



Karen Laughnan Gillmore

SEP 28, 1941 - NOV 17, 2024



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Karen Laughnan Gillmore

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Karen Laughnan Gillmore passed away peacefully on November 17, 2024, in Lehi, Utah, less than a year after the loss of her beloved husband, Vern. A woman of grace, determination, and compassion, Karen's life was marked by service, creativity, and love.

Born on September 28, 1941, in Sauk City, Wisconsin to Donald Laughnan and Laura Nolden, Karen was the eldest of four, with brothers Steve, Mike, and Joel. From a young age, she resolved to build an independent life through a meaningful career and chose to pursue nursing administration.

Karen joined the US Army during the Vietnam War, enrolling in a nursing program that enabled her to earn a Bachelor of Science in Nursing. She served in the military for several years in Puerto Rico before continuing her education at UC San Francisco, where she earned a Master's degree in Nursing Administration in 1979.

Her career included roles as Head Nurse of the Outpatient Clinic at Saint Mary's Hospital and other prominent positions in nursing administration and consulting. She earned high praise from colleagues for her dedication and impact on patients and staff alike.

Karen met her soulmate, Vern Gillmore, through a classified ad and married him on May 15, 1993. They lived for six years in San Bruno, California, before building their dream home in Woodland Hills, Utah, where they spent two decades together. Their final years were in Vineyard, Utah.

Karen had a passion for sewing, collecting fabric, and hosting weekly stitching meetups and annual retreats with friends. She was also musically gifted, with a beautiful singing voice, skill at the piano, and a newfound love for the harp in retirement.

A devoted dog lover, Karen was always accompanied by a loyal canine companion. Her dog Abby is now in caring hands, continuing the love Karen so freely shared.



Obituary

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Karen had a gift for connecting with others. Her advice, humor, and calm presence left a lasting impression, and she is remembered for her wit, warmth, and her favorite saying: “When you don’t know where you are going, go as far as you can: then you will see farther.”

Karen’s life was a testament to perseverance, kindness, and joy. She will be deeply missed by family, friends, and all who knew her.

Funeral services will be held on Thursday, December 12, 2024, at 1:00 PM at the Utah Veterans Cemetery and Memorial Park in Bluffdale, Utah. Karen’s family encourages donations to the Alzheimer’s Association in lieu of flowers.



Events

Karen Laughnan Gillmore

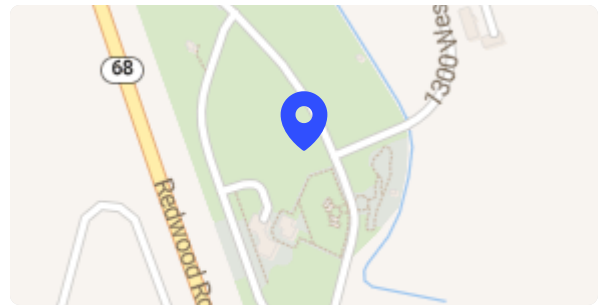
SEP 28, 1941 - NOV 17, 2024

Funeral Service

 **Thursday**, December 12, 2024

 1:00 PM MT

 **Utah Veteran Cemetery - Camp Williams**
17111 South 1700 West, Bluffdale UT





Tribute Wall

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Casey F posted:

I absolutely loved the short time I was able to take care of Karen, she was strong willed but also had a kind loving heart and her stories of her life were a complete honor to have shared with me.



November 26 at 10:52 PM



Brent Gray posted:

I had the honor and privilege of walking Abby for Karen for 3 years. During that time I walked Abby, I got to have daily conversations with Karen and got to know a very wonderful woman who became a lifelong friend.

November 25 at 1:40 PM



Memories only last if you share them

Join us in honoring Karen by contributing to a collection of shared memories.



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