



Karen Arlene Heltemes

August 9, 1947 - August 6, 2025

Karen Arlene Heltemes (Bottolfson) of Coon Rapids 8-9-1947 to 8-6-2025
Born in south Minneapolis the daughter of Clifford Bottolfson and Hazel (Royle) Preceded in death by her parents, sister Linda Hembroff and her husband Steve, her nephew Scott Hembroff. Survived by her husband Robert Heltemes of 46 years, daughter Jill Craig (Scott) brother Tom Bottolfson (Pam) Sister-in-law Joan Wagner and Cecilia Held (James) Brother-in-law John. Many nieces' nephews and cousins. Karen graduated from Roosevelt High School in 1965 after some time in North Dakota came back home worked at Contral Data in Bloomington for many years, when we were married, she sold her house in south Minneapolis and transferred to Arden Hills. After they closed, she went to work for Target. She made a lot of friends at the VFW, especially Judy and Marv Roepke along with neighbors Rich Sarah and Linc Bullock; plus, Theresa Holland and Irene Duncan. Celebration of Life Tuesday 8/19 at 11:00am with gathering 1 hour prior at Washburn-McReavy Coon Rapids Chapel 1827 Coon Rapids Blvd. Lunch follows at Blaine VFW at 12:30pm with Bar Opening at 11am 1374 109th Ave NE, Blaine.

www.Washburn-McReavy.com

Coon Rapids Chapel 763-767-1000

Previous Events

Visitation

AUG 19. 10:00 AM - 11:00 AM (CT)

Coon Rapids Chapel
1827 Coon Rapids Blvd.
Coon Rapids, MN 55433

Celebration of Life

AUG 19. 11:00 AM - 12:00 PM (CT)

Coon Rapids Chapel
1827 Coon Rapids Blvd.
Coon Rapids, MN 55433

Reception

AUG 19. 12:30 PM - 2:30 PM (CT)

Sgt John Rice VFW 6316
1374 109th Avenue Northeast
Blaine, MN 55434

Tribute Wall



“ Washburn-McReavy Funeral Chapels created a Celebration of Life for Karen Arlene Heltemes in memory of Karen Arlene Heltemes



Washburn-McReavy - August 12, 2025 at 01:17 PM

RB

“ Bob,
We are so sorry for your loss. Although it's been so many years, we still remember you and Karen very well! Especially from those days at the old Polynesian Village apts and the many Kicks Soccer games at the old met stadium.

Take care - our hearts and prayers go out to you,

Rick and Colleen Backman

Rick Backman - August 18, 2025 at 12:27 PM

LT

“ Love you all, Tommy purchased the Simply Elegant Spathiphyllum for the family of Karen Arlene Heltemes.



Love you all, Tommy - August 18, 2025 at 09:51 AM

LT

“ Love you all, Tommy planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen Arlene Heltemes.

Love you all, Tommy - August 18, 2025 at 09:51 AM

RL

“ Rich, Sarah & Lincoln planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen Arlene Heltemes.

Rich, Sarah & Lincoln - August 12, 2025 at 09:43 PM

RL

“ Rich, Sarah & Lincoln purchased the Joyful Memory for the family of Karen Arlene Heltemes.



Rich, Sarah & Lincoln - August 12, 2025 at 09:43 PM



“ The grove of trees came from Kay, Shawn, Rondeana, Coreen and Doreen (Bottolfson). We are sending you love and prayers.

Doreen Stribbell - August 11, 2025 at 10:09 PM

DS

“ Doreen S. planted a grove of 3 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Karen.

Doreen S. - August 11, 2025 at 10:00 PM



“ *Enchanted Cottage was purchased for the family of Karen Arlene Heltemes.*



August 10, 2025 at 03:03 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Karen.

August 10, 2025 at 03:03 PM



“ *My deepest sympathy to the family, losing a loved one is always hard and this happened too quickly. I love this picture --- I can almost hear Karen's Voice! She had a laugh that made you want to laugh! We spent many hours together raising our girls --- from Sand Creek through Blaine High School and all the dance events and trips with Stage Door! Karen and Bob honored Fred and I years ago by asking us to be Godparents (along with her Aunt) for Jill; this honor gave us a special relationship with them and with her. You all have a special place in our hearts and if we can help in anyway now, please let us know. Karen will be fondly remembered and we're happy she is at peace. Pam and Fred Lyons*

Pam Lyons - August 08, 2025 at 09:54 PM