



Amy Lisa Roundy

July 26, 1985 - December 7, 2019

We lost our incredible, “larger-than-life” Amy Lisa Roundy way too early. She passed away December 7, 2019.

A Celebration of Life will be held Sunday December 15, 2019 at Premier Funeral Services, 67 East 8000 South, Midvale, UT 84047. Phone 801-930-9822. There will be a tribute at 5:00 PM with visiting until 7:00 PM. She will be laid to rest Monday at a Private Graveside Service.

She is survived by her mother Annette Burdette; father Jason Roundy; sister Tiffany Henrikson, her husband Lee and son Raynger; brother Ryan Roundy, his wife Lexee and sons Brecken and Max.

She was an extraordinary human being who had an amazing ability to light up the room and make everyone feel loved. Lisa easily made quick and lasting friendships talking to anyone and everyone, she was genuinely interested in their life and always eager to listen.

Lisa was born July 26, 1985 to Annette Cundick and Jason Roundy in Holladay, UT. As a child she was happy, and care-free. Her spunky personality made everyone laugh with her smiles, antics, and dances. From a young age her grandparents were an important part of her life. She had a close connection with her Grandma Ruth, and has always had a love of Slurpees and candy that began from going to 7-11 with her Grandpa Ray. Their house was her second home and she enjoyed spending holidays and Sundays with family, including many close cousins throughout the years. Lisa was the best of friends with her brother, Ryan. She was his sidekick growing up, his personal shopper, gave him advice on girlfriends, took he and his friends toilet papering, and was just his best friend. She supported him and loved him in everything he did.

She attended Olympus high school where she studied hard, and played even harder. She was fortunate to have a tight knit group of girlfriends. They were always together, whether going on road trips, putting together their favorite music playlists, or staying up all night squealing and laughing. She always loved to get dressed up to go to the school dances with her favorite people. She was living life to the fullest, and at the same time better preparing for college by taking A/P classes and attending the Academy of Finance at Skyline High School.

After High School she attended the University of Utah and became a member of Delta Gamma. Because of her bubbly and caring personality she quickly fit in and touched many lives in a short period of time. She then set off on a great adventure to move in with her sister and cousin in California. This moment of time will always be cherished by Tiffany as they were nearly inseparable and created a steadfast bond between sisters. This special bond later allowed Lisa to call on Tiffany during some of her hardest times, to listen, for comfort, love, and support.

As Lisa's love for everything California grew, she chose to stay and attend Cal State LA for a couple of years. The sidewalk cafes, going to the beach, and the consistent warm weather, all while surrounded by close friends, brought her great joy. To complete her schooling in International Relations she returned back to the University of Utah, where she thrived learning about and discussing History and Politics.

Not only did she live in many different places, but she also relished a good vacation! She went to Lake Powell, cruised the Caribbean, and travelled to New York, Florida, Hawaii, Mexico, and Europe.

Lisa has always cherished the simple joys in life. She loved bouquets of fresh cut flowers. She savored cooking family favorites or creating a new recipe. She found solace in running, whether on the beach, in the mountains, or in the avenues. She and Nettie enjoyed watching a good movie, under a heated blanket, with their cat Teddy, Diet Coke, and lots of candy! Lisa had a special love in her heart for her three nephews, Brecken, Max, and Raynger. Their innocent smiles and strings of giggles brought her great joy. It was amazing to see her in blissful happiness with them.

Recently she had a job she loved where she felt she was a great asset. She was extremely excited about the future as she knew her personality and talents would allow her to excel in a position that was meant for her. This brought her such hope. We are grateful she was able to feel newfound determination and happiness.

Although her life was cut short far too soon, she once said she was so lucky to have had more experiences than a lot of people have exposure to in a full lifetime. Lisa was a bursting ray of light that brightened all those around her, but a person shining on the outside may also be fighting darkness on the inside. Although most people only saw her light, Lisa carried a great deal of emotional pain. As a young teen she experienced trauma and in trying to cope she developed an eating disorder she could never get past. Since then her mind raced constantly replaying hurtful experiences and she found alcohol silenced the negative thoughts. After many years, the alcohol and eating disorder were unrelenting on her physical body and she could no longer plead with her body to survive. Her incredibly powerful spirit left her fragile body December 7, 2019.

We share these intimate details in hopes that those struggling will seek help to attain a different outcome. To anyone feeling this same kind of pain or imperfection, please, don't hide it or worry about judgement. Take a chance on those who love you and open up so

they may help you through the darkness. There has been an astounding number of people reaching out, who never knew the afflictions Lisa faced. Losing her is heartbreaking to us all and we will always wonder what more we could have done to love and support her. But, we do believe Lisa is free of her heartache and her spirit is at peace. We can only imagine the relief she now feels to know she is perfect just the way she is, and the great joy she now feels to clearly see that she is overwhelmingly loved by all the hearts she touched. Lisa, we love you! We will think of you always and miss you even more. We will eagerly await the tender moments when we will feel you with us. Please don't ever be too far away and come back to visit us often. May we all live our lives to the fullest... the way Lisa had always wanted to.

Comments



“ You were and always will be my spiritual sister. RIP my love Annie



Annie - January 06, 2020 at 09:58 PM



“ Thank you for sharing the joy and pain. I knew Lisa for only a few weeks but she made an impact on me and her fellow colleagues. She really was made for her new job

Carrie Koorling - December 15, 2019 at 09:50 PM



“ I was one of those cousins who would walk up to Sev (7-11) with Lisa, Ryan and Tif when we were young. Isaac was Lisa's favorite store attendant, from whom we would buy all sorts of crazy candy and questionable meat snacks with sketchy-sounding ingredients (beef hearts???). Lisa was a ray of sunshine, indeed. Her candle burned out far too soon. I also hope that she can serve as a reminder to all of us as to how precious and fleeting life can be. Let's try to help our loved ones find peace, comfort and joy in their times of need.
It's what Lisa would want. - Mike L.

Mike Lundberg - December 14, 2019 at 01:58 PM