



Helen "Fran" Proczak

January 22, 1945 - December 30, 2025

Helen "Fran" Proczak, age 80, of Storm Lake, Iowa died December 30, 2025 at her residence in Storm Lake.

Funeral Mass will take place Wednesday, January 7, 2026 at 10:30 a.m. at St. Mary's Catholic Church in Storm Lake. Burial will be in the St. Mary's Catholic Cemetery. Visitation will be held Tuesday, January 6, 2026 from 5-7:00 p.m. with Time of Sharing at 6:30 p.m. at Fratzke & Jensen Funeral Home in Storm Lake. In lieu of flowers, memorials may be directed to the Ovarian Cancer Society or the SOS Thrift Store in Storm Lake. The Fratzke & Jensen Funeral Home in Storm Lake is in charge of the arrangements.

Fran was born January 22, 1945 to Raymond and Helen (Thompson) Struck at Truesdale, Iowa.

She was baptized at St. Mary's Catholic Church where she remained a faithful member her entire life. She attended school at St. Mary's Catholic School.

On September 1, 1962, Helen was united in marriage to Bernard Proczak at St. Mary's Catholic Church in Storm Lake. To this union, four children were born: Leah, Gina, Teresa, and Amy.

Fran devoted her younger years to raising her family. After her children were

grown, she traveled with Bernie for work. She enjoyed volunteering at the S.O.S. store in Storm Lake. In Fran's free time, she enjoyed reading, watching Hallmark movies and listening to country music. Fran and Bernie were avid travelers and especially enjoyed traveling anywhere with water. She loved boating and going on annual trips to Hawaii. She also enjoyed trips to Estes Park in Colorado to see the mountains and nature. In the fall season, you could find Fran and Bernie going for Corvette rides to soak in all the fall colors. She looked forward to watching basketball games and you could find her cheering on the Buena Vista Beavers, the Creighton Bluejays and the Iowa Hawkeyes. Fran will be deeply missed by all who knew and loved her.

Left to cherish Fran's life include her children: Leah (Richard) Johnson of Storm Lake, Iowa; Gina (Ty) Taylor of Ankeny, Iowa; Amy (Jim) Balm of Boone, Iowa; son-in-law: Wayne Lamoureux of Boone, Iowa; siblings: Alice Sanchez; Karen (Denny) Fay; Marilyn Steinkamp; Giles (Jan) Struck; John (Marsha) Struck; Mark (Deanna) Struck; Ronnie (Denise) Struck; grandchildren: Jenifer, Kelly and Kristen; Amanda, Nacole, and Jason; Hanna, Jamie, and Jenna; grandson-in-law: Brad Butler; 28 great-grandchildren; 1 great-great grandchild; sister-in-law: Darla Struck; brother-in-law: Joseph Proczak; extended family and friends.

She was preceded in death by her parents, Raymond and Helen Struck; husband: Bernard Proczak; daughter Teresa Lamoureux; sister: Jeanine (Troy) Valentine; brother: Paul Struck; and granddaughter: Haylie Butler.

Previous Events

Visitation

JAN 6. 5:00 PM - 7:00 PM (CT)

Fratzke & Jensen Funeral Home - Storm Lake
1615 W Milwaukee Ave,
Storm Lake, IA 50588
(712) 732-1911
jensenfuneralhomes@gmail.com
<https://www.fratzkejensen.com>

Time of Sharing

JAN 6. 6:30 PM (CT)

Fratzke & Jensen Funeral Home - Storm Lake
1615 W Milwaukee Ave,
Storm Lake, IA 50588
(712) 732-1911
jensenfuneralhomes@gmail.com
<https://www.fratzkejensen.com>

Funeral Mass

JAN 7. 10:30 AM (CT)

St. Mary's Catholic Church -- Storm Lake
320 Seneca St
Storm Lake, IA 50588

--

Tribute Wall



“ *Fratzke & Jensen Funeral Home created a Tribute Video in memory of Helen "Fran" Proczak*



Fratzke & Jensen Funeral Home - January 06 at 01:04 PM

JS

Beautiful life!! Thank you for sharing your special moments with your Mom.

