



Nita Helms

April 16, 1941 - February 10, 2026

NITA NOREEN HELMS, age 84, of Broken Arrow, Oklahoma, passed February 10, 2026, in the presence of her loving family. She was born in Fort Worth, Texas, on April 16, 1941, to parents Travis Talley, and Flora Mary Hamilton Talley.

Nita married the love of her life, Gail Helms, on July 5, 1958, in Miami, Oklahoma. Together, they built a life that revolved around family. They had three children, one of whom she dedicated her life to being a caregiver and advocate for.

Though they settled down in Oklahoma, she was a Texan through-and-through, often finding purpose and joy in outdoor activities such as mowing and tending to her and Gail's five acres, and gardening. She also enjoyed many creative hobbies such as painting, and quilting. Nita was exceptionally well-traveled, having visited all 50 states as well as three provinces in Canada.

Nita will be fondly remembered and deeply missed by her family. She is survived by her loving husband, Gail; their three children, Deanna Johnson, Laura Calhoun, and Carla Helms; her grandchildren, Kurt Calhoun (Katie), Travis Calhoun (Laura), Candice Friesen (John), and Edward Ewe (Liz); and her great-grandchildren, Paxton Calhoun, Matthew Calhoun, Zylar Calhoun, Aiden Ewe, Parker Friesen, Sienna Calhoun, Cooper Friesen, Ethan Calhoun, Owen Ewe, and Tatum Calhoun. Her parents, her siblings Nada June Reeves and Travis Dale Talley, and her son-in-law Byron Calhoun preceded her in

death.

Cemetery Details

Mt. Hope Cemetery

Afton, OK

Previous Events

Graveside Service

FEB **12**. 12:00 PM.

Mt. Hope Cemetery
Afton, OK

Tribute Wall

CD

“ *Charles Gastineau Family and Doris purchased the Peaceful White Lilies Basket for the family of Nita Helms.*



Charles Gastineau Family and Doris - February 11 at 01:31 PM