



## Helen M. Shepard

February 7, 2017

She was born in Ayer on March 27, 1952 a daughter of the late Raymond L. and Leda E. (Croteau) Shepard and grew up in West Groton. She graduated from Groton High School in 1970 and has lived in Shirley for all of her adult life.

Helen was a administrative assistant for the accounting firm of Nancy Washington, PC in Harvard and had recently retired in June of 2016.

She was an active volunteer at the Loaves and Fishes Food Pantry in Devens. One of her many contributions was her knitted scarves which young children could give to their parents at Christmas time. She also had many hobbies and always remained busy. Her greatest pride and joy was her many flower beds and vegetable garden. She found no greater pleasure than sharing what she grew in her gardens. Her indoor hobbies include card making, stamping, knitting, holiday cookie baking and of course spending time with close friends and family.

She leaves her longtime companion, Walter Pochini of Shirley; a brother, Robert J, Shepard and his wife Christina of Shirley; two nieces, Julie Mazza of Gardner and Melissa Walters of Fitchburg and two great-nephews.

In addition to her parents she is predeceased by a brother, David Shepard

and a sister, Linda Raimon.

# Tribute Wall

MA

“ *Excellent read, I just passed this onto a friend who was doing a little research on that. And he just bought me lunch because I found it for him smile Thus let me rephrase that: Thank you for lunch!*

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**Marvella** - February 11, 2018 at 04:33 PM

TR

“ *Very sorry to read of Helen's passing. I knew her for a few years. Always cherished her home made Christmas ornaments & cookies.*

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**Tina Ruhnau** - February 19, 2017 at 11:37 AM

AF

“ *So sorry to hear of Helens Passing. I worked with Helen for a few years many years ago. Many fond memories.*

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**Alison Fellows** - February 15, 2017 at 05:28 PM

DH

“ *I just heard about Helen passing. We graduated together from Groton High. Thoughts and prayers to all her Family and Friends*

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**Dan Hoffman** - February 14, 2017 at 02:17 PM

SR

“ *I just learned of Helen's passing from a former classmate. I graduated with Helen but had not seen her since then. So sorry to hear of her passing. My deepest condolences to her family.*

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**susan roberts** - February 12, 2017 at 07:51 PM

PE

“ I am so sorry to hear of Helen's passing. She was the first childhood friend I had. We went to Tarbell School and to Sunday School classes together. I can remember going to her house to play and having her mother's wonderful pineapple squares. Helen brightened up everyone's life.

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**Paula Zalesney Eaton** - February 12, 2017 at 07:49 PM

TM

“ Helen was an old friend of mine from West Groton. I remember her always smiling. I'm so sorry to hear this news. My prayers to her family.

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**Tami Maynard** - February 12, 2017 at 07:36 PM

KP

“ There are no words to express how sorry I am for your loss. Helen was a wonderful, giving, caring woman who touched the lives of so many with her generosity and kind spirit. I have many great memories of her, and think of her fondly often, and I hope your memories of her help to comfort you in this difficult time.

Love  
Kim

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**Kim Pochini** - February 12, 2017 at 11:30 AM

RA

“ WE was so deeply saddened and shocked to hear of Helen passing. We extend my deepest sympathy to you and your family at this sad and difficult time. I know that you and your sister were very close. I'm here for you. Our thoughts and prayers are with you. Love you guys like family.  
Love Rusty and Charlotte.

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**Russell And Charlotte Anderson** - February 11, 2017 at 05:31 PM

MM

“ Our condolences to all who loved Helen. She was a lovely lady. We are so glad to have known her. She will be missed.

Margaret and Frank Mazza - February 11, 2017 at 10:48 AM

BM

“ very sorry Bob and Tina

bill morrison - February 10, 2017 at 06:37 PM

JP

“ My deepest sympathy to her family. Helen gave me one of the first of many welcoming smiles the first time I walked into Nancy Washington's office in Harvard. No matter how busy she was, she always had that smile and her what can I do for you follow up. She was a beautiful person inside and out and I will miss her.

Joan Pena - February 10, 2017 at 01:36 PM

PK

“ Brud, Bobby and Tina I am so sadden by the loss of Helen. She was such a caring, beautiful soul. Our friendship spans many years and I treasure the many memories I have of Helen, Leda and Ray...all the fun times we had in West Groton. Rest in peace sweet girl, you will be missed.

Pat Krauchune - February 10, 2017 at 11:11 AM

DF

“ Walter, we are so sorry for your loss. Helen was such a wonderful, kind and thoughtful person. Please know that you are in our thoughts and prayers.

Debbie & Mohamed Fnine - February 10, 2017 at 08:45 AM

LS

“ Our deepest sympathy to the family. Thoughts and prayers to you during this time. She was a wonderful person.

Lorna & David Schwartz - February 09, 2017 at 08:09 PM

RM

“ We are deeply saddened to learn of Helens passing. She always had such a welcoming way about her. She will greatly be missed. God Bless.

Rosie & Johnny MacDonald - February 09, 2017 at 07:33 PM

DM

“ Helen was always a joy to talk with, and very generous in sharing her perennials with us. In our last conversation she gave me a heaping pile of gardening magazines, many of which I shared with a classroom of fourth graders eager to use the photographs for their projects. We will miss her very much, and wish you solace and peace of mind in the days ahead, Walter, and to all who knew her.

Dina Samfield and Ed Maloney - February 09, 2017 at 06:29 PM

PW

“ I am so sorry to hear of the passing of Helen. May she rest in peace. Let heaven welcome a wonderful person.

Pam Wyman - February 09, 2017 at 03:46 PM

DS

“ I am so very saddened to read of Helen's passing. My thoughts are with all those that loved her.

Denise Stepleton - February 09, 2017 at 01:46 PM