

FRANCES "INDRA" STRAUD ROMAN

Frances "Indra" Straud Roman, 92, formerly of West Mifflin, died peacefully in her sleep on Sunday, July 23, 2023. She graduated from Duquesne High School and worked in Homestead Steel Mill where she met and later married her beloved William Roman and raised six children. At the age of 50, she was certified to teach yoga at CCAC. Her enthusiasm for healthy living fueled her ambition to teach yoga and meditation to as many people as possible. She taught these skills at churches and community centers well into her 70s. In addition, she was an avid gardener, a lover of movies, creator of home remedies, and the "best grammy ever". She was the wife of William M. Roman (deceased), whom she was happily married to for 40 years; and the devoted mother of Anna (George), Maureen (Gary), Rosemary, Tara (John), William (Judy), and James (Kathryn). She is also survived by grandchildren, Katie (Tom), Alex (Andrew), Mackenzie (Joey), Roman, Lillian, and Mable. She leaves behind a legacy of love, kindness, and generosity. She will be greatly missed by family and friends but forever in our hearts. The family wishes to extend gratitude to Bethel Park Skilled Nursing Home for their care and compassion of our mother. Final remembrance for Frances will be private. Arrangements entrusted to the **WILLIAM S. SKOVRANKO MEMORIAL HOME, INC.**, Duquesne.

Send condolences [post-gazette.com/gb](https://www.post-gazette.com/gb)