

Obituary of Nancy Anne Ek Uden

Nancy was born April 11, 1951, in Albuquerque, New Mexico to Mary Elizabeth (Beth) Berlin Ek and William Laurel (Bud) Ek. Due to her father being in the military Nancy's mother took Nancy back to her home city of Dallas, Texas, where Nancy lived for five years. The family then moved to Chebanse, Illinois in 1957. In 1966, during Nancy's high school years, the family with Nancy and her four siblings moved to Whitefish, Montana. Nancy graduated from high school in Whitefish, where in her senior year she was the reigning Princess Freyja thanks to her spirit, popularity, and beauty.

After finishing a semester at Pacific Lutheran University, Parkland, Washington, Nancy married Roger Parsons. Through several moves in Montana and South Dakota they ended up becoming part owners and operators of an A & W restaurant in Pierre, South Dakota, and they had two children, Wendy Lynn and Amy Elizabeth. After that marriage Nancy married Gene Edwards and when they worked at a treatment center in Marshall, Minnesota, they had a daughter, Brittany Diana. After that marriage Nancy moved to Minnetonka, Minnesota, and attended Metro State University to attain a degree while working full time and caring for three children. In 1987 Nancy married James Uden.

After graduating from Metro State University, Nancy had a successful career in Human Resources with several companies, co-owned a consulting firm, taught courses in human resources, and mentored many HR professionals. She retired as Vice President of Franchise Services and Human Resources from Great Clips Corporation in 2016.

Nancy championed her passions in retirement, most recently the End-of-Life Options bill in Minnesota, so that she and other terminally ill people could have flexibility in the way to end their final days, which got further along in the legislature than it had before, thanks to her indomitable spirit. Another cause of hers was advocating for felon voting rights with Second Chance Coalition.

Nancy was also a staunch supporter for Metro State University, highlighting support for single working mothers seeking a degree, by serving as President of the Alumni Association and Foundation Board member. On February 24th of this year Nancy was inducted as an honorary member into the Delta Mu Delta – Pi Zeta Honor Society at a Metro State ceremony. She has also been named as the Alumni of the Year as pictured on their upcoming Fall magazine cover.

Nancy enjoyed her family and friends, mentoring others, cooking, photography (especially birds), and travel. She also was proud of maintaining her sobriety for over 11 years and to support others in that struggle.

Due to a Glioblastoma brain tumor, Nancy passed away July 20, 2024. Nancy is preceded in death by her mother Beth, father Bud, brother Danny and grandchild Max. She is survived by her husband of 36 years, James Uden, two brothers, Randy (Jan) Ek and Bill (Rebecca) Ek and sister Lori (Morris) Riehle, three daughters, Wendy Parsons (Matthew Brouse), Amy (Fred) Gray and Brittany Edwards, three grandchildren, Makaylah Grose (Johnny Ly), Myah Gray, Fredrich Miles Gray, and a great grandson Kai Khim Ly, two stepchildren Rahkel (John) Hansen (their children and grandchildren) and Lance Uden. Nancy will be missed by all her family, relatives, close friends and many others.

A Celebration of Life for family and friends will be held September 21st from 1 to 3 p.m. at the Plymouth Community Center, 14800 34th Ave. N., Plymouth, MN