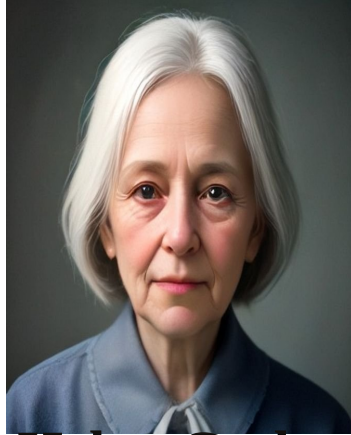




Astrid Helga Gudmundson

November 4, 1948 - August 27, 2026

Anchorage, Alaska

Astrid Helga Gudmundson died in Anchorage on August 27, 2026. She was 77. Born in Anchorage on November 4, 1948, with Icelandic-American roots that shaped the table more than the flag. She learned early that a day is something you finish, not something you wait for.

She worked nights when the halls were longest, plating trays that had to be hot and kind at once. She learned every allergy card by heart. Colleagues still mention a hairnet washed every night.

She married Bjorn in 1974. They kept a house that stayed modest when the neighborhood did not. They raised a daughter through public schools and ordinary weather. After Bjorn died in 2019, she kept the routines that still made sense: the walk, the garden, the Sunday call.

Neighbors remember quiet help with a stuck mailbox or a heavy trash can. She liked early mornings before the heat or the noise. She died in Anchorage, among streets she never needed to explain. The radio is still tuned to the station that played while work got done.

Services

A memorial gathering in Anchorage with coffee afterward. In lieu of flowers, a gift to a local workers' fund, clinic, or neighborhood library is welcome.

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