



Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025



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Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025

Elissa Rellihan Ruppert July 8, 1976 – July 6, 2025

Elissa Rellihan Ruppert is survived by her husband, Kevin Ruppert, and their children, Lucas, Ella, and Julia Ruppert. She is also survived by her parents, Steven and Elaine Hodgson Rellihan; her sisters, Rebecca Rellihan Brush (Chris) and Eden Rellihan Jenkins (Clark); her brother, Andrew Michael Rellihan (Katherine); and her mother-in-law, Mary Jane Ruppert. Elissa leaves behind many beloved nieces and nephews, aunts, uncles, and cousins who cherished her deeply. She was preceded in death by her father-in-law, Joseph Ruppert.

Elissa will be profoundly missed by all who knew her. She was a devoted wife, mother, daughter, and sister—a loyal friend and a passionate, dedicated coach.

Elissa grew up in Catonsville, Maryland, and later moved to Rehoboth Beach with her husband Kevin, where they quickly became part of the community, establishing long lasting relationships with many great friends.

If you knew Elissa, you knew how deeply she loved—her family, her friends, and every moment of life. She had an unforgettable smile, a quick wit, and a laugh that was as contagious as her joy for living. Elissa embraced life with open arms. She rarely said no—instead, she found a way to say yes, to make things happen, and to bring people together. Whether it was a celebration or a quiet moment of support, she always showed up—ready to cheer you on or to simply hold your hand when you needed it most. Elissa was often the last to leave any event, never wanting to miss out on a special moment.

She will be deeply and forever missed.



Obituary

Elissa Rellihan Ruppert

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In lieu of flowers, donations may be made to the Cystic Fibrosis Foundation, <https://fundraise.cff.org/AnnapolisGS2025/ElissaRuppertMemorial?tab=Dashboard>, or the Johns Hopkins Kimmel Cancer Center, <https://secure.jhu.edu/form/Kimmel> (In the drop-down menu for “Please designate my gift to support,” select “Other” and enter “Dr. Azad’s Research.”).

A viewing will be held on Tuesday, July 15, 2025, from 2:00 PM to 4:00 PM at Parsell Funeral Homes and Crematorium, Atkins-Lodge Chapel, 16961 Kings Highway, Lewes, DE 19958. A second viewing will take place the same day from 6:00 PM to 8:00 PM.

Funeral service will be held on Wednesday, July 16, 2025, at 11:00 AM at Bethel United Methodist Church, 129 W. 4th Street, Lewes, DE 19958.

Interment will follow at 12:00 PM at Bethel Methodist Cemetery, 600 Savannah Road, Lewes, DE 19958.

Services at Bethel Church may also be viewed via Live Stream at <https://youtube.com/live/LXempyPCLwY?feature=share>

Please sign the virtual guestbook located on the tribute page.

FLORIST NOTE: PLEASE DELIVER ALL ARRANGEMENTS BY 9:00 AM ON TUESDAY, JULY 15, 2025, TO OUR LEWES LOCATION.



