



Ms. Nancy Young Helms

August 16, 1957 - March 11, 2016

Nancy Ann (Young) Helms of Milton, Georgia, passed away in her home on March 11, 2016.

Born in Philadelphia, Pennsylvania, on August 16, 1957, Nancy was the daughter of the late Joseph Porter Young and Lorraine Wiley.

Despite losing both her birth parents before she was 18, living with type I diabetes, and rebuilding her life after a divorce, Nancy could always see the sunny side of life. Her smile could light up the darkest room, and her enthusiasm and positivity were contagious.

In school, Nancy was a self-proclaimed bookworm, and good grades came naturally to Nancy. However, she always cared more about people than personal accolades; from her first day freshman year at Hood College, she was the epicenter of her group of friends and the glue that held them all together.

After graduating from Hood College in 1980 with a B.A. in history, Nancy launched a promising career at Marriott. She excelled at work, but she never lost sight of her belief that family comes first. After 10 years with Marriott, Nancy dedicated herself full time to raising her beloved four-year-old son, Christopher, and taking care of her family.

Nancy courageously returned to corporate America when she joined Regus in 2005, and, during the next 10 years, she consistently delivered exceptional results and was appreciated by both clients and colleagues for her relentless work ethic, high attention to detail, friendly, can-do attitude, and her wonderful

smile and bubbly personality. She loved helping others.

Outside of work, Nancy found joy in simple pleasures such as gardening, baking her legendary pumpkin muffins, and snuggling up with loved ones and pets to watch romantic movies and HGTV. Nancy had a love for words and language, and she demonstrated that by frequently reading the dictionary to a young Christopher! Nancy was also an avid traveler and treasured her many adventures with family and friends, including trips to Hawaii, Alaska, Aruba, St. Lucia, California, Texas, and every state on the east coast. In 2015, she made her first and only trip to Europe, where she and Christopher explored Germany and visited a long-time friend in the Netherlands, making good on her promise to visit from more than 15 years earlier.

Nancy was a member of the First United Methodist Church and a devoted Christian. She believed love was the most powerful force in the universe and most important teaching of the Bible.

Nancy is survived by her son, Christopher Porter Helms of Dallas, TX; sister, Barbara Grundt of Loxahatchee, FL; sister, Susan Jentoft of Meridian, MS; brother, John Young of Hoover, AL; many nephews, nieces, and cousins; and her cat, Toby.

Her family will receive visitors at Northside Chapel Funeral Directors and Crematory in Roswell, Georgia, on Thursday, March 17, from 6 p.m. to 8 p.m. A memorial service will be held at Alpharetta First United Methodist Church (AFUMC) on Friday, March 18 at 12:30 p.m. Lunch will be provided by AFUMC immediately following the service.

Nancy loved flowers, especially roses and tulips. However, in lieu of flowers, donations may be made to Camp Kudzu, which educates, empowers, and inspires children living with type I diabetes, or Alpharetta First United Methodist Church.

Previous Events

Visitation

MAR 17. 6:00 PM - 8:00 PM (ET)

Northside Chapel Funeral Directors & Crematory
12050 Crabapple Road
Roswell, GA

Service

MAR 18. 12:30 PM (ET)

Alpharetta First United Methodist Church
69 North Main Street
Alpharetta, GA

Tribute Wall



“ *Ms. Nancy Young Helms*

October 08, 2022 at 11:37 AM



“ *One of our greatest sibling lunches In Meridian Ms at Weidman's est 1870, a lovely elderly waiter was sharing a bit of history and Nancy with her inquisition asked if he had been a member of the establishment since its inception. No ,he grinned ,he wasn't quite that old. Always loved her sense of humor. God Bless her, Godspeed, semper in corde meo. Barbara K Young - Grundt*

