



Helen Marie Cowman

April 9, 1922 - May 19, 2005

Visitation: Open after 12:00 O'clock noon with family present between the hours of 2:00 and 4:00 P.M. May 22, 2005 at Fremont Funeral Chapel

Funeral Service: 10:30 A.M. May 23, 2005 at Fremont Funeral Chapel

Interment: Tioga Cemetery near Rose Hill, Iowa

Helen Marie Cowman was born on April 9, 1922 near Fremont, Iowa to Frank and Marie Knaak Lohrenz. She attended country school near Kirksville, Iowa. On March 1st, 1943 she was united in marriage to Kenneth D. Cowman in Kirksville, MO. A homemaker for most of her life, Helen also worked for fifteen years as a nurse's aide at the Mahaska Manor in Oskaloosa. She enjoyed reading, crossword puzzles, word searches and playing solitaire.

She is survived by her two sons and their wives, Jerry and Deborah Cowman of Delta and Danny and Deb Cowman of Parnell; two daughters, Pat and Larry Stewart of Oskaloosa and Sandra and Cecil Banks of Knoxville; ten grandchildren, five step-grandchildren, eleven great-grandchildren, three step-great grandchildren and a sister Ruth Knowler of Oskaloosa.

She was preceded in death by her parents, her husband Kenneth in December 2004, an infant daughter, Joyce, a son, Jeff Cowman and a sister, Doris Rhoades.

Memorials may be made in her name to Mahaska County Hospice.