



## Helen Lorraine Allsup

March 24, 1946 - July 8, 2020

Helen Lorraine Allsup, age 74, of Melrose, passed away on Wednesday, July 8, 2020, at the Monroe County Hospital in Albia.

Helen was born on March 24, 1946, to Frank and Eletha (DeBord) Rudolf, during a snowstorm at home near Greenfield, Iowa. Helen grew up and attended country school before attending Paterson Schools and lastly, St. Charles schools. On May 14, 1961, she was united in marriage to Robert Lee Allsup in Winterset, Iowa. To this union, 4 children were born, Crystal, Karla, Val and Robert Jr. Helen and Robert shared 43 years of marriage prior to his passing on May 14, 2004.

Helen was a stay at home mother while she raised her children. She later worked as a cook at the Young Restaurant in Winterset, IA, before owning and operating Allsup Café. Helen was very mechanically inclined and helped her husband at his mechanic shop in Melrose as well as working at Bridgeview Bait and Tackle.

Helen enjoyed being outdoors, camping, and going to rodeos. She was a talented seamstress who made her children's clothing. She was a wonderful cook, known for her delicious meatloaf, as well as the snacks that she had for her children each day when they arrived home from school including homemade chocolate pudding and wonder drops (no bake cookies). Helen

was extremely generous and selfless and would go without so that others would not have to. She loved others, greeting them with hugs and kisses, and never knew a stranger. Above all else, Helen's family was everything to her.

Helen is survived by her children, Crystal Sellers of What Cheer, Karla (Randy) Gehringer of St. Mary's, Val (Bev) Allsup of Cedar and Robert Allsup Jr. of Melrose; nine grandchildren, Ben (Randi) Wagner, Joshua (Jenny) Wagner, Andrew (Shey) Wagner, Lance (Amanda) Allsup, LaTosha (Anthony) Lines, Matthew Molesworth, Rebecca Brittain, Christina Hatfield, and Eric Molesworth; thirty-seven great-grandchildren and one on the way; three sisters, Doris (Larry) Tracey, Diane Pottorff, and Debbie (Ron) Hager; and one brother, Craig (Kim) Rudolf. Helen is also survived by many nieces, nephews, cousins, and good friends.

She is preceded in death by her husband, Robert Allsup; her parents, Frank and Eletha; a son-in-law, Jim Sellers; two brothers, Frank "Sonny" Rudolf and Bob Rudolf; and a sister, Judith, in infancy.

Visitation will be held from 2:00 p.m.-8:00 p.m. on Sunday, July 12, 2020, at the Tharp Funeral Home in Albia with Helen's family present from 5:00 p.m.-8:00 p.m. to greet family and friends.

Funeral services will be held at 10:30 a.m. on Monday, July 13, 2020, at the Tharp Funeral Home in Albia with Pastor John DeBoef officiating. Burial will follow services at Mt Calvary Cemetery in Melrose, Iowa.

An open memorial has been established to be determined at a later date.

# Cemetery Details

## Mt. Calvary Cemetery

Melrose, IA

# Previous Events

## Visitation

JUL 12. 2:00 PM - 8:00 PM (CT)

Tharp Funeral Home  
116 Benton Ave.  
Albia, IA 52531  
(641) 932-3129  
<https://www.tharpfh.com/>

## Funeral Service

JUL 13. 10:30 AM (CT)

Tharp Funeral Home  
116 Benton Ave.  
Albia, IA 52531  
(641) 932-3129  
<https://www.tharpfh.com/>

# Tribute Wall



“ *Helen Lorraine Allsup*

January 30, 2023 at 05:06 AM



“ *Helen Lorraine Allsup*

January 30, 2023 at 02:53 AM



“ *Sending love to Robert and the whole Allsup family. Many memories as a kid over at Roberts house and Helen was always there waiting to chat to see how life was and what we had been up to. Great woman.*

**Becky Huggins (Becky Kennedy)** - July 14, 2020 at 10:43 PM



“ *So sorry to hear of Helen's passing. As a kid I would be very excited to get to Lazy Daze for the weekend to hang out with my friend Robert. It wasn't uncommon for me to spend most of my weekend at their place playing video games, watching movies, and listening to music. Despite all those activities I would often find myself sitting at the kitchen table or hanging out on the patio talking to Helen at some point. I would tell her what I'd been up to at home and she would catch me up on what had been happening around Lazy Daze since my last visit. On occasion I'd arrive to find out that Robert was out of town visiting family or friends but still, more often than not, I'd hang out for a while to chat with Helen. I ALWAYS felt welcome in her home. I will remember with great appreciation her sense of humor and her genuine interest to talk to the neighborhood kids who came to visit.*

**Josh Kennedy** - July 13, 2020 at 02:58 PM

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“ We had some good and fun times with Bob and Helen and the kids years ago. Mostly snowmobiling. Bob and Helen and us took a pickup with a camper on and headed up north for a snowmobile race. Needless to say Bob and Chip were way behind. They had a good time trying. Down closer to home we all went out. Karla was on with me and I don't know what happen but we both fell off. We laid there and laughed and laughed. We had many good times. We miss Bob and Helen will be truly missed. They were best friends and we will ever remember the good times.

*Chip and Betty Lauer*

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**Chip and Betty Lauer** - July 10, 2020 at 03:39 PM