



Helen Gokbudak
1933 - 2020

Let the memory of Helen be with us forever.

- 86 years old
- Born on July 11, 1933 in Logan, West Virginia, United States.
- Passed away on March 31, 2020 in Laguna Woods, California, United States.

Helen Jane Gokbudak, 1933 - 2020
Laguna Woods, California

On Tuesday, March 31, 2020, Helen Gokbudak, loving wife and mother of three sons, passed away at the age of 86 while surrounded by her family. Helen lived an incredibly full life before cancer took its quick toll. She leaves behind her husband of 65 years, Uygur, sons Kurt (Christine), Brent (Tracy), Erroll, and granddaughters' Lauren and Allison.

Her Life



Helen was born on July 11, 1933 in Logan, West Virginia to Chester and Nancy Bland. Helen grew up in Indianapolis and attended Broad Ripple High School. She later attended St. Lukes School of Nursing in Chicago and became a registered nurse, after which she married Uygur in 1955. She later received a B.S. in Nursing from University of Illinois and a M.S. in Nursing from Loyola University of Chicago, residing in the Chicago area for almost 40 years. Her nursing career included work in head trauma, gerontology, and home health care specialties. Outside of work and raising three children, she found time to be active as a Cub Scout Den Mother, PTA member, always finding a way to stay active.

Helen was described as a “happy bottle of champagne” full of life and smiles. A living example of Newton’s “a body in motion stays in motion”, she was always on the go. Her many retirement activities included spending time with her family and friends, traveling the world, reading, art and culture appreciation, singing in her church choir, playing bridge (2-3 times a week!), taking classes, swimming, sailing, playing ping pong, and volunteering (most recently with Uygur at the Saddleback Memorial Hospital).

Helen was an active admirer of art throughout the world. After retiring to Venice, Florida with Uygur in 1991, Helen became a long-time docent volunteer at the Ringling Museum of Art in Sarasota. She always enjoyed learning about different artists and their styles, and never missed an opportunity to visit an art museum when traveling. She also learned to sail in the Gulf of Mexico and was an active member of the "Bitter Ends" - Venice Women's Sailing Squadron for many years.

Helen and Uygur later moved to California in 2017, where they lived close to most of their family.

Cheers to Helen, may your champagne bubbles never stop popping on your next big adventure!

A celebration of life will be planned once gatherings are again permissible.

In lieu of flowers please consider making a charitable donation to: **MemorialCare Hospice & Palliative Services, which can be made through Saddleback Medical Center**

We will remember her forever.

I'm Free

*"Don't grieve for me, for now I'm free
I'm following the path God has laid you see.
I took His hand when I heard him call
I turned my back and left it all.*

*I could not stay another day
To laugh, to love, to work, to play.
Tasks left undone must stay that way
I found that peace at the close of day.*

*If my parting has left a void
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss
Oh yes, these things I too will miss.*

*Be not burdened with times of sorrow
I wish you the sunshine of tomorrow.
My life's been full, I savored much
Good friends, good times, a loved one's touch.*

*Perhaps my time seemed all too brief
Don't lengthen it now with undue grief.
Lift up your hearts and peace to thee
God wanted me now; He set me free." Author Unknown*