



Richard Edward Helland

January 15, 1958 - June 15, 2025

Richard Edward Helland age 67 went home to be with our Lord on Sunday, June 15, 2025. He had a heart attack while sleeping. What a blessing to know that although you closed your eyes on earth, you opened them in heaven.

Richard was born January 15, 1958 in Forest City, Iowa to Richard and Hazel Helland. He followed in his father's footsteps, and after high school joined the Navy where he proudly served for 10 years. He married his high school sweetheart Cathy Duppmann. From this union three children were born.

Richard and Cathy later divorced.

On January 1, 2004 he married Blanca Mar Y Mar.

Richard loved nature, traveling, whittling, creating art, and spending time with family. He had a unique sense of humor and would always come up with some way to make you smile or laugh. From an early age he spent many hours walking, hiking, and enjoying the great outdoors. He also volunteered at animal shelters and supported different Christian organizations. He was a creative person with a gentle soul who loved Jesus with his whole heart. We will miss his smiles, laughs and him saying "Thank you Jesus!".

He is survived by his wife Blanca and family. His children: Silas McNeil and family, Amy Heun and family, Heather Adams and family. Three sisters:

Wendy Bunch and her husband Jim, Lynette Helland, Deidra Howland and her husband Alan. Aunt: Vivian Green and her husband Allen. Nephews:

Christopher Bunch, Jake Helland and his wife Erica, their son Alder, Jesse Foster and his wife Lucy, Tyler Howland and family. Niece: Jessica

Christensen and family. Many cousins, extended family members, including beloved family across the pond, and friends. He is preceded in death by his parents, uncle, two aunts, and many loved family members and friends. A military service will take place in Killeen, Texas at a later date.

Tribute Wall

FF

“ From Blanca Helland and family purchased the Peaceful White Lilies Basket for the family of Richard Edward Helland.



From Blanca Helland and family - September 18, 2025 at 07:37 PM

FF

“ From Blanca Helland and family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Richard Edward Helland.

From Blanca Helland and family - September 18, 2025 at 07:37 PM

SH

“ We didn't spend much time with you Rick, our darling cousin, but so happy that we could fly over the pond a few times and spend the time with you that we did. Uncle loved his time with you and it was the best surprise when you were able to join us when we bought little Ida and Bess over. We loved you. Sara, Angie, Suzy, Ida and Bess xxxxx

Sara Hyde - August 15, 2025 at 09:27 AM