Events

Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025

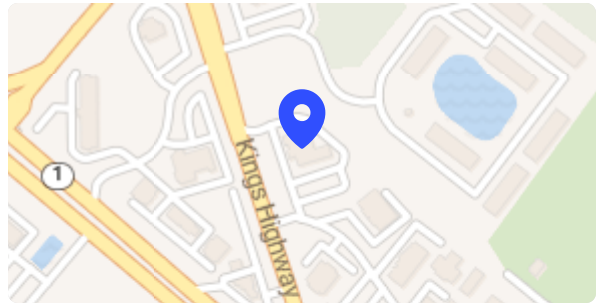
Viewing

Tuesday, July 15, 2025

2:00 PM - 4:00 PM ET

Parsell Funeral Homes & Crematorium-Atkins-Lodge Chapel

16961 Kings Highway, Lewes DE 19958



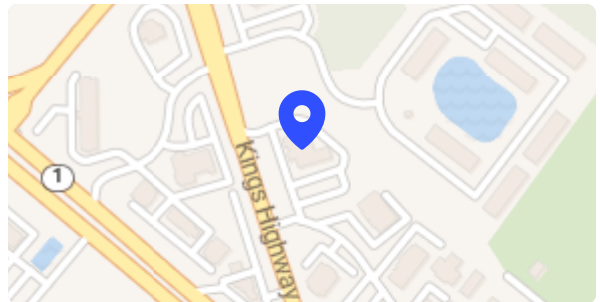
Second Viewing

Tuesday, July 15, 2025

6:00 PM - 8:00 PM ET

Parsell Funeral Homes & Crematorium-Atkins-Lodge Chapel

16961 Kings Highway, Lewes DE 19958



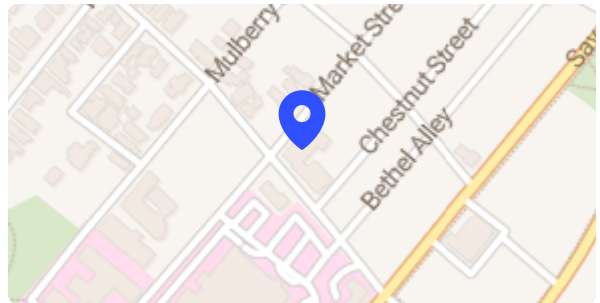
Funeral Service

Wednesday, July 16, 2025

11:00 AM - 12:00 PM ET

Bethel United Methodist Church

129 West 4th Street, Lewes DE



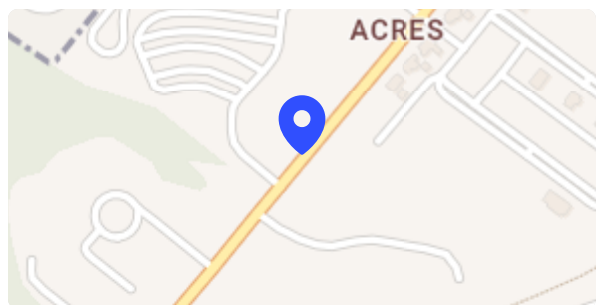
Interment

Wednesday, July 16, 2025

12:00 PM - 1:00 PM ET

Bethel Methodist Cemetery

Savannah Road, Lewes DE





Tribute Wall

Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025



Sandra C. planted a Memorial Tree in honor of Elissa.



July 16 at 8:50 AM



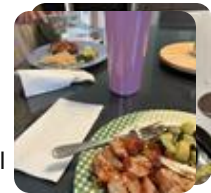
Anthony O'donoghue-Kennedy lit a candle in honor of Elissa.



July 16 at 5:13 AM



Joy Ferguson shared 2 photos to the **Tribute Wall** album.



I was going to attend your viewing tonight. I had my timing planned after work and the outfit I was going to wear. I shuffled a few clients so I would be sure I could go because I wanted to honor your life and pay my respects to your friends and family. I was rushing to get home and make it all happen but once I arrived home, my daughter was home which is a rarity. At 19 yrs old she is out and about and every where but home. She asked if I was making dinner because she didn't have to work or have any plans. I broke. Ella doesn't get to ask you that any more. Not Lucas, not Jules or Kevin-no one. ❤️ So I honored you tonight E by cooking dinner and sitting with two of my children for a rare dinner together. We talked about you, your family and the huge vacancy you have left behind. We are all forever changed by your untimely passing. My children grieved for your children tonight. I look back on all the times we trained together. The weight loss competitions neither of us ever won but still feverishly competed against each other in. You were always SO competitive -haha! So I'm not sorry I didn't go tonight. I feel I honored you in the best way I could have. I shared your memory with my kids even though they never met you. We prayed for Kevin and your children. I know if you had one more day, hour or minute left-you would have done exactly the same thing-share a meal with your family. The best way any of us can continue to honor you is to be good humans because that's what you were and will forever be in my heart and my mind-you were a great human E and I will forever miss you! 😞 (attached are photos from our dinner tonight)

July 9 at 3:14 PM



Lynne K. planted a Memorial Tree in honor of Elissa.



July 15 at 12:22 PM



Tribute Wall

Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025

AE

Alexa Eckley posted:

I met Elissa when I was visiting Smith College my Senior year of high school and she hosted me. We became close friends in college, lacrosse teammates, hall mates and did lots of fun silly things with all the other Emerson House Smithies. However, it was after college that she and I became lifelong friends. I was lucky enough to grow into adulthood with her, watch her and Kevin fall in love at Bippy's, marry and build a beautiful family and life together. Although I only got to see Elissa a few times a year, when we did or talked it was like nothing had changed, no time had passed. Elissa always made time for me even though her life was so busy and full and I loved visiting her and watching her as a mom, wife, accomplished professional, daughter, sister, aunt. Elissa always laughed, had fun, found the good in every challenge that came her way. Nothing stopped her from her goals. I will miss her so much and I am lucky to have had her in my life.

July 14 at 9:48 PM

MA

Manonmani A. planted a grove of 5 Memorial Trees in honor of Elissa.



July 14 at 7:09 PM

MA

Manonmani Antony posted:

In Loving Memory of Elissal feel as though I've known you forever, Elissa. I will never forget the life-changing pain relief we were able to bring together to patients suffering from pelvic, hip, knee, and ankle pain—especially those for whom surgery had failed—through the precise placement of DRG stimulators. Together, we marveled at the remarkable outcomes and shared in the joy of witnessing lives transformed. You will be deeply missed—not only by me and my team, but by the countless patients whose lives you touched with your compassion, expertise, and unwavering dedication. With heartfelt gratitude and sorrow, Dr. Antony

July 14 at 7:04 PM



Tribute Wall

Elissa Rellihan Ruppert

JUL 8, 1976 - JUL 6, 2025



Sara Miranda shared 8 photos to the **Tribute Wall** album.