BK Young - March 23, 2016 at 02:05 PM



What a great memory Barbie Love, Sue xoxoox

susan jentoft - March 25, 2016 at 08:56 AM



“ *My deepest and sincere condolences to the family, May you find comfort in one of the promises made by Jehovah God in 2 Peter 3:13 “But there are new heavens and a new earth that we are awaiting according to His promise, and in these righteousness is to dwell.”*

cynthia - March 20, 2016 at 12:46 PM

AT

“ *Deepest condolences to Nancy's family and friends. Nancy was a truly fun friend at Hood and she was the kind of person who made you smile just by being around her. Just as Nancy lost her parents far too soon, so did I and so has Christopher lost his mother far too soon. My deepest prayers to Christopher. Though she has gone ahead to pave the way for you, she would want you to know she is always watching over you. I hope it brings you some comfort to know how well loved was and always will be. AudreyTozer Hood Class of 1980*

audrey tozer - March 19, 2016 at 12:16 AM

LM

“ *I worked with Nancy for 7 years and in that time I learned a lot. She will be missed.*



LaKetra Matthews - March 18, 2016 at 07:55 AM

SF

“ *Sierra' Family purchased the Be My Love Bouquet with Red Roses for the family of Ms. Nancy Young Helms.*



Sierra' Family - March 17, 2016 at 08:45 PM

BJ

“ My aunt Nancy was and still is my favorite aunt. I remember summers in North Carolina and peachtree city. I loved going on walks with her and talking about life. I hate so much that I hadn't seen her in so many years. I miss and love her so much!



Brittany Jentoft - March 17, 2016 at 08:26 PM

KC

“ Kathy Chancellor lit a candle in memory of Ms. Nancy Young Helms



Kathy Chancellor - March 17, 2016 at 07:54 PM

SF

“ Nancy, it was my great honor to have known you as a friend and neighbor for the last 7 years. You'll be always in our hearts. Rest in peace Dear Nancy.

Sierra's Family - March 17, 2016 at 07:49 PM

TS

“ Tricia Seraphine lit a candle in memory of Ms. Nancy Young Helms



Tricia Seraphine - March 17, 2016 at 04:01 PM

BC

“ *Benita Clark lit a candle in memory of Ms. Nancy Young Helms*



Benita Clark - March 17, 2016 at 03:30 PM

JP

“ *Jackie Pelfrey lit a candle in memory of Ms. Nancy Young Helms*



Jackie Pelfrey - March 17, 2016 at 03:25 PM

BS

“ *We are so stunned by Nancy's sudden death. We have known her for over 15 years (she was our former neighbor at Crabapple North) and we spent many holidays together and shared many other good times. She was always so upbeat and caring. Nancy loved our animals in addition to her own. She was always excited to see our newest home improvement project and always wanted a tour whenever she visited. She also loved to walk though our yard and our neighbor's yard to see our landscaping and newest plantings. We will truly miss her. I am attaching one of my favorite photos from Easter at Dianna Malta's home a few years ago (which I took from her Facebook Wall). Our hearts go out to her family, especially her son, Christopher. Bob and Sue Stenstrom.*



Bob and Sue Stenstrom - March 17, 2016 at 03:06 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Ms. Nancy Young Helms.*



March 17, 2016 at 03:05 PM



“ *Amy Gray lit a candle in memory of Ms. Nancy Young Helms*



Amy Gray - March 17, 2016 at 02:21 PM



“ *The news of Nancy's passing came with great sadness. Our company had been her client at Regus for the past three years, and Nancy was always there to make sure all was well and fix it if it wasn't. I am glad to have known Nancy and her always sunny and upbeat outlook. My sincere condolences and comforting thoughts go out to Nancy's family and friends.*

Bruce Strahan - March 17, 2016 at 12:03 PM



“ *Tom Johnson & Rhonda Clark purchased the Arrive in Style for the family of Ms. Nancy Young Helms.*



Tom Johnson & Rhonda Clark - March 17, 2016 at 11:58 AM

CH

“ Cheryl Huprich lit a candle in memory of Ms. Nancy Young Helms



Cheryl Huprich - March 17, 2016 at 11:29 AM



“ Country Basket Blooms was purchased for the family of Ms. Nancy Young Helms.



