Representative Nelson represents the citizens of House District 125, which includes portions of Richmond County in August, Georgia.

Sheila attended Richmond County Public Schools and graduated from Lucy C. Laney High School in 1974. In February of 1979, she began working at the Augusta Main Post Office as a part time clerk. Throughout her career she held several positions including the following: facilitator; acting manager; business solutions specialist; sales representative; officer in charge; postmaster; and customer service supervisor. After working for the Post Office for more than 34 years, she retired in May of 2013.

Sheila is a dedicated philanthropist and has served her community for over 30 years as a mentor to women and teenagers and as a volunteer with the Georgia Chapter of The Blind and Physically Handicapped. She is an active member of the Good Hope Missionary Baptist Church in Augusta, Georgia, and serves faithfully on the Pastor Support Ministry.

She is the devoted daughter of Dorothy and Julian Clarke, Jr., mother of Marcus (Marquetta) and Jacquelyn Nelson and Jocelyn (Henry) Mack. She is the loving grandmother of Marcus, Jr., and Myiesha Nelson, DeSean, Casey, Kyrie Mack, and Jayla Lewis.