Oh, there's so much to say I don't know where to begin. Elissa was my soul sister, my blood sister, my bff, my other half. We've known each other since kindergarten and were inseparable through school years. So many memories from our weekly sleepovers, giving each other perms, going to Pizza Hut with Dionne and her father when we made the honor roll, playing softball together, the happy Hooker special skirt edition, Mr. Steve like to remind us about, raising our kids up over the years together. Alyssa, you'll always be a special part of my life and you'll never be forgotten. I love you so much. I already miss you so much. I'll see you in heaven, Sara

July 9 at 3:14 PM



Anonymous sent a Country Basket Blooms to the Rellihan Ruppert family.



July 14 at 11:55 AM



Anonymous planted a Memorial Tree in honor of Elissa.



July 14 at 11:55 AM



Concor Networks sent an Ocean Breeze Spray to the Rellihan Ruppert family.



July 14 at 11:06 AM



Robert P. planted a Memorial Tree in honor of Elissa.



July 14 at 10:50 AM



Tribute Wall

Elissa Rellihan Ruppert

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Anonymous sent a Simply Elegant Spathiphyllum to the Rellihan Ruppert family.

July 13 at 9:03 PM



Jim & Lynda Wachter sent a Divine Peace Bouquet to the Rellihan Ruppert family.

July 13 at 5:51 PM



Anonymous planted a grove of 5 Memorial Trees in honor of Elissa.

July 13 at 5:15 PM



Anonymous sent a Your Light Shines to the Rellihan Ruppert family.

July 13 at 4:53 PM



Anonymous planted a Memorial Tree in honor of Elissa.

July 13 at 2:32 PM



Anonymous sent a Full Of Love Bouquet to the Rellihan Ruppert family.

July 13 at 2:32 PM





Tribute Wall

Elissa Rellihan Ruppert

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Steven Joyce shared 2 photos to the **Tribute Wall** album.

So sad to hear this news Liss 😞🙏❤️. You are one of a kind my sweet friend 🙏. You will definitely be missed and I am grateful you crossed my life path. May you rest in peace and prayers for your family 🙏. Steve Joyce



July 13 at 1:45 PM



Anonymous sent a Peaceful White Lilies Basket to the Rellihan Ruppert family.



July 12 at 7:59 AM



Danielle Fried posted:

Elissa made a remarkable impact on the Saluda community in such a short time. Her tenacity, positivity, and relentless drive to go above and beyond were an inspiration to all of us. She brought incredible energy and heart to everything she did and her presence made a difference in the lives of so many both professionally and personally. Above all, Elissa's love and devotion to her family always shone through. She was simply extraordinary and we are deeply impacted by this loss. We will miss her dearly.

July 11 at 9:50 PM



Danielle Fried posted:

Elissa made a remarkable impact on the Saluda community in such a short time. Her tenacity, positivity, and relentless drive to go above and beyond were an inspiration to all of us. She brought incredible energy and heart to everything she did and her presence made a difference in the lives of so many both professionally and personally. Above all, Elissa's love and devotion to her family always shone through. She was simply extraordinary and we are deeply impacted by this loss. We will miss her deeply.

July 11 at 9:49 PM



Tribute Wall

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Tammy Reymann posted:

Dear Steve, Elaine & Family -It was truly our pleasure having known Elissa. We will always lovingly remember her kind & caring ways with our children when she babysat for them, so very many years ago. She lit up a room with her smile and enthusiasm, and all were very happy to have her in our presence.Elissa was a treasured gift to all those who had the privilege to know her; our hearts break for your loss, and our hope is that sadness and grief will someday be replaced by peace.With our love and sincere sympathy -David & Tammy

July 11 at 4:17 PM



Anonymous sent a Full Of Love Bouquet to the Rellihan Ruppert family.



July 11 at 1:28 PM



Jennifer Duncan lit a candle in honor of Elissa.

My heart hurts hearing of the loss of such a beautiful soul. Thinking of her family and close friends.



July 11 at 10:52 AM



Anonymous planted a Memorial Tree in honor of Elissa.



July 11 at 10:22 AM



Anonymous sent a Gracious Lavender Basket to the Rellihan Ruppert family.



July 11 at 10:22 AM



Aunt Lynn & Bill Morris sent a Full Of Love Bouquet to the Rellihan Ruppert family.



July 11 at 7:46 AM



Tribute Wall

Elissa Rellihan Ruppert

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Helen D. planted a grove of 3 Memorial Trees in honor of Elissa.



July 11 at 5:40 AM



Julie Derrick shared 5 photos to the **Tribute Wall** album.

