

Marycrest Motherhouse
2851 W. 52nd Ave
Denver CO 80221

Dear Sisters, family members, Associates and friends,

Sister Helen Cassino, (Emily Rose) whose compassionate heart and ready wit served her well as teacher, receptionist/secretary, and as gardener, was born on November 4, 1918 in New York City, the only daughter and youngest child of Anthony and Amelia Cassino. Helen's mom died in childbirth, a victim of the flu of 1918, leaving Helen to be 'spoiled' by a doting and loving Father. The smallest in any group, Helen was always a force to be reckoned with. A young woman of tremendous energy, a gift that served her well all her life, Helen was involved in the many activities of school and church open to girls at that time.

Helen entered the Apostles of the Sacred Heart in New Haven, Connecticut, in 1938 and professed her final vows on July 2, 1947. She graduated from Fordham University in New York in 1947 with a Bachelor of Science degree. In 1967 she received her Masters Degree in French from St. Louis University in St. Louis, Missouri and later received a Certificate to teach high school typing from Fontbonne College, also located in St. Louis, Missouri. With deep love, respect and genuine joy, Helen taught for thirty years. She was dearly loved and respected by her students.

In August of 1978, Helen transferred to the Sisters of Saint Francis of Penance and Christian Charity in Denver, Colorado. For eight years she taught French at Marycrest High School in Denver before retiring to be the secretary/receptionist for Marycrest Health System. Not one to sit around and "do nothing," Helen was later hired as the secretary/receptionist for Mad Hatter Heating located in Denver. In her last days, she worked as a volunteer at Marycrest Assisted Living.

One of Helen's favorite activities after retirement was working in the garden and for many years she tended the various garden plots around Marycrest. Her greatest joy was her "Peace Garden" located beneath the pines in the Marycrest parking lot. Here she hung the cathedral garden chimes given her by her family.

In addition to the garden, Helen's other loves were her dog Peek-a-Boo and her cat Tawny. Both gave her endless hours of amusement and companionship.

During the summer of 2003, Helen had knee replacement surgery in Alliance, Nebraska. The knee mended amazingly well...well enough for her to walk, without much pain, from Marian Residence to Francis House in order to play with the convent cats, Fluffy and Buffy. During the spring of 2003, Helen experienced varying levels of abdominal pain and on November 10th was diagnosed with pancreatic cancer. She was admitted to Box Butte General Hospital in Alliance, and received hospice care. On November 18th, at 5:02 PM, just two weeks after her 85th birthday, she entered eternal life. Helen lived as a faithful woman religious for sixty years. She will be sorely missed.

On November 21st, a wake remembering and commemorating Helen's life of loving service was held at Marycrest Motherhouse in Denver and the funeral Mass was held at the Archdiocesan Mortuary Chapel on Saturday, November 22nd. Interment followed at Mount Olivet Cemetery in Denver, Colorado.

Sisters at Marycrest Motherhouse