



Heather O. Prochaska

March 22, 1966 - October 1, 2019

Heather O. Prochaska, 53, of Ft. Collins, CO passed away October 1, 2019 at Pathways Hospice, McKee Medical Center in Loveland. Heather was born March 22, 1966 in Axtell, KS to William Oppy and Barbara (Weber) Oppy.

The youngest of three, Heather spent much of her childhood in Lakewood, CO. She graduated from Green Mountain High School in 1984. Heather went on to Colorado State University where she completed a B.S. in Occupational Therapy. Heather relocated to Montana and California for her professional internships upon completion of her coursework at CSU. She made life-long friends during this time and enjoyed participating in and supporting her clients' wheelchair basketball teams. Heather then moved back to Fort Collins in early 1990, working for Poudre Valley Hospital Occupational Health Services as an OTR for 10+ years. Her career path next took her to a position with Larimer County in several roles including Ergonomics Management and the countywide Worker's Compensation case manager where she helped create safer work environments for employees across 18 years of service. Heather was dedicated to her profession and was well-respected by both her colleagues and clients.

On May 1, 1999 Heather married Mark Prochaska, a Fort Collins firefighter. Together they dedicated their life to raising their twin daughters, Hannah and Kylie, and in service to the Fort Collins/Larimer County community.

Heather enjoyed hiking, cycling, being outdoors in the beauty of Colorado and a margarita on the beach in Mexico. She was an avid reader and cherished her pup, Tally. Heather was a loving and supportive mother to Hannah & Kylie, especially as they pursued their own passion for gymnastics and school.

Survivors include her husband, Mark Prochaska; twin daughters, Hannah and Kylie; her father William L. Oppy of Ft. Collins; two brothers, David (Catherine) Oppy of Monument, CO and Brian (Nancy) Oppy of Chico, CA; and four nieces & nephews.

Preceding Heather in death is her mother Barbara W. Oppy.

Heather fought a brave and true battle against stage 4 breast cancer since receiving the diagnosis March 2016. She will be sorely missed by her loving and devoted husband, beautiful daughters, extended family and numerous close friends. She is a Warrior Princess!!

A memorial service is scheduled for Wednesday, October 16, 2019, 11:00am at Timberline Church, South Auditorium, 2908 S. Timberline Rd., Fort Collins. A reception will follow at Northside Aztlan Community Center, 112 E. Willow St., Fort Collins.

Contributions can be made to:

Terry Farrell Firefighter fund (Northern Colorado chapter) <http://www.terryfundco.org/>

Hopelives (Fort Collins breast Cancer support) <https://www.hopelives.org/>

Previous Events

Memorial Service

OCT **16**. 11:00 AM (MT)

Timberline Church
2908 Timberline Rd.
Fort Collins, CO 80526

Tribute Wall



“ *Peaceful White Lilies Basket was purchased for the family of Heather O. Prochaska.*



October 15, 2019 at 05:26 PM



“ *Mark and family,*

Kathy and I hold you in our thoughts and prayers. We pray for healing and growth into the future for you and the girls.

Tom and Kathy DeMint

Tom DeMint - October 14, 2019 at 09:27 AM



“ *Dreams From the Heart Bouquet was purchased for the family of Heather O. Prochaska.*



October 13, 2019 at 10:29 PM



“ *Full Of Love Bouquet was purchased for the family of Heather O. Prochaska.*



October 13, 2019 at 09:07 PM



“ *Condolences to you and your entire family from the Rush family.*

Dan Rush - October 12, 2019 at 04:52 PM



“ *Loving Lilies and Roses Bouquet was purchased for the family of Heather O. Prochaska.*



October 11, 2019 at 11:46 AM



“ *My sincere condolences to Heathers family. I loved Heather as a co-worker. Our daughters went to Mountain Kids together. We shared many laughs and sassy moments over the past 18 yrs. Rest In Peace my friend.*

Laurie Stolen - October 11, 2019 at 07:18 AM

JL

“ *Deepest condolences and sorry for your loss. Was one of the nicest people around.* ”



John Lee - October 10, 2019 at 10:05 PM

AL

“ *Alyssa Lemos lit a candle in memory of Heather O. Prochaska* ”



Alyssa Lemos - October 10, 2019 at 07:02 PM

LP

“ *I am so very sorry for your loss. Heather was such a warm and caring person. I had the pleasure of working with her many times in her professional capacity at the County. She genuinely cared about people and making their work life better. She will be missed.* ”



Lisa Puckett - October 10, 2019 at 06:48 PM

JM

“ *Janet Miller lit a candle in memory of Heather O. Prochaska* ”



Janet Miller - October 10, 2019 at 05:09 PM

JM

“ John Manago lit a candle in memory of Heather O. Prochaska



John Manago - October 10, 2019 at 05:02 PM

MP

“ Michele Pelfresne lit a candle in memory of Heather O. Prochaska



Michele Pelfresne - October 10, 2019 at 04:18 PM

CJ

“ I have worked with Heather at Larimer County since 2002 and every time our paths crossed, she was nothing but a joy to be around. Thank you to her family for sharing such a special person with us. She will be missed.

