



Frederick Smith Morton

October 22, 1963 - February 24, 2026

Frederick Smith-Morton, 62, of Stamford, Connecticut passed away on February 24, 2026.

Born on October 22, 1963, in Stamford, Connecticut. Frederick was the beloved son of Fred Smith and Mattie Morton.

He graduated from Rippowam High School, Stamford, Connecticut, graduated in 1981 and then attended Wilberforce University, Wilberforce, Ohio.

Frederick, known to some as “Frizmo”, was known for his dedication to and love for his community, particularly the youth and those less fortunate than he. Every person who was blessed to know Frederick knew him to have a deep love for his family, unending compassion for others, and an extended helping hand for those in need.

Frizmo had a lifelong dedication to sports, fitness, and all things healthy. He

was a flag football coach for girls and boys, a girls basketball coach at Greenwich High School and boys' basketball coach at Westhill High School. Fred was involved with Special Olympics and was a physical trainer for over thirty years. Fred was a dedicated security guard at Greenwich High School, a supervisor at the Boys and Girls Club in Stamford, and an employee of the Stamford YMCA.

Above all else Frederick loved and treasured his daughters Jualéa and Jazmén Smith-Morton. He was a devoted father whose smile was brightest when he spoke about his girls. He was so proud to be their dad.

Frederick Smith-Morton is survived by his daughters Jualéa and Jazmén Smith-Morton, their mother Stephanie Bell, his siblings, Michael Smith, Karen Smith, Erick Morton, Patricia Kelly (Michael) and Stacy Browne (Les). Three aunts; Evelyn Morton, Rosa Daniels, and Mary Knight, one God daughter; Erica Morton, one God son; Jamal Dunmore, sister-in-law, Vivian Morton, and a host of nieces, nephews, cousins, and friends. He was preceded in death by his parents, Fred Smith, Mattie Morton and his brother, Gary B. Morton. Visitation will be held on Thursday March 5th, 2026 from 10:00AM - 11:00AM followed by a service of celebration at 11:00AM at Union Baptist Church, 805 Newfield Ave., Stamford, CT. Officiant Rev. Dr. Andre L. Bradley

Interment will follow at Woodland Cemetery

Cemetery Details

Woodland Cemetery

66 Woodland Place
Stamford, CT

Previous Events

Visitation

MAR 5. 10:00 AM - 11:00 AM (ET)

Union Baptist Church
805 Newfield Ave
Stamford, CT 06905-2998
(203) 322-0881

Service

MAR 5. 11:00 AM (ET)

Union Baptist Church
805 Newfield Ave
Stamford, CT 06905-2998
(203) 322-0881

Tribute Wall

RF

“ *To The Smith Morton Family,*

Be comfortable knowing that now you have a special guardian angel to watch over you!



Ronnie and Brenda (Wilson) Fields & Fami - March 19 at 03:22 PM

JS

“ *Fred, Karen and Gary were my students at Rippowam High School back in the day. Still remember Fred’s warm spirit from those years ago! May God ‘s peace and blessings be a comfort to the family. With the love of the Lord,*
Jackie Dillingham Simmons

Jacquelyn Simmons - March 19 at 12:51 PM

MK

“ *I knew Freddie from my days teaching at GHS and he was always my favorite staffer. Such a kind and wonderful man. I am so saddened to learn of his passing and extend my deepest condolences to all the family. I will never forget him.*

Maria Kivijarv - March 12 at 01:19 PM

KA

“ *I didn’t know Freddie well, but he always was a smiling face at greenwich high school when I arrived to volunteer. He knew the kids and I think brought a sense of care to his job that everyone felt. He will be missed. Please accept our condolences.*

Kim Athan - March 06 at 08:47 AM

RP

“*Freddy and I worked together at the Greenwich Tern Center, a currently works with my adult children Jermaine and Brittany. A great father, co worker , hardworking man, admired for his confidence!! I will miss your warm greeting at GHS/Boys and Girls Club!! RIP As you Always called me! Love “Mrs Perkins”*

Rochelle/Shelly Perkins - March 05 at 09:29 PM

JF

“*Sending our condolences to the family of Frederick Morton-Smith may god comfort you in your healing we are praying for Stephanie and the girls we love you ms Jackie Taylor and family*

Jacqueline Taylor and. family - March 05 at 09:08 PM

LP

“*Freddy was like a family to me he always was telling me how he’s got my back and if I ever needed anything he’d always be there for me everyday walking into school i looked forward to talking to him he brought so much joy in my life from talking about what i did over the weekend to talking about college he was always there for me when i needed him my favorite memory of freddy is when J was clearly having a bad day and he noticed no one else noticed and he talked to me about life ca get hard but you cannot let anything bring you down you hae to keep pushing freddy is the reason im still here fighting everyday to become a better person he’s inspired to become the best version of my self and i will always miss seeing him in the morning and hearing him say i’ve got your back my condolences to his family 🙏*

Leonor perez - March 05 at 04:55 PM



“ *In every community, there is someone who always finds a way to keep everyone connected. Their very purpose in life is to consistently provide service and support. Freddy was that person for the community of Stamford, CT. He especially did so for our youth! Freddy always instinctively provided encouragement when needed. He was an amazing source of wisdom, empathy, and selfless humanity. Freddy was (and is) irreplaceable. Thus, our community has an eternal "hole" where he once stood. Perhaps, amongst the youth that he has developed, there will rise another. Until then, . . .*

I extend my heartfelt condolences and prayers of comfort to the Morton Family, the extended family of Stamford, CT, and all of those that he has impacted beyond our city's borders.