Janet Strouse - January 06 at 04:07 PM

RO

Beautiful tribute!

Rhonda OBannon - January 07 at 08:12 AM

LK

“ *So many memories on North Mae street! Fran and Bernie were the best! Our parents played cards and we ran the blocks playing. So very sorry for such a huge loss 😞 Hugs to all you guys!
Love, Laura Krieger*

Laura Krieger - January 06 at 04:47 PM

FH

“ 2 files added to the tribute wall



Fratzke & Jensen Funeral Home - January 06 at 01:46 PM

KM

“ Kurtis Moore purchased the Full Of Love Bouquet for the family of Helen "Fran" Proczak.



Kurtis Moore - January 06 at 01:07 PM



“ Arrive in Style was purchased for the family of Helen "Fran" Proczak.



January 05 at 10:51 PM

RP

“ Ron, Katie, Ryan and Caleb Peterson purchased the Florist Choice Bouquet for the family of Helen "Fran" Proczak.



Ron, Katie, Ryan and Caleb Peterson - January 05 at 10:17 PM

BH

“ Sending many prayers, much love and
((Hugs))

Barry & Shelly Hammen



Barry and Shelly Hammen - January 05 at 02:43 PM

YF

“ Your work family purchased the Medium Dish Garden for the family of Helen "Fran" Proczak.



Your work family - January 03 at 10:02 PM

YF

“ Your work family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen "Fran" Proczak.

Your work family - January 03 at 10:02 PM



“ Country Basket Blooms was purchased for the family of Helen "Fran" Proczak.






January 03 at 05:09 PM

SF

“ Stough family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen "Fran" Proczak.

Stough family - January 03 at 05:09 PM

PL

“ Fran & Bernie were friends from years ago playing cards and having fun times . I still am in disbelief that she's gone to be with Bernie & her family . Sending Many Prayers , Much  & Angel Hugs . Fly High PreciousFriend .  



patti & Dave Lange - January 02 at 11:45 PM

SN

“ Sheila and I send our condolences to Fran and Bernie's families. Their marriage was an example for many couples. Fran was a classmate of mine and always such a gracious host at their home to all of the classmates at our class reunions. "Fran & Bernie" was almost one word to most of the classmates because of their love for each other. They are greatly missed, rest in peace..

Steve Neuroth, St. Mary's Class of '63

Steve & Sheila Neuroth - January 02 at 01:19 PM

SC

“ Sara Carlson lit a candle in memory of Helen "Fran" Proczak



Sara Carlson - January 02 at 09:14 AM

NG

“ I'm so sorry Leah and Amy. Your mom was a wonderful lady. I remember fondly all our Christmas Eves at your house. Now you're together again with Bernie and Theresa. RIP Frannie 🙏

Nicholas Graff - January 01 at 06:42 PM

SK

“ I am so sorry for your loss. I did not know Fran however knew some of her children
Such a wonderful family.

Sharon Kanzler - January 01 at 03:55 PM

RS

“ So sorry for the loss of your mom girls she was such a nice person to wait on in Fareway when she got her groceries. she always made sure if I didn't check her out she would stop to give me a hug and tell me she loved me .i am going to miss the hugs from her when I see her daughters in the store and she won't be there to get one from .

Robin stephan - January 01 at 10:34 AM

NM

“ Nancy (Neuroth) Miller lit a candle in memory of Helen "Fran" Proczak



Nancy (Neuroth) Miller - January 01 at 12:01 AM

RS

“ I had so many fun memories with Fran when I worked in the lunchroom at school with her and also when she would come into Fareway to grocery shop. she was a very special friend of mine and I will miss are visits when she shopped at Fareway .i will miss her .

Robin stephan - December 31, 2025 at 07:44 PM