

In Memory Of...

*God, grant me the serenity to accept the
things I cannot change,
the courage to change the things I can, and
the wisdom to know the difference.*

*Living one day at a time, enjoying one
moment at a time. Accepting hardships as
the pathway to peace. Taking, as he did, the
sinful world as it is, not as I would have it.
Trusting that he will make all things right if
I surrender to His will; that I may be
reasonably happy in this life, and supremely
happy with Him forever.*



Debra "Debbie" Conroy



June 6, 1956 ~ July 1, 2026

Obituary

Debra Ronise "Debbie" Conroy passed away on July 1, 2026, after a courageous ten-year journey with dementia, a disease that gradually took so much from her but never diminished the love she inspired in those around her. She was born on June 6, 1956, the youngest child of Ronald and Donna (Herbert) Greenwood.

Debbie is survived by her husband of 25 years, Robert; her daughters, Mikki L. Johnson (Nathen) of Des Moines and Aimee R. Mountjoy (Duke) of Kansas City; her sisters, Sharon K. Kinton of Casa Grande, Arizona, and Ronna S. Rivas (Luis) of West Des Moines; her stepsons, David R. Conroy of Pleasant Hill, Iowa, and William M. Conroy of West Des Moines; and her stepdaughter, Kathryn E. Lane (Christopher) of Kearney, Nebraska.

Debbie devoted more than 40 years to the insurance industry, spending most of her career with Preferred Risk Mutual (now GuideOne Insurance), where she was respected as both an outstanding manager and a valued friend to her coworkers. In 2010, she and her husband founded Conroy Insurance Services, LLC. Committed to professional excellence and lifelong learning, Debbie earned the Certified Insurance Counselor (CIC) designation and the Certified Insurance Industry Professional (CIIP) designation. Debbie was an active member of the Insurance Association of Greater Des Moines.

While Debbie was proud of her professional accomplishments, those who knew her best will remember her for her kindness and unwavering love for her family. Even as dementia slowly changed her, the love she shared throughout her life remained in the memories she created and the lives she touched.

Nothing brought Debbie more happiness than spending time with her family, especially her grandchildren: Hunter D. Johnson, Chase N. Johnson, Jackson P. Lane (Cassidy J.), Allison D. Lane, and her great-granddaughter, Lucy J. Lane.

A visitation will be held from 1:00 to 4:00 p.m., Sunday, July 5, 2026 at Caldwell Parrish Funeral Home and Crematory (8201 Hickman Rd. Urbandale, IA) A private service and interment will be held at a later date.

The family extends its heartfelt gratitude to the compassionate caregivers and staff of Edgewater, a WesleyLife Community, who provided Debbie with exceptional care, dignity, and support during the final two years of her life.

Memorial contributions may be directed to:

*Edgewater - A WesleyLife Community
9225 Cascade Avenue West Des Moines, IA 50266*