"Live" in Paradise, my Friend/Brother. You were loved, appreciated, and now missed!

Robbie Jenkins - March 05 at 12:37 PM

MF

“ *Sending love and condolences to the family of a very well-respected man. One of the kindest people anyone could ever know. We will miss seeing him Sunday's and appreciate his role in making our community a better one. It will never be the same without your energy. Rest in Peace.*

McGregor-Williams family - March 05 at 10:14 AM

LD

“ *Freddy will be truly missed. My condolences to the family and all the friends whose lives were touched by knowing him. Thoughts and prayers of peace and comfort as we mourn the loss of a wonderful person.*

Linda Dozier - March 05 at 09:36 AM

GF

“ *May God bless you and your family. A kind and nice man that always greeted you with a smile. He will be missed. The family will be in our thoughts and prayers.*



Giorno Family - March 04 at 11:55 AM

ED

“ *Freddy was kind and compassionate, and he loved the kids in the community. He was truly dedicated to making their lives better. He will be missed.*
Liz Dukes



Elizabeth Dukes - March 04 at 11:18 AM

CS

“ *Freddy was a light in our school and to all the students regardless of his relationship with them. He always knew how to put a smile on someones face whether they weren't feeling great or it was just a gross day outside. His humor and how he cared for all of the students equally pushed people to continue their day and he always knew how to make us laugh. Freddy connected with all of his students and their parents to make everyone equally comfortable. He truly knew how to brighten the day no matter how gray it was. He will forever be cherished and missed, and will never be forgotten. Wishing and keeping the Morton family in my prayers, and I imagine they are just as beautiful as he is.*



Cristina Jeanette Scott - March 04 at 08:25 AM

AT

“ Wow I was just talking to you . We had just reconnected over Saturday basketball games. You were a good guy Fred I'm honored to call you my friend. SIP you will definitely be missed..



Abbie Thompson - March 04 at 08:23 AM

AH

“ You will be missed by everyone who knew you.



ANGELA R HOUSEY - March 04 at 08:22 AM

CL

“ Freddy was such a wonderful beautiful soul He has helped the MLK committee out countless times He always Linda helping hand when we needed him he was there to my brother from another mother You will be missed we love you Freddy Much love forever Cynthia Lewis



Cynthia Lewis - March 03 at 08:57 PM

MM

“ Freddie was such a nice person. He was so supportive and helpful . He will definitely be missed. Rest in Peace my friend 💔🙏



Marilyn Mayes - March 03 at 08:20 PM

KT

To the Morton family, I am so sorry in the loss of your beloved one Freddy. He was loved by everyone who knew him. He was the perfect gentleman. He will surely be missed, but not the legacy he left of how we all should be like. May God comfort you all. Sincerely, Kenny 🙏

Kenneth Thomas - March 03 at 09:37 PM

TP

“ Freddy was always a supporter of everything my organizations and I had. Whether he had to be in place early or late to support he would always be there lending a helping hand. That was Freddy. Helpful to a fault. We will remember your unique sense of humor dear friend. Rest well.

Tiffany Polite - March 03 at 04:34 PM

GF

“ Freddy was so kind - he had a positivity and warmth that radiated from his person. Thank you for all the smiles and for making the high school a better place to visit.



Gabriella Feinstein - March 03 at 01:46 PM

RC

“ Freddy was definitely one of good guys. Praying that his family find joy and peace in his cherished memories and may god comfort their every need 🙏🙏🙏



Robin Cannon - March 02 at 10:56 PM

CB

“ C. Brooks lit a candle in memory of Frederick Smith Morton



C. Brooks - March 02 at 06:05 PM

AB

He was a man that always gave great words of advice and kindness he showed a lot of love to all kinds of people I know when he talked with me he always had a smile on his face we talked about things he just was always had a kind word to say to people always have a smile on his face God I'm going to miss him

AKA Ricky m o n d s real name Eric Baile - March 04 at 06:01 AM

AB

Aka Rickey

AKA Ricky m o n d s real name Eric Baile - March 04 at 06:02 AM

AB

Eric Bailey

AKA Ricky m o n d s real name Eric Baile - March 04 at 06:03 AM

CO

Freddie was a great guy we worked together at Waldenbooks for years. Freddie was always a smart and kind person. Praying for his family may God give you peace.

Chris Owens - March 04 at 08:05 AM

MW

To my granddaughters Jualea & Jazmen: To God be the Glory; your dad is at peace now. Remember the all the good times you shared with your dad. Mama love both of you so much

Mary C (Bell) Williams - March 04 at 08:41 AM

DE

Deepest condolences to the family ... I'm just seeing this news. I remember Freddy from UBC and yes always a smile and kind greetings. He really loved his daughters so I pray for deep peace and healing for them especially.

Debra Fuller Ellis - March 08 at 06:08 PM