March 17, 2016 at 09:41 AM

KQ

“ Kathy Quinn lit a candle in memory of Ms. Nancy Young Helms



Kathy Quinn - March 17, 2016 at 08:44 AM

TF

“ Nancy, it was my great honor to have known you as a friend and colleague at Regus for the last 11 years. Your positive energy and beautiful smile will be forever missed. Your great care for each and every of your clients was beyond words. You treated every of them as if they were your only clients. Your sudden passing was a tremendous loss to all of us. Missed you already. Rest in peace my dear Nancy.

Tan Feldgajer - March 17, 2016 at 07:15 AM

RJ

“ *Richard Jentoft lit a candle in memory of Ms. Nancy Young Helms*



richard jentoft - March 17, 2016 at 06:24 AM

BM

“ *Brittany Caden Olivia Mason And Miles lit a candle in memory of Ms. Nancy Young Helms*



Brittany caden olivia mason and miles - March 17, 2016 at 06:23 AM

BG

“ *Barb And Chuck Grundt lit a candle in memory of Ms. Nancy Young Helms*



Barb and Chuck Grundt - March 17, 2016 at 06:21 AM

JF

“ *John, Ximena And Andres And Family lit a candle in memory of Ms. Nancy Young Helms*



john, Ximena and Andres and family - March 17, 2016 at 06:19 AM

SJ

“ Susan Jentoft lit a candle in memory of Ms. Nancy Young Helms



susan jentoft - March 17, 2016 at 06:18 AM

YT

“ Yokota Air Base MFLC team purchased the Pink Tribute Spray for the family of Ms. Nancy Young Helms.



Yokota Air Base MFLC team - March 17, 2016 at 03:14 AM



“ Dearest One Casket Insert was purchased for the family of Ms. Nancy Young Helms.



March 17, 2016 at 02:26 AM

LC

“ Nancy your energy was always positive and your smile could light up the room. It was a pleasure working with you as my work neighbor and appreciate you always having a listening ear or a helping hand. You will be missed.
Lindsey Curtis

Lindsey curtis - March 16, 2016 at 10:02 PM

BB

“ Prayers to Chris and the rest of the family during this difficult time. Nancy was a special woman who we were blessed to have known. Love, Betsy, Behnam, Erion and Brittney.

Behnam and Betsy Banan - March 16, 2016 at 09:08 PM

TF

“ Today a tree has been planted in the Holy Land in Memory and Tribute to our dear friend, Nancy.

The Foody Family - March 16, 2016 at 08:58 PM

TF

Love Mike, Marilyn & Rachel

The Foody - March 16, 2016 at 08:59 PM



“ during 3 years 2008-11 after a brilliant decision to start our company as the world crashed into recession nancy helped keep us all sane even as we moved back and forth between her regus office and another .. she was a rock at the center of a host of similar storms and the world will be a little crazier without her (not the good crazy) .. god bless and my thoughts are with your family
graham clark

Graham Clark - March 16, 2016 at 06:09 PM

SH

“ I didn't know Nancy, but I'm sure that you will be missed by your Regus family! Rest in Peace! Nancy.

Sharon



sharon herring - March 16, 2016 at 03:30 PM

WG

“ With our heartfelt condolences, Patrick Ko, FirsTrust Group purchased the Peaceful White Lilies Basket for the family of Ms. Nancy Young Helms.



With our heartfelt condolences, Patrick Ko, FirsTrust Group -
March 16, 2016 at 03:13 PM

CR

“ I have only known your for a short period of time and I must say she was definitely bubbly and full of energy all the time. Each time that I've worked with her she entered with smiles and was ready to start her day and If she was having a bad day you truly wouldn't know because of the energy she gave off. Nancy, you truly will be missed by all.



