



Helen M. Gregos

August 10, 1934

Helen Mary Cavadel Gregos, a loving Mother, Grandmother, and Friend, died peacefully in her sleep at the age of 80. Born August 10, 1934 in Canonsburg, Pennsylvania to Harry Cavadel of Mitilini, Greece, and Maria Eleamos of Canonsburg. She moved to the shore in 1957 where she married the love of her life, Angelo Michael Gregos, who passed away in 2010.

A devoted daughter and mother, she was struck by tragedy as a young girl losing her mother to an automobile accident. As the oldest child, she was charged with raising her four siblings and taking care of her father and the household. She persevered, not missing a single day of school over 13 years while she cared for her family and served as the binding force in the wake of their great tragedy. As she grew older she was crowned Miss Athena and was honored to ride on the Parthenon Float in the Independence Day Parade. She always longed for her life in Canonsburg; it was her dream to one day go back. She lived from the land, she made her own cheese and bread, and the milk they drank came straight from the cow. Her memories of this life were so vivid and were a recurring theme in her conversations. She enjoyed her years in Canonsburg, she longed for the purity of that town as she remembered it; the love, the food, the people, were all things she would always hold dear to her heart.

She met Angelo in Pittsburg, the place he settled when he immigrated from

Chios. They fell in love, eventually moving to Deal, NJ. They were married at St. George of Asbury Park in 1957. Life in Deal was a stark contrast to the farm life she lived in Canonsburg; but love prevailed and very quickly her and Angelo started a family and gave birth to two beautiful children, Maria Eleni and Michele Eleni. The most loving mother, even through the hardest times her love for her family and her children was unwavering. Faced with the greatest obstacles, she always made sure the children were eating a great home cooked meal, or having the privilege of going down to the arcades in Asbury Park.

She is predeceased by her parents Harry and Maria Cavadel, her ex-husband Angelo Gregos, her sisters Cookie Gerogiannis, Kay Cavadel, and Janet Valis. She is survived by her brother George Cavadel of Canonsburg, her children Maria Gregos Tsivicos and her husband Savas, Michele Eleni Gregos Ibrahim and her husband Taha, her six grandchildren Haralambos, Ellpetha Eleni, Evangelos Tsivicos, and Helayna, Amira, and Michael Ibrahim. She is also survived by her Aunt Koulla of New Mexico and two nieces Tina and Maria and her nephew Jimmy, as well as her closest friend her "sister" Bernice of Canonsburg.

She loved to laugh, she loved her family, she loved her grandchildren, she loved independence, she loved a good cheeseburger and a great conversation. She loved life.

Visitation will be held at the Bongarzone Funeral Home, at 2400 Shafto Road, Tinton Falls on Friday March 6 from 7:00 to 9:00 PM. The funeral service will be held at 11:00 am on Saturday March 7 at the St. George Greek Orthodox Church, at 1033 West Park Avenue in Ocean Township, NJ . Her burial will follow at the St. George Greek Orthodox Cemetery, on Bangs Avenue in Neptune.

In lieu of flowers, please send memorial donations in memory of Helen Gregos to the fund "The Valve Center" at Morristown Medical Center Mitral Clip Procedure, 475 South Street, First Floor, Morristown, NJ 07960. Donations may also be made online at www.f4mmc.org.

Cemetery Details

St. George Greek Orthodox Cemetery

2380- 2386 West Bangs Avenue
Neptune, NJ

Previous Events

Visitation

MAR 6. 7:00 PM - 9:00 PM (ET)

Bongarzone Funeral Home
2400 Shafto Road
Tinton Falls, NJ 07712
(732) 918-6200

Funeral Service

MAR 7. 11:00 AM (ET)

St George Greek Orthodox Church
1033 West Park Avenue
Ocean, NJ 07712

Tribute Wall

BH

“ *Bongarzone Funeral Home lit a candle in memory of Helen M. Gregos*



Bongarzone Funeral Home - March 10, 2015 at 10:57 AM

CG

“ *Cleo Giamos lit a candle in memory of Helen M. Gregos*



Cleo Giamos - March 05, 2015 at 08:41 PM

JD

“ *Joyce Delopoulos lit a candle in memory of Helen M. Gregos*



Joyce Delopoulos - March 05, 2015 at 04:39 PM