



Helene F. Stoak

November 14, 1956 - May 31, 2024

Helene F. Stoak, from Duncannon, PA, passed away unexpectedly from Acute Leukemia on May 31, 2024, at 67 years of age. Helene was born on November 14, 1956, in Baton Rouge, Louisiana to Robert S. Friedman and Renee C. Friedman, who predeceased her. She was raised in Ann Arbor, MI and State College, PA.

Helene was the devoted and loving wife of James Stoak for nearly 22 years. They lived in Duncannon with their dog Belle, on whom she doted and who frequently appeared as a special guest on her work Zoom calls. Helene graduated from the University of Rochester in 1974 with a BA in Political Science. She most recently worked for Westat as a Field Supervisor for the National Health and Aging Study (NHATS). The NHATS is conducted by Westat of Rockville, MD on behalf of the Johns Hopkins Bloomberg School of Public Health. Helene loved her work and enjoyed her colleagues immensely where she supervised 16 data collectors.

Helene had a warm and generous spirit and a special gift of gab. She would strike up a conversation with virtually anyone, including people from her community and from the regions in which she traveled. Helene loved meeting people at the farmer's market, her local hair salon and new restaurants that she visited during her many travels.

Helene will be greatly missed by her family that adored her. In addition to her loving husband Jim, she is survived by her brother David Friedman and sister-in-law Carolyn of Arlington, VA. She was a devoted aunt to her nephew, Matthew Friedman of Arlington, VA, and niece Jacqueline Friedman Hathaway (Cody) of Pittsburgh, PA. Helene was stepmother to Jessica DeVore (Justin) and recent Bubbie to Azalea.

There will be a private Celebration of Life at a later date. In lieu of flowers, contributions may be made to any of the following charities Helene supported, or to one of your choice: the University of Rochester, Humane Society of Harrisburg, the Domestic Violence Program of the YWCA of Greater Harrisburg, WITF-FM, of Harrisburg, PA, and Temple Beth Shalom of Mechanicsburg, PA.

The Boyer Family is Honored to handle arrangements for the Stoak Family

Tribute Wall

LL

“ *Helene was my boss from October 2023 until her death. In addition to being a nice person she was one of the best supervisors I have had in more than four decade of work. She will be missed.*

Larry Littlefield - June 06, 2024 at 02:43 PM

KR

“ *I am Helene's hairdresser and friend. I was greatly sad/hurt when I heard of her passing this morning. I cried immediately when I spoke to Jim. Helene was my first client of my week and the last client of my week. I loved to hear her stories about her childhood and family, she truly loved all. Lately we talked about Belle's cookie addiction. One thing that Helene had was incredible memories on dates and super knowledgeable about a lot of different subjects, if I couldn't figure something out I knew I could always ask Helene for advice.*

I will miss you my friend and I will never forget you. Prayers and hugs to the entire family, I honestly feel like I know all of you even when I never met you. Love you Helene.

Kristen - June 04, 2024 at 09:28 PM

AM

“ *Sending prayers for Helene's family, I am so sorry for your loss. Helene cared so genuinely for her passions. She was always so supportive of me and always knew what to do in any situation. Her face became a familiar comfort over the years. I am grateful to have known her and she will be greatly missed.*

Amber - June 04, 2024 at 05:17 PM

SU

“ I am sending heartfelt condolences to Helene's family and friends. She truly was a beautiful human being. I got to know her through NHATS and when we first met she was my trainer. She was so kind, so patient and so accommodating and always had such a sweet demeanor and a sweet smile on her. She was in many of our training videos and when I met her the first time in 2023 the first thing I asked her was if I could have her autograph, she got such a kick out of that because she also had such a wonderful sense of humor. It was such a pleasure to see her again at this year's training and once again she was still so sweet and warm and welcoming. There was just something about her that was so endearing and she will never be forgotten.
Susan Crater



Susan - June 04, 2024 at 12:49 AM

KO

“ Helene was one of the warmest people I've ever met, and I felt so welcomed by her from the moment I first spoke to her. She was a wonderful supervisor, and I learned a lot about how to communicate and connect with others by her example. I'll miss her updates about the happenings around her home and her family, especially Belle and baby Azalea. She was so proud of them. My deepest condolences to her loved ones, who will feel her absence the most. It was truly a pleasure and a privilege to know her.

