



## Gloria Jean Helgeson

January 16, 1945 - November 26, 2020

Northwood - Gloria Jean Helgeson, 75, of Kensett passed away Thursday, November 26, 2020 at Mayo Clinic Hospital, Methodist Campus in Rochester, MN after a long battle with cancer.

A public viewing and visitation will be held from 4:00 p.m. to 7:00 p.m. Thursday, December 3, 2020 at Conner Colonial Chapel, 1008 1st Ave South, Northwood, Iowa. The family appreciates your patience and understanding as we practice social distancing and follow state guidelines on public events.

A private family service will be held, but a live stream of the service may be found at 2:00 p.m. Friday, December 4, 2020 on our Facebook page Hogan-Bremer-Moore Colonial Chapels.

The family plans to host a public Celebration of Life with all of Gloria's friends and family in the Summer of 2021. She will be laid to rest in Elk Creek Lutheran Cemetery, Kensett, IA.

In lieu of customary remembrances, the family asks that donations be directed to either the Worth County 4-H Extension, Elk Creek Lutheran Church, or the Worth County Relay for Life, all organizations and charities she loved dearly.

Gloria Jean Adams was born January 16, 1945 in Northwood, IA the daughter of Frank E. and Henrietta (Abrahams) Adams. Growing up in Northwood with her seven siblings, Gloria attended Northwood-Kensett Schools, graduating in 1963. She continued her education at the Mason City School of Practical Nursing, where she graduated in 1964. On January 25, 1969 Gloria married the love of her life, David "Jim" Helgeson at Elk Creek Lutheran Church, Kensett. The couple was blessed with two children, Michelle and Todd. Gloria was a true caretaker and had a passion for helping others. She began working for St. Joseph Mercy Hospital before moving to the offices of Dr. Houlahan and Dr. Baker. Later she worked at Mason City Clinic specializing in ENT, where she worked for 28 years until her retirement in 2006.

Gloria and Jim were longtime members of Elk Creek Lutheran Church where Gloria was very active, leading Vacation Bible School and serving as the Sunday School Superintendent for numerous years. Gloria was also the Green Shamrocks 4-H leader for 35 years, earning her way to the Iowa 4-H Hall of Fame in 2009 and was an alumni member of Worth County Extension since 2001. Most of all, Gloria loved her family dearly and enjoyed spending time together. Her greatest joy was becoming a grandmother, spending time at the lake house with family and friends, and attending her grandchildren's activities and sporting events.

Gloria never stopped moving. Whether it was planning the next variety show, spending time in the garden, working on church activities, Relay for Life, 4-H, or the many other volunteer positions she agreed to, she was constantly on the go. She filled her life with things she loved, constantly giving to others. She and Jim took many trips over the years experiencing many places and different cultures. Her hardworking, dedicated planning and loving nature will be missed by all.

Those left to cherish her memory are her husband of 51 years, Jim; her beloved children, Michelle (Troy) Conroy of Algonquin, IL and Todd (Kim) Helgeson of Kalamazoo, MI; grandchildren, Seth Conroy, Jadon Conroy, Tyler Helgeson and Kate Helgeson; siblings, Frances Guertin and Delores Marsh; sister-in-law, Judie Adams; a special niece, Melina Lagios; as well as numerous nieces, nephews, and extended family members.

Preceding her in death are her parents, Frank and Henrietta; siblings, Harriet Anderson, Frank Adams, Arlene Adams, Albert Adams and Marilyn Lagios; brothers and sisters-in-law, Andy Anderson, Gordon Marsh, Obie Guertin and George Lagios.

Conner Colonial Chapel. 1008 1st Avenue South, Northwood, IA 50459. (641) 324-1543.

