

Helen Alice Saunders

August 24, 1917 – November 29, 2014

Helen passed away, at peace, on November 29, 2014. Her one wish in her golden years was to stay in her home as long as possible and she was able to do this having only recently entered into care at Parkwood Court. She was born 97 years ago in New Zealand, the daughter of a deep-sea captain. Her early years saw her venturing across the globe – from New Zealand, to Scotland, and back to New Zealand at the age of 2 where her brother Donald was born. There would be more globe-trotting from Australia, to England, and back and finally settling in Victoria when she was 12. After graduating from Oak Bay High School she pursued what would become her life-long passion, nursing. Her nursing career was varied, challenging, but most importantly, rewarding. She worked in the slums of Chicago; joined the Army as a “Nursing Sister” at Royal Jubilee; and after the war transferred to Vancouver General where she held many positions and continued her education obtaining her Masters and became the Clinical Coordinator for the Vancouver General School of Nursing. She returned to Victoria in 1963 to the Royal Jubilee Hospital and remained there in various Supervisory positions until her early retirement, at the age of 58, to care for her parents. She was completely devoted to caring for them until their last day. She has said that this time was of tremendous physical, mental, and emotional stress and heart-break for her because of the level of care in the extended care hospital system. She dedicated the remainder of her life to the pursuit of improving the level of health care available. She became a valued and integral contributor to the completion of the new Patient Tower at the Royal Jubilee. Helen had her own health issues with chronic back pain and arthritis, but still managed to get to her exercise classes right up to her 80th year! She even enrolled in computer classes just to keep her mind active

and current. She loved Victoria, the ocean, and her garden. She spoke highly of her many dear friends, and neighbours who watched out for her so kindly in her later years. She was a caring sister, and a wonderful aunt to Donald's five children. She would love nothing more than for all of us to reminisce with fond memories over a cup of Earl Grey.

Until we meet again Helen.

"Sorrow is not forever, – love is."

A Memorial Service will be held on Saturday, December 13th, 2014 at 1:00 p.m. at McCall Bros. Family Chapel (Johnson at Vancouver). In lieu of flowers, memorial donations may be made to the Victoria Hospitals Foundation or a charity of your choice. Condolences may be offered to the family below.

McCall Bros. Funeral Home

www.mccallbros.com