Harper became close friends with Jules in second grade. When I first met Elissa, I was blown away by her kindness and generosity. It was so refreshing, she became such a role model for me as a young mom. I looked up to her, admired her, and it changed the way I parented. She was always willing to take Harper to lacrosse practice, lacrosse tournaments, she'd have a hotel room full of girls at some of these tournaments. It was always the more the merrier with Elissa. She was just that kind of person that looked out for all the girls. She was inclusive to an extent that I don't think I'd ever experienced from another parent before, another friend..Elissa was so dedicated to her Lacrosse girls. I know she has imprinted upon them and will be remembered for the rest of their lives. She was their rock and their cheerleader. I'm sure she'll be watching them from heaven as they begin their high school careers!



July 9 at 3:14 PM



Dionne & Jasper Spencer sent a Peaceful White Lilies Basket to the Rellihan Ruppert family.



July 10 at 8:30 PM



Dionne & Jasper Spencer planted a Memorial Tree in honor of Elissa.



July 10 at 8:30 PM



Anonymous sent a Sweetest Sunrise Bouquet to the Rellihan Ruppert family.



July 10 at 3:39 PM



Tribute Wall

Elissa Rellihan Ruppert

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Anonymous planted a Memorial Tree in honor of Elissa.



July 10 at 9:54 AM



Anonymous sent a Blue Caribbean Bouquet to the Rellihan Ruppert family.



July 10 at 9:54 AM



Bernie Polinski posted:

Elissa was always our "go to" technical support for my husband's St Jude Spinal Pain Interrupter since 2017. We remember many times how comfortable she made us feel when adapting to the implant technology. We loved hearing her stories about her family during "adjustment" appointments. Elissa was always filled with love and pride of her children and her love of their sports. She will be missed by Kevin, her children, her friends, her community and her colleagues. She truly made a difference to so many. As we look across the canal, we'll feel her absence. God Bless her family. Joe & Bernie Polinski

July 10 at 6:28 AM



Wendy Brafman shared a photo to the **Tribute Wall** album.

This is how I will remember Elissa. Zoe and Mary Kate tiny little lacrosse players. Elissa was so kind and encouraging-always positive. She made those cold practices at Hudson Fields fun. Her smile says it all in this photo. She loved coaching and we loved her!The Brafman Family



July 9 at 9:30 PM



Liz Barnhart July 9 at 9:38 PM

She was the BEST coach to so many girls! -Liz Barnhart



Anonymous planted a Memorial Tree in honor of Elissa.



July 9 at 7:57 PM



Tribute Wall

Elissa Rellihan Ruppert

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Anonymous sent an Ocean Breeze Spray to the Rellihan Ruppert family.

July 9 at 7:57 PM



Love Your Eastern Shore Lacrosse Family sent an Arrive in Style to the Rellihan Ruppert family.

July 9 at 7:36 PM



Jim Wachter posted:

So sad to see someone so nice to leave so soon , may God take good care of such a beautiful Lady who gave life 100 % every day she was here. Sorry this happened and Pray her Family and friends have the strength to re-cover from the loss of a loved one.

July 9 at 4:24 PM



Sarah Parker lit a candle in honor of Elissa.

We love you, Elaine and family. Praying so hard for you all during this time.

July 9 at 3:57 PM



Sarah Parker sent a virtual gift in honor of Elissa.

Elaine and Family, Stephen and I are so deeply sorry for the loss of your daughter. Her spirit, soul, and love will live on in all of you. She will be with you every step of the way as your guardian angel. We are sending all the love, hugs, strength and healing to you and your family. May she rest in eternal peace. Love Always, Sarah and Stephen Parker

July 9 at 3:51 PM





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Bill Zolper posted:

Elissa was always there as a volunteer coach and friend for the kids. I recall being in Bel Air Md for LAX and my grandchild raced down to a food truck on a side street. Elissa immediately went down to her side to make sure she was safe. When I had a back problem Elissa took the time to give me a contact that was a big help. Elissa will always be remembered by the Zolper family and dearly missed.

July 9 at 3:14 PM



Joy Ferguson shared 2 photos to the **Tribute Wall** album.

July 15 at 7:42 PM





Sara Miranda shared 8 photos to the **Tribute Wall** album.

July 14 at 3:11 PM





Media

Elissa Rellihan Ruppert

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Media

Elissa Rellihan Ruppert

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Steven Joyce shared 2 photos to the **Tribute Wall** album.

July 13 at 1:45 PM





Julie Derrick shared 5 photos to the **Tribute Wall** album.

July 10 at 9:22 PM





Media

Elissa Rellihan Ruppert

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Wendy Brafman shared a photo to the **Tribute Wall** album.

July 9 at 9:30 PM



Liz Barnhart July 9 at 9:38 PM

She was the BEST coach to so many girls! -Liz Barnhart



Memories only last if you share them

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



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