Karen Oakland - June 03, 2024 at 08:22 PM

JH

“ I always admired my Aunt Helene’s gift of gab. She could strike up a conversation with anyone and make them feel as though that had been friends for decades. I remember my friend who had just met her, struck up a conversation and shared all the details of our upcoming trip to Florida. Later on, when my aunt and I were talking and she mentioned the trip itinerary. Confused but not surprised that she got this information, I said to her “wait how did you learn all this” and she smiled and said “people just like to talk to me.” She was absolutely right. She was the easiest person to talk to as her warm heart always shined.

She was one of the most thoughtful people I have ever known and always put others before herself. As I look through our text exchanges, she was always worried whether my husband’s yearly pretzel gift package arrived or if the birthday cards made it on time.

My Aunt Helene was truly such a special person and I was so proud (and still proud) to be her niece. I will miss our text exchanges and 30 minute long phone calls chatting about everything going on in our lives. I am absolutely heartbroken and still shocked over her loss but take comfort in knowing she and my grandparents are together.

My family and I are so appreciative of all the support and kind words written about Helene!



Jacqueline Friedman Hathaway - June 03, 2024 at 04:16 PM

NV

“ Helene was more than a supervisor to me, she was my mentor, my “mama bear”, and my friend. She was truly my calm— always guiding me through tough situations. Helene demonstrated such a nurturing demeanor, constantly rooting for me and my accomplishments and never ended a phone call without telling me “I’m proud of you, kiddo”. I will deeply and truly miss you and thank you for being a part of my life during the short 3 years that I’ve gotten to know you.

My deepest condolences to her family. Know that she spoke to fondly of you all. Her eyes shined so bright every time she mentioned her new grand baby. May God give you all strength during this difficult time. You are all in my prayers.
Natasha Vargas

Natasha Vargas - June 03, 2024 at 12:01 PM

SK

“ 4 files added to the album Photos



Sarah Keller - June 03, 2024 at 09:21 AM

SK

“ You can't know Helene and not actually get to know her. She was a vocal, intelligent, non-judgmental, shining star living life the way she wanted. She lived in the present and never took for granted the life's lessons of her parents. Here's to being reunited, Helene. Jim and Belle: My heart pours out to you. To remind yourself of your value to her, just read through all of her texts. She was very proud to be in your life along with her other family members. Helene will be greatly missed and forever living within us all!

Sarah Keller - June 03, 2024 at 09:06 AM

KM

“ First, I would like to send my deepest condolences to Helene's family. I have to say that it was an honor to work with Helene, she was so sweet, so kind, so patient. I am deeply saddened by this. I hope God gives all her loved ones the strength to get through this devastating moment. In our meeting last week she mentioned her granddaughter, she seemed to love her so much. I was just getting to know Helene, and this is hard for me to understand, can't imagine what her family is going through. I wrap my arms around this family and send all my love to them.

~Katherine Miranda

*Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
To sweet eternity.*

*We all have different journeys,
Different paths along the way,
We all were meant to learn some things,
But never meant to stay...*

*Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.*

*And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the Lord.*

Katherine Miranda - June 03, 2024 at 08:35 AM

NL

“ Helene was an amazing woman and a stellar supervisor. In the three years I was privileged to be on her team, we had become friends and I loved her. My deepest condolences to her family, friends, and all who knew and loved her. She will be greatly missed.

Nikkia Lynch - June 02, 2024 at 08:31 PM

LK

To Helene's family and loved ones, my sincerest condolences and deepest sympathy. Helene was a wonderful supervisor and supportive friend. Her advice and moral support was invaluable to me during a recent recovery. We communicated frequently through texts and photos. Her deep love for her family, her delight with her new granddaughter and affection for her dogs always shown through in our communications. Praying for your comfort and peace.

Laura Koeninger - June 04, 2024 at 10:31 AM