

Favorite quotation?

*"Let the words of my mouth,
and the meditation of my
heart, be acceptable in thy
sight, O Lord."*



Bessie Helmrichs

Secret to longevity?

Bessie's secret to longevity is eating fruits and vegetables, exercising, drinking fresh water, walking and getting plenty of sleep. Bessie also stated her secret to longevity is to breathe in fresh air! Live simply, be thankful, appreciate others and walk humbly with the Lord.

Bessie married Lloyd Helmrichs on October 26, 1946 and were almost married 50 years when Lloyd passed away in August of 1996. Bessie and Lloyd have 7 children – 5 sons and 2 daughters. Bessie has over 20 grandchildren, 40 great-grandchildren and three great-great-grandchildren!