Sossoman
Funeral Home & Crematory Center
5th Generation Family Owned & Operated Since 1949.



Helen Earlene Ramsey Nantz

March 23, 1936 - Nov. 13, 2026

Helen Earlene Ramsey Nantz went to her heavenly home at the age of ninety on November 13th, 2026, surrounded by family. Born on March 23rd, 1936, in Banner Elk, North Carolina to Edgar Elihu Ramsey and Polly Smith Ramsey, she was the fifth child in what would ultimately be a family of six.

Like any mountain girl Helen was a woman of faith, strength and determination which served her well in her forty-year career as a registered nurse and in navigating life's challenges. However, she was also known for her sense of adventure with a dash of whimsey that may have seemed surprising for an otherwise no-nonsense woman (such as having a picnic on the roof of her house with her children). Her passions included gardening and birdwatching with hummingbirds being her favorite. Additionally, she was known for her exceptional cooking, a slightly biting sense of humor, her vibrancy, and her love for her family.

Helen was preceded in death by her parents, her older brothers Floyd and Lloyd, her sisters Betty and Margaret, her daughter in law Lorrie Nantz, her husband Roy Dana Nantz, and a son Roy Dana Nantz III. She is survived by her brother Bob Ramsey, her children, Annette Harton (Herb) of Wilmington, Julie Kornegay (Dock), of Clayton, Dan Nantz of Denton, and Sarah Philbeck, (Ron) of Shelby; granddaughters Jenny, Sophie, Haley, Katie, Emma, and Polly, and great-granddaughters, Halle, Madison, and Irene.

Haley, Katie, Emma, and Polly, and great granddaughters, Halle, Madison, and Irene, as well as numerous nieces and nephews.

The family will receive friends from 2 to 3 p.m., Sunday, November 22, 2026, at Mountain Grove United Methodist Church. The service will be held at 3pm in the church with Revs. Matthew Johnson and Tim Ramsey officiating. Burial will follow in the church cemetery.

Sossoman Funeral Home and Crematory Center is assisting the family with the arrangements.

Tribute Wall



—Anonymous



—Anonymous