



Helen Rose Grafstrom

January 19, 1921 - May 4, 2026

Helen Rose Grafstrom
1921-2026

Helen was born in Minneapolis to Clifford and Barbara (Pregler) Coddington, the 4th of their 6 children. Long time resident of Columbia Heights. Her childhood was difficult, given that her mother became the sole support for the family. She remembered summers without shoes, and she and her brother would walk the train tracks to pick up fallen coal for heat. Thanks to a job offer from a kind librarian at Marshall High School, she was able to remain there, graduating in 1939. She went on to work as a rug weaver at the Chenille Rug Factory in Minneapolis, followed by many years in the dietary department at Fairview Hospital. She married Carlton Grafstrom July 5, 1947, and their only son, Carlton Jr, followed in 1948. She spent many years caring for family members, including her husband's 20+ year battle with cancer, and she also loved to volunteer with the many activities at her apartment building. Her favorite caregiving role, though, was to her 3 grandchildren and 2 great granddaughters. She loved traveling with her friend Bea in her later years, finding a new lease on life at a time when many others were slowing down. Family, faith, friends, baseball, and bingo are a great summary of the loves of her life. She is survived by grandchildren Charles (Carrie), Mathew, and Carol, along with great granddaughters Lillian and Maren. She is also survived by many other relatives and friends. Visitation Friday, May 8, at 10 am at First

Lutheran Church, Columbia Heights with funeral service at 11 am. Memorials preferred to First Lutheran Church.

Cemetery Details

Hillside Cemetery (Minneapolis)

2600 19th Ave NE
Minneapolis, MN 55418

Previous Events

Visitation

MAY 8. 10:00 AM - 11:00 AM (CT)

First Lutheran Church of Columbia Heights
1555 40th Avenue NE
Columbia Heights, MN 55421

Funeral Service

MAY 8. 11:00 AM - 12:00 PM (CT)

First Lutheran Church of Columbia Heights
1555 40th Avenue NE
Columbia Heights, MN 55421

Tribute Wall

PE

“ I knew Helen for many years through her dear friend, Bea. They were like two peas in a pod and I'm sure they are renewing their long friendship after a 6 year gap. Even after Bea left us, Helen stayed in touch at Christmas and I always remembered her January birthday. She was a good friend and I miss her. RIP, Helen. Sincere condolences to her family.



Phyllis E - May 08 at 10:38 AM



“ Arrive in Style was purchased for the family of Helen Rose Grafstrom.



May 06 at 07:31 PM

LJ

“ Lois Johnson lit a candle in memory of Helen Rose Grafstrom



Lois Johnson - May 06 at 04:19 PM

LJ

I met Helen many years ago at First Lutheran Church of Columbia Heights. Every Sunday, we would chat in the commons area to get caught up. I appreciate her friendship over the years. With deepest sympathy to her family & friends. Rest in peace, Helen.

Lois Johnson - May 06 at 04:25 PM