



## Carolyn G. Armstrong

February 21, 2018

Carolyn G. Armstrong, age 93, died on Wednesday, February 21, 2018 at Willow Valley Communities. She was a lifelong resident of Lancaster, born September 12, 1924, the only child of John H. and Ruth E. (Fenstermacher) Gardner.

Carolyn graduated near the top of her class at J.P.McCaskey High School in 1942, and in 1944 was selected along with a group of other young women from around the country to train as electronics technicians at Purdue. On completion of that course, she studied radio technology at Deforest Institute in Chicago. When her parents discovered she was also taking flying lessons they told her she had to come home if she didn't stop.

Carolyn used her training in support of the war effort at RCA, working on Department of Defense projects, until she married her first husband, William J. Armstrong in 1946. In the early '60s she became one of the first women in Lancaster to be licensed in real estate sales. Over the course of thirty years she worked for Engle and Hambright, Warren Weaver and Coldwell Bankers. While working in the real estate business, she was a founding member of the Housing Development Corporation, and served on their board until her retirement. She also worked for many years in fine jewelry sales at JCPenney. She retired from the working world in 1991.

Her greatest pleasures were the times spent with family and friends at her summer cottage in Stone Harbor. It was there, once the work was done, that she could indulge her passions for bridge, tennis, biking, and just walking on

the beach. She was always a good athlete and was a former Lancaster Duplicate Bridge champion.

After a decade of travelling together, Carolyn married her second husband, Dr. John D. Helm, Jr. in 2007. She was a loving wife, a devoted mother, and a true and constant friend. Many of her friends in later life had been friends since grade school.

Carolyn was predeceased by both of her husbands. She is survived by two sons: Christopher G. Armstrong and his wife Kathy, and Jonathan W. Armstrong and his wife Ellen, a granddaughter, Alicia Brooks and her husband, Matt of Atlanta and their sons, Preston and Baby Kellen, due in three weeks, and a step granddaughter, Alex Martin and her husband, Randy of Mifflinburg, and their son, Gavin and daughter, Zoey. She is also survived by four stepsons: John D. Helm III, and his wife Nancy and sons, J. Daniel and William of Frederick, MD; Charles R. Helm and daughter, Amanda of Tyler, TX; James M. Helm and his wife, Karen, their son, Peter and daughter, Joanna of Raleigh, N.C.; and David T. Helm and his wife, Janet and sons, Alex and Daniel of Natick, MA.

The family extends its sincere appreciation to the caregiving staffs at Willow Valley and Caring Hospice. In accordance with Carolyn's wishes, there will be no services. If desired, a donation in Carolyn's name may be sent to the charity of your choice.

# Tribute Wall



“ Carolyn G. Armstrong

---

October 22, 2023 at 11:34 PM



“ Dear Chris and Jon,

*I'm so sorry to hear of your mom's passing. I have many fond memories of the times all of our families enjoyed, both in Lancaster and at the shore, as the whole bunch of us made our way into adulthood. As I read her obituary, it struck me that though she was always "Mommy Armstrong" to the lot of us, she was truly an example of what a strong, intelligent woman can accomplish.*

*Thinking of you,  
Kathie Amend Bitner*

---

**Kathie Amend Bitner** - February 26, 2018 at 09:36 AM

CH

“ Dear Chris and Jon,

*I am so sorry to hear of your mom's passing. She was so kind and encouraging. It's a joy to remember our families' lives intermingling for so many years - bridge club, Stone Harbor, escapades in the maroon rambler, musicals, the Amends, singing together late into the night, and hours and hours of hanging out together.*

*When I look back on the adults in my life at that time, your mom is a stand out for someone who lived with integrity and grace.*

*A couple of years ago I had the pleasure of visiting with her at Willow Valley. It was a fun evening of remembering our years growing up together with our parents support and love. We are fortunate to have such fine memories. May you hold your memories of your mom close to your heart.*

*With great fondness,*

*Cindy Myers Herr*

---

**Cindy Herr** - February 25, 2018 at 09:45 PM

MT

“ Dear Chris and John,

*I was so sorry to hear of the passing of your mom. My parents, Tom & Jean Cence, so enjoyed spending time with her over many, many years with the Bridge Poker group and at Stone Harbor. What a lovely lady.*

*With sympathy to you and your families,*

*Mary Cence Trost*

---

**Mary Trost** - February 25, 2018 at 12:37 PM

AM

“ Dear Chris and John,  
So very sorry to read about Auntie Carolyn's passing. I'll always cherish memories of her close friendship with my mother and our wonderful times spent in Stone Harbor. She was truly a class act!

Love and hugs,  
Andrea McGlincy Murphy

---

**Andrea McGlincy Murphy** - February 25, 2018 at 11:52 AM