# Cemetery

---

# Events

---

## Kensett Cemetery

Kensett, IA,

**DEC** **Visitation** 04:00PM - 07:00PM

**3**

---

Conner Colonial Chapel

1008 1st Avenue South, Northwood, IA, US, 50459

**DEC** **Live Stream of Services** 02:00PM

**4**

---

Facebook

IA, US

# Comments

---



“ My husband and I graduated from Northwood-Kensett High School with Gloria in 1963. Gloria was always such a sweet person who always had a smile and a kind word. After graduation, my husband joined the Air Force for the next 35 years so we did not live in Iowa but always tried to get home as often as possible and also attend our class reunions which were held every 5 years. At our 50th Reunion, Gloria and Jim even hosted a pre-reunion gathering at their farm the night before the reunion. Everyone had such a good time.

Since we retired In 2002, we have been able to visit Northwood more often and always looked forward to visiting with Jim and Gloria. Gloria was such an inspiration! To see how dedicated she was to her husband, her children and grandchildren, her church, her 4-H girls and how she was able to pull her large family (Adams) together for family reunions was amazing. Even more amazing was how she was able to keep a positive attitude as she valiantly fought her cancer each time it resurfaced.

I know that I speak for all of Gloria's high school classmates when I say how sad we are to know that she will not be at our next reunion in 2023.

Our condolences go out to Jim and all of Gloria's family and friends during this difficult time but I feel Gloria smiling down on you.

Joyce and Teddy Bassett



Teddy Bassett - December 06, 2020 at 02:43 PM

---



“ Jim, Michelle, Todd and family,  
So so sad to hear about Gloria. She sure fought hard. Always such a positive person holding her focus on family first (even in this last year). She will be surely missed. Keeping you all in our thoughts during this difficult time. Know that we are there with you all in spirit and send a big virtual hug! <3  
Love,  
Nicole, Jason, Sophie, Drew and Elena Hicks

Nicole Marie Hicks - December 04, 2020 at 12:00 PM

---



“ Jim, Todd, and Michelle,  
So sorry to hear of Gloria's passing. She always filled the room with such joy, laughter, and positive energy. Our short but sweet visits these past few years have been so fun and join the long list of endless wonderful family memories. She will be missed very much!

Sincerely,  
Greg, Melissa, Megan, Alex, and Aaron Lagios

Greg Lagios - December 04, 2020 at 11:47 AM

---



“ Jim, Todd, and Michelle,  
So sorry to hear this ever so sad news. Greg and I are truly blessed to call Gloria and Jim one of the best friends we have ever had. We have lost touch throughout the years but whenever we did run into them it was just like yesterday. We will never forget the positiveness and love she spread wherever she went. Jim, we will be in touch! Please know our thoughts and prayers are with you all! We have lots of memories I will never forget! Love you all!

Paula and Greg Monson  
Meg, Luke, and Emily

Paula Monson - December 02, 2020 at 05:31 PM

---



“ 297 files added to the album LifeTributes



Hogan Bremer Moore Colonial Chapels - December 02, 2020 at 02:17 PM

---



“ Full Of Love Bouquet was purchased for the family of Gloria Jean Helgeson.



December 02, 2020 at 12:43 PM

---



“ Remembering Gloria first as a classmate, her smiles and greetings, her seemingly endless energy and passion in so many ways - special ways to 'hold' her in memory! We are sorry for her health struggles and for your family's loss - believing in her restoration - God bless all who mourn her. Jan Dahlby

Jan Dahlby - December 02, 2020 at 10:25 AM

---



“ Jim,  
Thinking of you and your family and sending our condolences. I enjoyed working with Gloria at the Mason City Clinic for many years. Halloween parties and Christmas parties were always fun with Gloria around.

Denyce and Tim Trettin

Denyce Trettin - December 01, 2020 at 04:02 PM

---



“ Jim, Todd and Michelle,  
Gloria made this earth a better place for the rest of us. She made everyone feel important. Was always there to help others whenever needed. She will be there for you when you least expect it. Our thoughts and prayers are with you. We were blessed to know Gloria!

