




## Elena Valentinova Jeliaskova

May 5, 1987 - July 9, 2022

Elena Valentinova Jeliaskova, 35, passed away July 9, 2022. She was born May 5, 1987 in Sofia, Bulgaria. She and her family moved to the United States when Elena was 3 years old. Before the family settled in Sarasota, FL, Elena spent some of her childhood in Hong Kong studying at the British Beacon Hill School and taking ballet lessons at the Royal Ballet Dancing Company. Growing up in Sarasota, she learned to play piano and loved helping to care for her younger sister, Vesta, when she joined the family in 1996.

 In 2004, Elena graduated from Pine View School and continued her education at the University of Florida and New College of Florida. In 2011, She earned her Bachelors degree in General Studies with a specialization in Psychoneuroimmunology from the New College of Florida. She defended her thesis, *Redefining Mental Health: Is Depression a Symptom of Chronic Inflammation?*, which can be found at <https://elena-j.weebly.com> She recently earned her Health and Wellness Coaching and Holistic Nutrition Coaching certification from the American Fitness Professionals and Associates with the intention of providing her own coaching services. She offered gifted support in nutrition, mental health and chronic disease. Elena volunteered much of her time helping others. Notably, she was a highly ranked volunteer for [www.7cup.com](http://www.7cup.com), the on-demand emotional health service and online therapy provider. Her other volunteer work included after school tutoring for underprivileged children in the Sarasota/Bradenton area and helping meet the therapeutic and

educational needs of autistic children at Children's Haven.

Going to the beach, swimming in the gulf, painting and drawing with oil pastels, and yoga were things Elena loved to do. She had a bright aura and playful personality that quickly touched those around her.

Left to cherish her memory are her parents, Valentin Zhelyaskov and Mariana Sendova; sister, Vesta Zhelyaskova; aunts and uncles, Krasimira (Nikolai) and Hristo (Kristina); cousins, Hristo, Miglena, Stoyan, Kiril, Sabina and Antonia; grandmothers, Elena Rangelova and Vyara Sendova.

Elena is predeceased by her grandfathers, Rangel Rangelov and Stoyan Sendov.

Elena was very kind, giving, courageous, and strong in spite of battling many chronic illnesses for 18 years. Memories and condolences may be left for the family online at [www.MFHcares.com](http://www.MFHcares.com).

In lieu of gifts and flowers and in support of Elena's passion for holistic medicine particularly for children, please consider a small contribution in her memory to the Children's Health Defense, Florida Chapter at <https://fl.childrenshealthdefense.org/about-us/donate/>

# Tribute Wall

IK

“ *Ian Williams & Family, Hong Kong lit a candle in memory of Elena Valentinova Jeliazkova*



ian williams & family, hong kong - October 19, 2024 at 01:00 AM

IW

*Dear Mariana, Valentin and Vesta  
So saddened to learn of Elena's passing, I remember her fondly as little girl in Hong Kong, but glad she grew to make a valuable and positive difference in this world. Deepest sympathy for your irreplaceable loss, Ian W.*

ian williams - October 19, 2024 at 01:08 AM

NI

“ *Elena is a beautiful young woman, highly intelligent and very compassionate. We would have discussions on science and life where she shared her love of art, the beach and dolphins. My sympathies to the family and to all the people that knew her. While she may have found peace, her spirit and memory is still alive in this world through the people she has touched.*

Nick - September 05, 2023 at 10:29 PM

AC

“ Dear Mariana, Valentin and Vesta,  
I, too, am so very sorry. I know that Elena  
touched, and likely saved, a great many lives  
during her time here. She had many  
accomplishments and was a wonderful,  
caring young woman. Please don't hesitate to reach out if you need  
anything.  
-Amy Clore



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**Amy Clore** - July 21, 2022 at 11:23 AM

KY

“ 1 file added to the album Atlanta days



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**Kwok T Yue** - July 20, 2022 at 01:34 AM

SS

“ Suzanne Sherman lit a candle in memory of  
Elena Valentinova Jeliazkova



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**Suzanne Sherman** - July 19, 2022 at 05:46 PM

SS

“ Dear Mariana, Valentin and Vesta,

*I am so very sorry for your loss, and thinking of you often. I ran into Elena in the checkout line at Earth Origins prior to the pandemic. Although I did not recognize her, she recognized me, and she was so friendly, cheerful, and lovely. I cannot imagine your sadness, but I hope you will find some peace in time. Please don't hesitate to contact me if there is anything that I can do for you at this time of sorrow. Sending hugs of comfort, Suzanne Sherman*

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**Suzanne Sherman** - July 19, 2022 at 05:45 PM