



Helen Ahrenholz

December 28, 2011

Helen J. Ahrenholz (1961-2011)

WATERLOO-Helen J. Ahrenholz, 50, of Waterloo died Wednesday, December 28, 2011 at her home in Waterloo.

She was born August 20, 1961 in Cedar Falls, daughter of Keith and Senora (Snyder) Cohenour. She married Randy Ahrenholz on September 18, 1994 in Cedar Falls.

Mrs. Ahrenholz graduated from Cedar Falls High School in 1981 and was employed with Sedona Staffing at Standard Distribution.

Survived by: her husband, Randy of Waterloo; two sons, Joshua and Joey, both of Waterloo; her mother, Senora Cohenour; and sister, Anna (Tom) Fremont of Cedar Falls.

Preceded in death by: her father; and brother, Keith Owen Cohenour.

Services will be held 2:00 p.m. Friday at First United Methodist Church in Cedar Falls with burial in Garden of Memories in Waterloo. Visitation for one before services Friday at the church.

Memorials may be directed to the family.

Tribute Wall

LW

“ I ask God for His peace and comfort for Helen's family. May she know the joy of dancing with the angels and being free from all her pains. May her family all travel safely as we gather to honor her life. Sending thoughts and prayers to Randy and the boys.
Laura Weber

Laura Weber - March 29, 2013 at 02:49 PM

BS

“ Remember the good times you shared, and rest assured God has brought her home to be with him. Gob bless you all in this time of sorrow.

Bob and Jane Stoner

Bob Stoner - March 29, 2013 at 02:49 PM

RM

“ Our thoughts and prayers are with all of you during this difficult time. We fondly remember being Helen's neighbor and the privilege of playing the keyboard for her wedding. May God bless you.

Rick & Marilyn - March 29, 2013 at 02:49 PM

TJ

“ Senora & family,
So sorry to read of Helen's passing. You will be in our thoughts & prayers at this very difficult time. Thelma

Thelma Jones - March 29, 2013 at 02:49 PM

RF

“ Randy, Josh and Joey, Our thoughts and prayers are with you at this difficult time. Helen will find an everlasting peace with the Lord and will live in your memories forever. Helen fought the good fight, she finished the race and she kept the faith. Godspeed Helen!
Richard and Tonda Foster

Richard Foster - March 29, 2013 at 02:49 PM



“ My deepest sympathies to Randy, Josh, and Joey on the loss of Helen. May the Lord help you find comfort and peace in this difficult time.

January 01, 2012 at 12:00 AM

DS

“ I am sorry to hear about Helen. Your family is in my prayers.

Diana Scott

Diana Scott - December 31, 2011 at 12:00 AM



“ So sorry for your loss. My heart goes out to your family at this difficult time. My thoughts and prayers are with you all.

December 31, 2011 at 12:00 AM



“ Randy, Josh, and Joey, I am so sorry to hear about your wife/mom's passing. I only met her one time when my family bought presents over for the boys but she made us feel right at home. I know the boys quite well though. I work at River Hills. My prayers and thoughts are with you.

December 30, 2011 at 12:00 AM