Cherie Jurkofsky

Cherie Jurkofsky - October 10, 2019 at 04:10 PM

HY

“ Holly Younger lit a candle in memory of Heather O. Prochaska



Holly Younger - October 10, 2019 at 04:09 PM

DS

“ Dawn Stroh lit a candle in memory of Heather O. Prochaska



Dawn Stroh - October 10, 2019 at 04:02 PM

CW

“ Mark and family, Words cannot adequately express the feelings of sorrow at the loss of this brave young lady! I know she will be greatly missed!

Chris Wolf - October 10, 2019 at 10:01 AM

SC

“ Sarah Carter lit a candle in memory of Heather O. Prochaska



Sarah Carter - October 09, 2019 at 06:42 PM

PC

“ Pam, and all of CHC! purchased the Full Of Love Bouquet for the family of Heather O. Prochaska.



Pam, and all of CHC! - October 09, 2019 at 02:44 PM

HM

“ 1 file added to the album Memories Album



Heather MacMillan - October 07, 2019 at 12:51 PM

HM

Painting entitled, "First day in Heaven". I imagine Heather and her Mum this way!

Heather MacMillan - October 07, 2019 at 12:52 PM

MA

Love it!!

mark - October 07, 2019 at 07:48 PM

HM

“ 3 months after Heather's initial diagnosis, she told more people about it. She was fierce in her independence and not going to let the cancer win. She fought with everything she had, and made it over 3 years past when they said she would. Her heart was strong. I imagine Heather hugging her mum on the other side! Sending love and healing to the entire family, but especially Mark, Hannah and Kylie.



Heather MacMillan - October 07, 2019 at 12:50 PM



“ It is with a deep sadness that I read that Heather had left this earthly realm. I had the pleasure to work with and learn from Heather when we were at the Health Promotion Center of PVH. I was a wellness specialist and she was my Worksteps and Ergonomics mentor. She was a brilliant and gifted OT. My heartfelt love and support to Mark, the girls and all who loved Heather. She will be missed.
Kathleen Mineo

Kathleen A Mineo - October 07, 2019 at 11:53 AM



“ I love you Heather!!!! Missed but NEVER forgotten..MP

Mark - October 04, 2019 at 06:37 PM



“ Heavenly Grace Spray was purchased for the family of Heather O. Prochaska.



October 03, 2019 at 07:39 PM



“ Tricia Vogl lit a candle in memory of Heather O. Prochaska



Tricia Vogl - October 03, 2019 at 12:41 PM

VL

“ Vicki Lucero lit a candle in memory of Heather O. Prochaska



Vicki Lucero - October 03, 2019 at 12:33 PM

VL

I'm so sorry for the loss of Heather. She's been so brave fighting this. My prayers and thoughts are with Mark and the girls. Take care, Vicki

Vicki Lucero - October 03, 2019 at 12:37 PM

MO

My sincere and heartfelt condolences to the family of the deceased and may the Almighty God comfort her family in this time of grief. RIP Heather.

Michael Okello - October 03, 2019 at 01:03 PM

SC

Wishes for Heather's Family - That they will find comfort, in all their fond memories of Heather.

Sherry Cabrera - October 03, 2019 at 02:06 PM

PM

So shocked & saddened by the news of Heather's passing; wasn't it just yesterday that she was finalizing the girls' adoption? Deepest condolences to her loving family.

Patsi Maroney - October 04, 2019 at 09:00 PM

CT

My condolences to Heather's family. I'll never forget when Heather brought the girls in to Motor Vehicle to show them off and how happy she was.

Carolyn Thompson - October 8

CAROLYN THOMPSON - October 08, 2019 at 10:57 AM

RR

Sending lots of Love and Prayers to Mark and the Girls. I am so sorry for your loss. Remember Heather will ALWAYS live in your heart. She was a precious lady. May she Rest in Peace! Rhonda Ross

Rhonda Ross - October 09, 2019 at 05:12 PM

NV

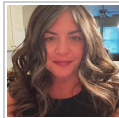
I'm so very sorry to hear this. Heather will be SO MISSED by all of us @ Larimer County (and beyond). She truly was a joy to work with, talk to. Damn this makes me sad - she fought so hard. My heart goes out to Mark and the Girls.

Nicole Vasquez - October 10, 2019 at 04:07 PM



It doesn't seem possible that Heather is no longer here on the planet with the rest of us as her spirit was so bright and full of life she truly made a mark on many of our lives. Heather will be greatly missed as will that big smile of hers! My thoughts and prayers to the Prochaska family!

Andréa Hoffman - October 10, 2019 at 05:28 PM



Heather had the warmest smile. She loved and shared stories of her family, was passionate about the work she did, and the community. She will be missed. Keeping all of her family and friends in my thoughts.

Christa Menning - October 11, 2019 at 11:08 AM