My thoughts and prayers go out to all of Nancy's family and friends.

Chammesse R. - March 16, 2016 at 02:52 PM



“ Arrive in Style was purchased for the family of Ms. Nancy Young Helms.



March 16, 2016 at 01:23 PM



“ *Florist Choice Bouquet was purchased for the family of Ms. Nancy Young Helms.*



March 16, 2016 at 11:58 AM



“ *Nancy, even though we only shared a very short time together, you touched my heart deeply, and you filled it with that beautiful energy and positivism that made you unique. You left us the best gift, your son, Chris. I know how proud you were because you did a wonderful job with that excellent human being. Now you are in heaven, and you became our angel.*

Carolina



Caro Cortes - March 16, 2016 at 11:03 AM

JW

“ Nancy I will miss sharing stories and working with you. Your charm and passion made me smile and I thought the world of you. I will always keep those memories with me and not a day will pass without thinking of you as I walk the halls here at Northpark.

Truly a blessed sole.

John Warner



john warner - March 16, 2016 at 10:53 AM

JA

“ Johnnie & Heidi Ames purchased the Treasured Lilies Spray for the family of Ms. Nancy Young Helms.



Johnnie & Heidi Ames - March 16, 2016 at 10:03 AM

JY

“ Nancy my dear dear sister & friend, from the beginning in Ambler, Pennsylvania, when I first saw you in 1958. **IN MY HEART FOREVER!!**

Your brother, John

john Young - March 16, 2016 at 02:10 AM

JW

“ I am very saddened to hear of Nancy's sudden passing. Nancy was a vibrant and light-filled soul who was kind and compassionate. I enjoyed working with her at Regus and I will always remember her fondly. Warmest condolences to her son, and other close friends and family of Nancy. I hope you find peace in knowing that you will meet again.

Julie Wall - March 15, 2016 at 10:57 PM

BC

“ From the first day I entered Regus at Northpark, Nancy was there to greet me with her wonderful smile and bubbly personality. As often as I was there, Nancy was always engaged in light-hearted conversation. She would often share stories with me about her cat (which made me laugh), stories about her world travels and, of course, stories about her son.

Nancy, I am grateful for having met you.

My heartfelt sympathy to her family and her many friends on the passing of this wonderful woman.

Sincerely

Betsy C

Betsy C - March 15, 2016 at 10:54 PM

BR

“ Shocked beyond words to express my sorrow. I have been a Regus client for the past two years and she was my contact. She always tried to help and accommodate me. This was her joy to make others happy.

With thoughts of peace and courage to her family, please accept my most heartfelt condolences for your loss and my thoughts and prayers are with you during this tragic time.

Bijan Razavi

Bijan Razavi - March 15, 2016 at 09:05 PM

JA

“ Nancy was my sister-in-law and I loved her dearly. We were both bridesmaids in each other's weddings. We shared many birthday cakes together since our birthdays were just a few weeks apart. I have many fond memories of holidays and beach vacations with Nancy and all of the Helms family. I remember being at the beach together when Nancy was expecting Christopher and how excited she was about his arrival. Nancy flew down to San Antonio after our first son Gregory was born and was one of the first family members to meet him. Nancy was an elegant hostess and cook. Nancy had a knack for decorating and, in fact, worked for Marriott as a decorator and designer in her twenties. Nancy had a wonderful sense of humor and delightful, contagious smile. She loved my nephew Christopher beyond measure and delighted in sharing his milestones and accomplishments through the years. Nancy, I know you are so proud of Christopher and are watching over him from heaven now. Wish you were here, Nancy, and I pray I see you again in the after life.

*My deepest sympathy and hugs to Christopher, Sue, John and family,
Jenny Helms Abrams*

Jennifer Abrams - March 15, 2016 at 08:56 PM

JF

“ Jolynne Gehl Manon and Family purchased the Country Basket Blooms for the family of Ms. Nancy Young Helms.



