



## Conni Jo Helmick

October 17, 1942 - September 9, 2023

Conni Jo Helmick, 80, passed away Saturday, September 9, 2023, at the Northern Mahaska Nursing and Rehab Center in Oskaloosa, Iowa.

Conni Jo Helmick, daughter of Max and Marie (Spurgeon) Howk was born on October 17, 1942 in Oskaloosa, Iowa. Conni attended Oskaloosa Schools and graduated with the class of 1960. While in school, Conni enjoyed playing the coronet in the band. After high school, Conni moved to Ottumwa to live with her grandparents while she attended the Iowa Success Business College. While attending college, Conni met a young man named Fred Helmick and the two were wed the next year on May 14, 1961, and four years later were blessed with the birth of their son, Robert.

In 1962, Conni and Fred moved to Oskaloosa where Conni began working for Swanson Insurance. She later went to work for Oskaloosa Home Loan, and eventually became the branch manager for the Knoxville location. Conni later went to work for Contel Telephone Company which eventually became Verizon. While at Verizon, Conni was an investigator. She would help clients determine whether or not calls were accurately assigned to their account.

Conni and Fred later moved back to Oskaloosa to be near their son Rob. She retired in 2013, but kept active by doing some accounting work for a local business. She also enjoyed computers, traveling to Arkansas, and NASCAR.

She and Fred held season tickets to the Kansas City Speedway and she very much enjoyed the races and cheering on Jeff Gordon.

She was a past member of the First Baptist Church and Beta Sigma Phi Sorority.

Conni's family includes her son, Rob Helmick of Oskaloosa and a brother-in-law, Dwayne (Barb) Helmick of Mt. Pleasant, IA.

Conni was preceded in death by her parents, her husband, Fred, a brother-in-law Earl Helmick and a sister-in-law Barb Stocker.

As was her wish, Conni's body has been cremated and private interment of her urn will take place at Forest Cemetery, next to her husband Fred.

Memorials may be made to the Stephen Memorial Animal Shelter. Langkamp Funeral Chapel and Crematory have been entrusted with the arrangements.

# Tribute Wall



“ *Conni Jo Helmick*

October 05, 2023 at 11:57 PM



“ *Rob and family, sorry for your loss. Prayers and thoughts go out to you today and days ahead. Knew Conni at General Telephone Co. in Grinnell, Ia. When I retired 12-6-1996 she gave me a sweatshirt that said "HUGS ONE SIZE FITS ALL" with a picture showing a dog and cat hugging on the sweatshirt I am still wearing and it's a reminder of Conni and the telephone co. Conni a beautiful person.*

**Barbara Wolf** - September 20, 2023 at 06:00 PM



“ *SusanUttSmith lit a candle in memory of Conni Jo Helmick*



**SusanUttSmith** - September 14, 2023 at 09:13 AM



“ *Sorry for your loss. I worked with Conni in Grinnell, she was a wonderful friend and very nice person. My thoughts and prayer are with Rob.*

**Cheryl Allen** - September 13, 2023 at 05:23 PM

DN

“ So sorry for your loss, Rob. Praying for you.  
Mark & Diane Nicholson

---

**Diane K Nicholson** - September 13, 2023 at 05:08 PM

JU

“ I am so sorry to learn of Connie's passing. I worked with Connie at Verizon and commuted to Grinnell with her for several years. Connie was a talented person. May you find Peace and Comfort.

---

**Jerri Uitermarkt** - September 13, 2023 at 10:02 AM