



## Carrol Mae (Grindel) Helming

November 19, 1939 - June 17, 2024

Carrol Mae (Grindel) Helming, 84, of Indianapolis, passed away June 17, 2024. She was born November 19, 1939 in Pekin, Illinois to the late Fred and Lorene “Mae” DeBolder Grindel. Carrol was a graduate of Howe High School, Class of 1957. She married Donald Raymond Helming November 15, 1964 and they would have celebrated their 60th wedding anniversary in November. Carrol was the Executive Director of the American Diabetes Association for 23 years. Visitation will be Friday, June 21, 2024 from 10:00 a.m. until the time of Mass at 12:00 p.m. at Holy Spirit Catholic Church, 7243 E. 10th Street, Indianapolis, 46219.

Carrol is survived by her loving husband, Donald Raymond Helming; daughter, Cindy Bechman (Ron); son Steve Helming (Teresa); sister, Nancy Tritch (Skip); grandchildren, Kevin Bechman, Bryan Bechman (Lauren), Emma Gerhardt (Richard), Mandy Bechman (William Batista), Chad Roehling (Elizabeth) and Adam Hayden (Whitney); great-grandchildren, Bradley Bechman, Isaac Hayden, Ryne Roehling, Noah Hayden, Reece Roehling and Gideon Hayden. She was preceded in death by her parents; and grandson, Steve Bechman.

Memorial contributions may be made to the American Diabetes Association, P.O. Box 7023, Merrifield, VA 22116-7023 and/or the National Scleroderma Foundation, 300 Rosewood Dr., #105, Danvers, MA 01923. Arrangements are entrusted to Shirley Brothers Washington Memorial Chapel.



# Cemetery Details

## Washington Park East

10612 E. Washington St.  
Indianapolis, IN 46229

# Previous Events

## Mass of Christian Burial

JUN 21. 1:21 AM (ET)

Holy Spirit Catholic Church  
7243 East 10th Street  
Indianapolis, IN 46219

## Visitation

JUN 21. 10:00 AM - 12:00 PM (ET)

Holy Spirit Catholic Church  
7243 East 10th Street  
Indianapolis, IN 46219

# Tribute Wall

CB

“ My prayers for Carrol’s family. Carrol was a great mentor during my time with the Diabetes Association many years ago. She is an inspiration. May God be with you all.

Chad Bird - June 25, 2024 at 08:06 AM



“ Peaceful White Lilies Basket was purchased for the family of Carrol Mae (Grindel) Helming.



June 20, 2024 at 02:02 PM



“ Arrive in Style was purchased for the family of Carrol Mae (Grindel) Helming.



June 20, 2024 at 12:24 PM

SB

“ Scott, Diane, Danielle, & Colleen Bolton purchased the Full Of Love Bouquet for the family of Carrol Mae (Grindel) Helming.



Scott, Diane, Danielle, & Colleen Bolton - June 19, 2024 at 08:51 PM

BT

“ Bob Tucker purchased the Full Of Love Bouquet for the family of Carrol Mae (Grindel) Helming.



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**Bob Tucker** - June 19, 2024 at 06:06 PM

BT

“ Bob Tucker planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Carrol Mae (Grindel) Helming.

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**Bob Tucker** - June 19, 2024 at 06:06 PM

CH

“ Central Indiana Hardware purchased the Beautiful I Heart Bouquet for the family of Carrol Mae (Grindel) Helming.



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**Central Indiana Hardware** - June 19, 2024 at 03:16 PM

CH

“ Central Indiana Hardware planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Carrol Mae (Grindel) Helming.

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**Central Indiana Hardware** - June 19, 2024 at 03:16 PM