Jolynne Gehl Manon and Family - March 15, 2016 at 08:13 PM

DC

“ I will miss Nancy beyond words. Her passing makes us realize how fragile life is and how we should appreciate individuals like her! With much love to her and family always. DR.RICHARD CARELL

Dr Richard Carell - March 15, 2016 at 07:06 PM



“ Beautiful in Blue was purchased for the family of Ms. Nancy Young Helms.



March 15, 2016 at 03:32 PM

DI

“ Nancy was a former neighbor in Crabapple North SD and a forever friend. She always had a smile and was a great baker, sharing banana bread loaves, muffins or apple cake. She was strong, independent, a dedicated employee, a fiercely loving Mother, and SOOOOO proud of Chris. Her treasured trip with Chris to Europe last summer was such a gift. She commented after Chris's visit last Thanksgiving that she was so glad to see him and know he was happy.

Her death leaves a hole in my heart, and on Earth, but Heaven is brighter now with her sunny disposition to keep all the other Angels company. I'll think of her when I do a plant rescue, listen to the Eagles, or eat banana bread. Rest in complete peace Nancy. No more needles or glucose tests. You are free from Diabetes now.

My sincere sympathy to Chris, Nancy's sisters and her brother.

Dianna Malta

Dianna - March 15, 2016 at 03:24 PM

GT

“ It is with great shock and senseless loss that I receive this news. Ms. Helms, was a pleasure to work with and a true professional. She had great pride in her work and a never ending smile. She will be truly missed. My deepest condolences, to her family and close friends. May she rest in peace.

Sincerely,

Grizzell

Grizzell V. Tundidor | CEO Executive Assistant/Portfolio Specialist –
Midtown Atlanta Region - United Community Bank

Grizzell TUndidor - March 15, 2016 at 02:42 PM

RS

“ Nancy was a special person and I will miss her very much. Nancy and I worked together for about 5 years. Her energy, enthusiasm, and strong, positive demeanor was contagious. She was thoughtful, gracious and polite. She was professional and dignified. She smiled easily, but never as easy as when she talked about her son, Christopher. She is so proud of you, Chris!. Rest in peace, Nancy. God bless you.

Rich Sells - March 15, 2016 at 01:50 PM

JP

“ Nancy was a very close dear friend to me and my family back in Peach Tree City -1994-1996. Our eldest sons were close friends Christopher & Alex. I will cherish our wonderful memories. To this day, 20 years later, I still have a family favorite recipe that Nancy hand wrote and gave to us 20 years ago on my refrigerator. Her wonderful pumpkin muffinS. I think of her always when making this recipe.



janice pascoe - March 15, 2016 at 11:36 AM

RT

“ Regus Team purchased the Enchanted Cottage for the family of Ms. Nancy Young Helms.



Regus Team - March 15, 2016 at 11:35 AM



“ Beautiful in Blue was purchased for the family of Ms. Nancy Young Helms.



March 15, 2016 at 10:48 AM

SA

“ *Sally Helms, Lanny Helms and Alice Allnutt purchased the Beautiful in Blue for the family of Ms. Nancy Young Helms.*



Sally Helms, Lanny Helms and Alice Allnutt - March 15, 2016
at 10:34 AM



“ *I have known Nancy for six years and I always enjoyed seeing her at Regus. She always had a smile and showed great concern for everyone around her. She was the spirit of the Regus Northpark office. I will dearly miss her.*

My thoughts and prayers to all of Nancy's family and friends.

Anand Goel - March 15, 2016 at 10:26 AM



“ *Sacred Garden Spray was purchased for the family of Ms. Nancy Young Helms.*



March 15, 2016 at 09:32 AM

 Crystal Selene

“ *Nancy, you will be missed. May you now, rest in peace. Crystal Jones, Regus.*



Crystal Selene - March 15, 2016 at 09:26 AM



“ Nancy may you rest now in Peace . Tamberly Wynn

Tamberly Wynn - March 15, 2016 at 08:53 AM



“ Strength & Solace Spray was purchased for the family of Ms. Nancy Young Helms.



