

Helen Oppelt

On February 21, 2019 the sweetest, most lovable soul took flight. Helen Oppelt (aka 'Little Bird'), passed away peacefully surrounded by family and the compassionate staff at the Glengarry Hospital. Born November 12, 1929 in Edmonton, AB, Helen met her husband Bernie, of 50 years, working at The Bay modelling on their lunch hour.

Their

early life was spent dressing up and going dancing at the Trocadero Ballroom.

They build a happy life with three children, Wendy (Jeff), Kevin (Monica) and Chris who passed away in 1984. Bernie predeceased Helen 10 years ago and at that time she moved to Victoria to be close to her daughter Wendy (Jeff) and granddaughter Sophie.



We would like to extend a very special thank you to everyone at the Glengarry Hospital. They have become a joyous extension of our family, and we will be forever grateful for their love and support. We will miss visiting with Little Bird and seeing all those beautiful smiles who greeted us daily.

