



## Sally Sedberry Helms

May 14, 1928 - September 16, 2021

Sally Sedberry Helms, age 93, died on Thursday, September 16, 2021 at Glenn A. Kiser Hospice House.

She was born in Cooleemee on May 14, 1928 to the late Charlie H. Sedberry and Vallie Hutchins Sedberry. The family moved to Salisbury when she was 4 months old and she loved living in Salisbury the remaining years of her life.

She graduated from Boyden High School with the class of 1945. After graduation she worked for the downtown J. C. Penney Store where she met her husband, J. P. Helms. Following their marriage on June 9, 1946, she became a saleswoman for Sterchi Furniture Company until 1950 when their first child was born. She remained a homemaker until 1975 when their last daughter went to college. She then began working at the Salisbury Post in the Mail Room when inserts became a new addition for the newspaper. She enjoyed the camaraderie with co-workers for many years and made lasting friendships.

She was an active member of First United Methodist Church, United Methodist Women, Methodist Connection, and a member of the Daisy Hedrick Sunday School Class for over 50 years.

She was a long time volunteer for Rowan Regional Hospital and Novant

Healthcare working in the gift shop, hospitality shop, and delivering flowers to patients. She was a member of the hospital auxiliary. She was dedicated to working with Meals on Wheels and helping members of the community. She always carried a fondness for her birthplace and contributed to the Cooleemee Historical Society for many years.

She was an avid walker, loved to play bridge, and was well known for her delicious cakes. Lots of time was spent every summer picking and canning vegetables from the large garden J.P. planted each year. Many friends and neighbors received produce on a weekly basis.

She was predeceased by her husband of 68 years, J. P. Helms, on February 3, 2015 and daughter, Libby Helms Hoffmire, on August 27, 2017. She is survived by two daughters, Vicki Helms Butler and husband Charles of Hiawassee, Georgia; Pam Helms Clark and husband Word of Winston-Salem; granddaughter, Amanda Clark Hillenbrand and husband Ty of Greensboro; brother, Charles (Tommy) Sedberry of Raleigh and numerous nieces and nephews.

The family would like to give a very special thank you to Melissa and Steve Butler, Gordon Hurley, Betty Bunker, Pat Weddington, the Tannehill family, and Reverend Mark Conforti for their love and support. Heartfelt gratitude is extended to Melinda, the wonderful medical staff, and the amazing therapists at Stanback Rehabilitation Unit. The caring nurses and nursing assistants in the surgical unit of Tower A2A at Novant Health Rowan Medical Center are greatly appreciated.

The family will receive friends 2-3 p.m. Tuesday, September 21, 2021 at First United Methodist Church (Stanback Room). The funeral service will follow at 3 p.m. in the church sanctuary with Rev. Dr. Mark Conforti officiating. Burial will be in City Memorial Park Cemetery.

In lieu of flowers memorials may be made to First United Methodist Church, 217 South Church Street, Salisbury, NC 28144 or Hurley Park Foundation, PO Box 4354, Salisbury, NC 28144.

Summersett Funeral Home is serving the Helms family. Online condolences may be made at [www.summersettfuneralhome.com](http://www.summersettfuneralhome.com).

# Cemetery Details

## City Memorial Park

1316 West Innes St  
Salisbury, NC 28144

# Previous Events

## Visitation

SEP 21. 2:00 PM - 3:00 PM (ET)

First United Methodist Church  
217 S. Church St.  
Salisbury, NC 28144

## Funeral Service

SEP 21. 3:00 PM (ET)

First United Methodist Church  
217 S. Church St.  
Salisbury, NC 28144

# Tribute Wall

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“ *Sally was the kindest lady I've ever known. She was truly the hands and feet of Jesus. She worked with my Mom at the Salisbury Post and they developed a life long friendship. We loved Sally and JP. Until we meet again in Heaven, we will remember with love and fondness her sweet spirit. Our hearts go out to the girls! Laura Leigh Eagle and Mona Eagle. May God bless you all!* ”

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**Laura Leigh Eagle** - September 20, 2021 at 08:44 AM

EJ

“ *Rest now, our friend and neighbor. Heaven awaits you. Don and Edith Julian.* ”

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**Edith Julian** - September 18, 2021 at 06:50 AM