March 15, 2016 at 08:47 AM



“ Nancy and I were colleagues at work. She was a dedicated professional and worked tirelessly. Nancy maintained a level of standard that surpassed what was expected and I always admired that about her. She will be missed here at work by her colleagues and her team as well as her clients.

*My thoughts and prayers go out to all of Nancy's family and friends.
May peace be with you all. - Steven Choy*

Steve Choy - March 15, 2016 at 08:39 AM



“ Nancy, we will miss your smile that could light up the darkest room.
- Michael Price

Mi Price - March 15, 2016 at 08:05 AM



“ While I did not know Nancy well, I was a client of hers for the last 4 years... I remember always leaving every interaction feeling acknowledged and heard. She had a remarkable way of engaging with enthusiasm and positivity. Rest In Peace, Nancy. You made a positive impact on those around you... Jason

Jason Aufdermaur - March 15, 2016 at 07:47 AM

SJ

“ Nancy was my big sis by 3 years and I always looked up to her and respected and admired her. I remember her strong will and effort in all she did. Her flowers on her deck for so beautiful and she had a green thumb. I remember the last trip we took together. I was working in Fairbanks Alaska and she flew up there for 5 days. I thought that isn't much time but believe me we did a lot in those 5 days from traveling by car almost all the state, Anchorage and Seward, glaciers and Denali park. We stayed in a cozy cabin in Denali park. She was on the outlook for bears and other wild critters in the park. We were on a bus for 12 hours through Denali park. Nancy was putting her feet in the creek water and wandering off with me to look for stuff. The bus left Nancy and I behind. Someone asked where are those 2 girls and my husband said oh no there those 2 go again. We got picked up by the bus but what an adventure with Nancy. Sue

susan jentoft - March 14, 2016 at 11:58 PM

KS

“ Karen and Steve Snyder purchased the Your Light Shines for the family of Ms. Nancy Young Helms.



Karen and Steve Snyder - March 14, 2016 at 11:46 PM



“ *Pink Tribute Spray was purchased for the family of Ms. Nancy Young Helms.*



March 14, 2016 at 09:42 PM



“ *Sentiments of Serenity Spray was purchased for the family of Ms. Nancy Young Helms.*



March 14, 2016 at 08:32 PM



“ *Terry Herwig purchased the Rainbow Of Remembrance Spray for the family of Ms. Nancy Young Helms.*



Terry Herwig - March 14, 2016 at 12:42 PM



“ *One of my favorite memories of Nancy was when we got to teach the Butterflys how much Jesus loved them in Bible Study Fellowship. Nancy was a true Christ Follower who knew it was all about loving one another! She really lived, loved and laughed just the way Jesus would have wanted her to! I hope my room is right next to her mansion when God calls me home. Missing your bright light down here already dear friend!!!! I love you for always!!! Carrie and David Hays*

Carrie Hays - March 14, 2016 at 11:39 AM

DA

“ We will all miss Nancy. One of our favorite memories was being snowed in for days with Nancy at Blue Knob Ski area in the newly purchased studio condo. Another was spending beach time with her in The Outer Banks beach house, helping Chris play with his cousins and celebrate family times.



Dean and Alice Allnutt - March 14, 2016 at 09:03 AM

SJ

“ Susan Jentoft purchased the Sweet Tranquility Basket for the family of Ms. Nancy Young Helms.



Susan Jentoft - March 14, 2016 at 06:40 AM



“ My deepest sympathy to Chris and Nancys Helms family. She was a wonderful sister and will live in my heart forever and ever. Sue Jentoft her little sis xoxooxoxo

Susan Jentoft - March 14, 2016 at 05:47 AM