



## Jacalyn Marie Helmer

December 12, 1959 - November 14, 2022

Jacalyn "Jackie" Marie Helmer, age 62, of Cambridge Minnesota passed away on November 14th, 2022 with family by her side.

Jackie was born on December 12th, 1959 in Minneapolis Minnesota to Roger and Geraldine (Roback) Sonnenberg. She lived with her parents and siblings in Crystal for several years before moving to the farm in Anoka. She attended Elk River Public Schools, graduating from Elk River High School in 1977. It was during high school that she met the love of her life, Lonnie Helmer. They married in 1977 and shortly thereafter moved to Nebraska. They resided there for 18 years with their two children before returning to Minnesota in the fall of 1995.

She held various jobs over the years. Her most recent job was with Boston Scientific. She worked for them for over 10 years and truly loved what she did. In her early years she worked alongside her family at R.A. Sonnenberg and Son Truck Farm and with her in-laws Custom Harvesting. She spent countless hours waiting tables at Hamilton Motor Inn and in production at Lincoln Creek Manufacturing. She also held several administrative assistant positions throughout her life. There wasn't a task too great or too small, she always found a way to make it happen.

She enjoyed spending time outdoors whether it was sitting on the patio

soaking up the sun or at the lake with a fishing pole in hand. When not outside she spent her free time painting figurines, making blankets for the grandkids, crocheting, baking, and playing games on her tablet. Above all, her greatest love was her family. She loved spending time with them and wanted nothing but the best for them. She made sure that her family had everything they needed and that they were treated with respect. Her love was the greatest gift she gave us.

Those left to cherish her memory include her husband of 45 years, their children Bridgette (Tony) Meyer of Grand Island Nebraska and Joshua (Cassie) Helmer of Cambridge Minnesota; grandchildren Madison and Jaxon Meyer and Roger, Ryan, and Samantha Helmer; brother Phil (Debbie) Sonnenberg; sisters Deborah (John Walker) Sonnenberg, Cindy (Tom Reuben) Sonnenberg and Leslie (Chad) Gale; mother-in-law Denise Helmer; bother-in-law Russ (RoseAnn) Helmer; sister-in-laws LeeAnn (Charlie) Joseph and Sherry (Mark) Wheeler.

She was preceded in death by her parents; grandparents Tom and Gladys Roback and Clifford and Jane Sonnenberg; sister Robin Sonnenberg; father-in-law Roger Helmer; niece Amanda Helmer; nephew Nathan Joseph

# Previous Events

## Visitation

DEC 3. 1:00 PM - 2:00 PM (CT)

Glen Haven Chapel  
5125 West Broadway  
Crystal, MN 55429

## Memorial Service

DEC 3. 2:00 PM - 2:45 PM (CT)

Glen Haven Chapel  
5125 West Broadway  
Crystal, MN 55429

# Tribute Wall

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“ *From The Brodehl Family purchased the Beautiful in Blue for the family of Jacalyn Marie Helmer.*



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**From The Brodehl Family** - December 02, 2022 at 01:55 PM