo, and Grand Forks, shaping not only athletes but young lives through his example of faith and character.

Tom's faith was the foundation of all he did. A longtime member of Atonement Lutheran Church in Fargo, he was committed to living out his Christian values through service, generosity, and quiet acts of kindness. Whether volunteering on medical mission trips around the world, supporting local ministries, or mentoring students, he exemplified Christ's love in action.

Above all, Tom was a family man whose greatest joy was spending time with those he loved most. He was a devoted husband to Michelle and a proud father to Jacob, Joseph, Benjamin, and Sarah. Many of the family's happiest memories were made together at the lake home where he spent his final days in peace.

He will be remembered for his steadfast faith, his remarkable skill as a healer, and the countless lives he enriched with his warmth, integrity, and compassion.

Tom is survived by his wife of 29 years, Michelle; his children, Jacob, Joseph, Benjamin (Anna Doherty), and Sarah, all of Fargo; his brother, Jon (Sandi) Strinden of Fargo; sisters Ronda (Dave) Zupi of West Fargo, Karen (Tony) Grindberg of Fargo and Beth (Todd) Kadoun of Vergas, Minnesota; and many beloved nieces, nephews, cousins, and dear friends. He was preceded in death by his parents, Earl and Janice Strinden, and his in-laws, Betty and George Strecker.

In lieu of flowers, memorials may be directed to Fellowship of Christian Athletes Hockey or the Thomas I. Strinden, M.D. Scholarship at the University of North Dakota Medical School.

The family wishes to extend heartfelt thanks to his caregivers at the Mayo Clinic, Sanford Health, PAM Rehab, HIA Hospice, and his home healthcare team for their dedicated and compassionate care.

Celebrating the Life of



THOMAS ISAAC STRINDEN, M.D.

December 24, 1961 - July 13, 2025

"TRUST IN THE LORD
WITH ALL YOUR HEART
AND LEAN NOT ON
YOUR OWN UNDERSTANDING;

IN ALL YOUR WAYS
ACKNOWLEDGE HIM,
AND HE WILL MAKE
YOUR PATHS STRAIGHT."

~ PROVERBS 3:5-6



**HANSON
RUNSVOLD**
Cremation • Burial

Funeral Service

Friday, July 18, 2025 - 11:00 AM
Hope Lutheran Church - South Campus - Fargo, North Dakota

Officiants

Pastor Becky Lee and Pastor DJ Lura
Atonement Lutheran Church

Worship Team

Andria Messelt, Paul Norell, Siri Messelt, Heidi Ivesdal
Josh Messelt, Larry Kerian, Isaac Dunkel, Alex Rydell

Order of Service

Processional	Amazing Grace (My Chains are Gone)
Prayers	Pastor DJ
Song	I Will Rise by Chris Tomlin
Eulogies	Jacob Strinden, Jon Strinden, and Joe Gotta
Scripture	
Psalm 23	John 14:1-7
John 10:27-30	Rev. 21:1-6
Message	Pastor Becky
Song	Because He Lives by The Gaithers
The Apostles' Creed	Pastor DJ
Prayers	Pastor DJ
Lord's Prayer	Pastor DJ
Commendation	Pastor Becky
Closing Song	The Blessing
Recessional	Goodness of God

Pallbearers

Jacob Strinden	Joseph Strinden	Benjamin Strinden
Daniel Strinden	Andrew Strinden	Michael Zupi
Thomas Beadle	Chase Grindberg	Isaac Kadoun
Jared Hineman	Joel Hineman	
Joshua Dienstmann	Ian Pytlik	

Burial

Zion Lutheran Cemetery - Pelican Rapids, Minnesota

All are invited to a luncheon following the service.