

Helen Lamb

February 8, 1940 - February 17, 2026

PRINCETON – Helen Lamb, 86, of Princeton, died Tuesday, February 17, 2026. Born on February 8, 1940, in Speedway, WV, she was the daughter of the late Herman White and Gladys Pennington White. Helen made Athens her lifelong home—a place she walked through, quite literally, with steady steps and an open heart. She never had a driver’s license, but she didn’t need one; she knew every sidewalk, every neighbor, and every rhythm of the town she loved.

Helen was a woman of deep faith, guided by her love of God and her belief in caring for others. Her generosity was an expression of that faith—quiet, steady, and unwavering.

She had a gift for finding treasures in the most unexpected places. She delighted in the art of a good sale, often buying things she didn’t personally need but knew someone else eventually would. Her home became a storehouse of future kindness—items tucked away not out of impulse, but out of thoughtfulness. If you mentioned needing something, Helen already had it waiting for you.

She took pride in mowing her own grass every week, a small ritual that reflected her independence and her love for tending to the world around her. But her greatest joy was her family, especially her grandchildren, who were

the center of her heart. When they grew older, Helen continued sharing her love with children of all ages by becoming a nanny—an extension of her natural instinct to nurture, comfort, and care.

Helen was the first to show up when someone needed help and the last to stop checking in. She had a way of making people feel seen, supported, and never alone. Her faith showed in her actions: in the way she served, the way she listened, and the way she loved without hesitation.

In addition to her parents, she was preceded in death by her brothers, Fairley White and Dale White (Glenda) both of Speedway; and her nephew, Fairley Dale White of Speedway.

Those left to cherish her memory include her only daughter, Pam Lamb Shushkowski (Stanley) of Winston Salem, NC; her brother, Larry White (Kitty) of Speedway; her grandchildren, Kaci Meadows of Winston Salem, NC, Andrew Meadows of Athens and Patrick Shushkowski (Ashley) of Winston Salem, NC; two great grandchildren, Julian Shushkowski and Jocelyn Shushkowski both of Winston Salem, NC; her great-niece and great-nephew, Gracie White and Fairley Dale White II, both of Athens; and many close lifetime friends.

A celebration of Helen's life will be conducted at 2:00 p.m. Saturday, February 21, 2026 at Painter's Chapel, Route 20, Speedway, with Pastor Randy Sargent officiating. Interment will follow at the Pennington/White Cemetery in Speedway. Family and friends will serve as pallbearers.

Helen leaves behind a legacy of kindness, practicality, humor, and unwavering love—a life measured not in grand moments, but in countless small ones that made a lasting difference.

In lieu of flowers, memorial contributions may be made to the Alzheimer's Association - West Virginia Chapter at www.alz.org/wv.

The family will receive friends Saturday, February 21, 2026, from 1:00 p.m. until service hour at the Painter's Chapel in Speedway.

Arrangements by Bailey-Kirk Funeral Home in Princeton. Online condolences may be shared with the family at www.bailey-kirk.com.

Cemetery Details

Pennington-White Cemetery

Speedway, WV

Previous Events

Visitation

FEB 21. 1:00 PM - 2:00 PM (ET)

Painters Chapel United Methodist Church
Route 20
Speedway, WV 24712

Celebration of Life

FEB 21. 2:00 PM (ET)

Painters Chapel United Methodist Church
Route 20
Speedway, WV 24712

Tribute Wall

I DON'T MEAN TO INTERRUPT YOUR SCROLLING, BUT IF GOD IS THE REASON WHY YOU ARE STILL BREATHING. THANK HIM

“ *Freda Bolin lit a candle in memory of Helen Lamb*



Freda Bolin - February 25 at 03:04 PM

DB

“ *One of my best friends ever was laid to rest today. Helen Lamb and I have known each other for 47 years. One major connection we had was our daughters who graduated from Athens High School together. Helen was kind, sweet, and helpful to everyone she met. We had many laughs over many phone conversations that did us both a lot of good. Rest now, my friend.
Love, Delma Walker Birchfield*

Delma Walker Birchfield - February 21 at 08:00 PM

SM

“ *Helen was always a very caring and kind person. She was willing to help at anytime if needed. God be with her family and friends*

Shelby McClanahan - February 20 at 09:03 AM

DB

*Helen and I grew up together. We made lots of great memories by going to church together, sharing in youth services, and Christmas plays along with many other Speedway friends. We loved Helen so much. She truly was a wonderful friend who never failed to stop and converse with me and Delano when we happened to meet on the streets of Athena! Love you, Helen!
Barbara & Delano*

Delano & Barbara Butler - February 20 at 04:37 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Helen Lamb.

February 19 at 02:07 PM



“ Full Of Love Bouquet was purchased for the family of Helen Lamb.

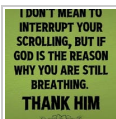


February 19 at 02:07 PM



“ Sending love and wishing comfort to the family. Helen's memory will surely be treasured by the many lives she touched: goodness knows what an impact she had on us Ballengees. The love and care she gave to the children she looked after speaks to what a very special lady Mawmaw Helen was. She will be dearly missed.

Dakota Ballengee - February 19 at 01:35 PM



Yes Helen was special loving lady friend!!!

Freda Bolin - February 19 at 03:43 PM



“ Helen and I walked together for years in Athens....she was so dear and I will never forget her. The words written in this obit are exactly who she was. I was blessed to know her.

Carol S Davis - February 19 at 11:10 AM

MP

“ I am Michael Pagliaro a friend of neighbor Wilma Smith. I met Helen about 7 years ago when she would walk by Wilma's house and stop by briefly for a chat. She was always fanciily dressed and her hair was quite impeccabile, not one hair out of place. When I was cooking at Wilma's I was always adimint about walking up a plate of food and a piece of dessert for Ms. Helen. She was a wonderfully kind and caring person and her presence is greatly missed by many.

Michael Pagliaro - February 18 at 06:20 PM

TM

I am Thurmond McCoy a friend of Helen have knew her for several years thur Wilma Smith. She was a very sweet, kind, good person and would do anything she could for you. She will be greatly missed by friends and family.

Thurmond McCoy - February 18 at 08:09 PM