



Helen Lee Truluck

June 21, 1924 - January 9, 2023

Helen Truluck passed away on January 9th, 2023, at the age of 98. She was born in Rutherford College NC, the second child of Ensa and Golden Bright, the sister of Flora, James, Winston, and Elizabeth. Helen graduated Valedictorian of her high school class and editor of the yearbook, "The Yackety Yak." She then attended the University of North Carolina, Greensboro, where she excelled in science and math, studying for a career as a Dietitian. After college graduation, she attended graduate studies at Harvard University where her first husband John Haynes was attending medical school. Born to them were two sons, John Reginald Haynes and Geoffrey Haynes. Her husband passed away not long after completing his medical studies.

Helen later married James Ernest Ribet MD with whom she had twin children, Janice Ribet (Passed April 20, 2018) and James Ribet (Passed January 11, 2019). She was again widowed in 1982. In 1992 she was married to Moultrie Truluck D.D.S. They spent many happy years in retirement, pursuing hobbies, fishing, entertaining friends and family, and traveling the world. When not traveling they resided in Fort Myers, FL, and Asheville, NC. In the late 1990s, they entered the Deerfield retirement community in Asheville, NC, where they were active members of the community and formed many friendships. Helen was widowed for a third time when Doctor Truluck passed away in 2010. She continued to reside at Deerfield always particularly enjoying Christmas when

her far-flung family would gather with her.

Helen's life was devoted to her family and community. She was loving and attentive to her parents, her immediate family, and her extended family. She was noted for her gourmet cooking at large holiday dinners, that she hosted. Professionally, Helen worked as a dietitian, formulating special diets in accordance with her patient's needs. She also performed volunteer work in the communities where she lived, served as PTA president when her children attended elementary school and continued her support and advocacy for her children throughout their years of secondary and higher education.

Helen was always gracious and kind, a completely lovely person, and she will be greatly missed. She is survived by her two oldest sons Reggie and Jeff Haynes; her grandchildren Ivan and Daphne Wilson, Ian, Trevor, and Jenny Haynes; and her great-grandchildren, Grace, Madeline, and Jane Wilson; nieces, nephews, extended family, and friends. Her Celebration of Life will be held at Saint Giles Episcopal Saturday, January 21st at 2 pm. In Lieu of flowers donations can be made to ABCCM in honor of Helen Truluck.

Previous Events

Celebration of Life

JAN **21**. 2:00 PM (ET)

Saint Giles Episcopal Church
1617 Hendersonville Rd
Asheville, NC 28803
<https://deerfieldwnc.org/st-giles-ministry/>

Tribute Wall



“ *Helen Lee Truluck*

October 07, 2023 at 11:15 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Helen Lee Truluck.*



January 21, 2023 at 11:58 AM