



Erik Forrest Elmgren

August 24, 1959 - November 27, 2025

In Loving Memory of

Erik Forrest Elmgren

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Erik Forrest Elmgren, 66, of West Hartford, Connecticut, passed away unexpectedly in his sleep on November 27, 2025. He was born on August 24, 1959, and spent his childhood in Canton, where he developed the deep appreciation for nature that stayed with him throughout his life. He loved to hike, explore the outdoors, and find peace in the quiet beauty of the natural world.

Erik lived a life marked by honesty, humor, and unwavering devotion to the people he loved. He was known for his straightforward nature—he never sugar-coated a thing and always spoke his mind. His sharp humor, outgoing personality, and love of making others laugh made him unforgettable to everyone who knew him. Behind his humor was a deep loyalty and a heart that cared fiercely, especially for his family.

He had a natural musical gift and could play the piano beautifully. Some of his most cherished moments were spent playing in the Sunday School at the First Church of Christ, Scientist in Hartford, Connecticut, where his family loved

listening to him fill the room with gentle, uplifting melodies. He also loved playing for his family at home during the holidays—those moments of music and togetherness became treasured memories for all of us.

Erik also loved to cook and had a talent for creating meals that brought people together. He never used recipes—he cooked entirely from the heart. He loved experimenting in the kitchen, trying new flavors, and exploring foods from different cultures. Cooking was one of the ways he showed care, through meals, traditions, and the comfort that comes from gathering around a table together.

Erik and his wife, Judy Elmgren (Hines), shared 43 years together, standing by one another through every season of life and creating a family they deeply loved. He was a devoted father, proud of his children, and especially cherished being “Papa” to his grandchildren. Watching his family grow was one of the greatest joys of his life.

A hardworking financial analyst, Erik dedicated many years to his career and was most recently employed at Opus in East Granby. He approached everything he did with commitment and integrity, and he was looking forward to retirement with plans to travel and spend more time with his family.

Some of Erik’s most meaningful memories were made at Lake Pocotopaug in East Hampton, where he spent his summers and later shared the beauty and traditions of lake life with his children. Those days—sunlight on the water, long afternoons with family, simple joys, and the feeling of home—remained among his most treasured experiences throughout his life.

Erik is survived by his wife, Judy; his daughter Erika Nepal and her husband Devin Nepal, and their children Avery and Charlotte; and his son Shayne Elmgren and his wife Heather, and their children Taylor and Cole. He is also

survived by his siblings and extended family who loved him deeply.

He was predeceased by his parents, George Elmgren and Caroline Elmgren (John).

Erik will be remembered for his honesty, his humor, his musical talent, his love of cooking and adventure with food, his appreciation for nature, and his unwavering devotion to his family. His presence will be deeply missed, and his memory will forever remain a source of strength, laughter

Tribute Wall



“ To Erik's family, I had the pleasure of working side by side with Erik throughout his tenure at Opus. We had our share of laughs, disagreements, and countless conversations of solving the world's problems. Erik mentored me on cooking tips, and when I need to buy a new dishwasher, I will definitely take his recommendation and buy the Bosch that he did. He was so happy with that purchase! And in all our years of conversing, one thing that always rang clear with me is that Erik loved his family beyond measure and was very proud of each and every one of you. You are all in my thoughts and prayers at this difficult time. He will be missed and never forgotten by us at Opus. Pam Zablocki, A/P Supervisor, Opus Inspection

Pam Zablocki - December 17, 2025 at 05:56 PM