

# ELIZABETH "LIZ" (POREMBKA) HELFMAN



Elizabeth "Liz" (Porembka) Helfman, age 84, of Bethel Park, PA, formerly of Carmichaels, PA, passed away peacefully with the support of her devoted husband, after a courageous battle with pancreatic cancer on January 5, 2024. Born on March 2, 1939, she is the daughter of the late William and Eleanor Porembka. She is the beloved wife of David C. Helfman; loving mother of Paige (Jim) Wilhelm, Brooke (Mark) Shrift,

and Megan (Doug) Rohrkaste; grandmother to Hannah and Zach Shrift, Alexandra and Samantha White, John Rohrkaste, Mackenzie and Max Wilhelm. Liz is also survived by her niece, Lise (J.R.) Spriggle. She is preceded in death by her brothers, William and Thomas Porembka.

Liz attended Cumberland Township High School, graduating in 1957. She received her nursing degree in 1960 from Washington Hospital School of Nursing and worked as a registered nurse at St. Clair Hospital until her retirement in 2003. Throughout her life, she enjoyed sewing, decorating, gardening, and reading, but her greatest joy in life was her grandchildren. Liz was happiest when she was spending time with her seven grandchildren or sharing stories of their latest accomplishments and adventures.

At a future date, the family will celebrate our beloved grandmother, mother, and wife at a private ceremony. In lieu of flowers, memorial contributions can be made to St. Jude Children's Research Hospital or the charity of your choice. Arrangements are entrusted to **PITTSBURGH CREMATION AND FUNERAL CARE.**



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