Stephanie L Hengesteg - December 01, 2020 at 02:57 PM

---



“ There are few people on this earth as gracious, joyful, proficient, and friendly as Gloria. She will be missed. I enjoyed working with her at Worth County Extension beyond measure. My sympathies to her family, Tina Kuennen



**Tina Kuennen** - December 01, 2020 at 02:52 PM

---



“ Ron, Steph, Zach and Cade purchased the Treasured Memory - 8" x 7" Frame (Holds 4x6 Photo) for the family of Gloria Jean Helgeson.



**Ron, Steph, Zach and Cade** - December 01, 2020 at 02:51 PM

---



“ To Gloria's family and friends, Gloria was a true friend and kind soul. I worked with her in my early career that started at the ENT office way back in the 70's. She remained a friend each time our paths crossed over the years. I pray that the blessing of her life in your's will comfort you in the days ahead without her.

**Cynthia Fink** - December 01, 2020 at 08:57 AM

---



“ From: Jon, Sarah, Viola and Alexander Dokken purchased the Peaceful White Lilies Basket for the family of Gloria Jean Helgeson.



**From: Jon, Sarah, Viola and Alexander Dokken** - December 01, 2020 at 07:46 AM



“ 1 file added to the album Memories Album



Diana Schaub - November 30, 2020 at 06:23 PM

---



“ 10 files added to the tribute wall



Connie Jennings - November 30, 2020 at 02:37 AM

---



“ Enchanted Cottage was purchased for the family of Gloria Jean Helgeson.



November 29, 2020 at 07:02 PM

---



“ Days of Sunshine Bouquet was purchased for the family of Gloria Jean Helgeson.



November 29, 2020 at 04:12 PM

---



“ My heart goes out to you Jim and your family, I remember meeting Gloria many years ago at mercy hospital were we both worked. Her smile and kindness was a daily thing. As I know you will, remember all the blessings she gave you and time will heal the heart. She's with God and family and the pain it gone.

**karen schaub** - November 29, 2020 at 01:36 PM

---



“ Sympathy to all the family. She was truly loved.

**Jim and Sandy Jenninhs** - November 30, 2020 at 12:25 AM

---



“ Joan Schaub Velzy, Diana and Kathy purchased the Serene Reflections Bouquet for the family of Gloria Jean Helgeson.



**Joan Schaub Velzy, Diana and Kathy** - November 29, 2020 at 10:30 AM

---



“ Gloria was a wonderful lady and neighbor. I had the good fortune of living close to her all of my life. I have many good memories of Gloria and I will miss her. Jim, Todd, Michelle & families my thoughts and prayers are with you and you have my deepest sympathy.

**Ben Tweeten** - November 28, 2020 at 09:11 PM

---



“ Dear Jim, Todd, Michelle, and Extended Family,

So terribly sorry to hear about Gloria's passing. We will cherish forever our time together with Gloria and your whole family, and we wish we could be with you during this challenging time. Please give Jim and extra hug from each of us.

Love,

Cindy, James, Collin, Isabella, and Brooklyn Lagios



**James Lagios** - November 28, 2020 at 07:33 PM



“ My sympathy Jim, Michelle, Todd , and families. Gloria was always a positive force in my life.. She always spread goodness wherever she went. She will be missed by everyone. Peace to you.

**Marilyn D.** - November 30, 2020 at 10:55 AM



“ I met Gloria when she worked in ENT at Mason City Clinic. She was a great nurse and such a lovely lady! I'm so sorry she had to battle cancer and so very sorry you have lost her. May God Bless you and wrap you in his care.

**Shannon Determan** - December 01, 2020 at 04:23 PM



“ Jim, Michelle, and Todd,  
Gloria was a wonderful caring person who impacted all of us just knowing her. She will always remain in my memories shining that beautiful smile and positive attitude that she brought to ENT every day. I know you will miss her, but God gained a beautiful angel.

Lorna and Bill Schutz

Darien, Illinois

**Lorna Schutz** - December 03, 2020 at 06:03 PM