

# Kingdon, Helen Marie

March 20, 2025





## **HELEN MARIE KINGDON**

**January 17th, 1935 – March 13th, 2025**

It is with heavy hearts that we announce the passing of Helen Marie Kingdon, who left us on Thursday, March 13th, 2025, at the age of 90 years. Born on January 17th, 1935, in Naicam, Saskatchewan, as the baby of her family, Helen's life was a testament to kindness, resilience, and unwavering love.

Helen trained as a Registered Nurse at the Grey Nuns Hospital in Regina, Saskatchewan, before briefly moving to Victoria, BC. Most of her life was spent in Bienfait and Estevan, Saskatchewan, where she built lasting friendships and cherished memories. She also lived in Regina for a few years before moving to Moose Jaw, SK in 2023.

A devoted Registered Nurse, Helen dedicated over 40 years of her life to caring for others. With immense compassion and professionalism, she provided comfort and dignity to her patients, particularly in long-term care settings. Her gentle touch and caring nature left a lasting impact on all those she

cared for.

Helen's greatest joy was her family. She was a loving wife, mother, grandmother, and great-grandmother who took immense pride in the accomplishments of her children and grandchildren. Her warmth, laughter, and support created a strong and loving family bond that will forever be cherished.

Helen is survived by her son, Gordon; grandchildren: Brandi, Devon, Dylan, Lisa, Brent, and Mercedes; several great-grandchildren; as well as many nieces and nephews. She was predeceased by her beloved daughter, Lorraine; husband, Ken; father, Gunner; mother, Minnie; sisters: Norma, Hazel, Ina, and Gladys; and brother, Carl.

Helen's kindness, dedication, and generosity will be deeply missed but fondly remembered by all who knew her. Her legacy of love lives on in the hearts of her family and friends.

**A Celebration of Helen's Life will be held in the near future, with details to be shared at a later date.** In lieu of flowers, the family requests that donations in Helen's name be made to the Heart and Stroke Foundation of Canada, Box 2414, Toronto, ON M4P 1E4.

May she rest in peace, surrounded by the love she so freely gave.

Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. Andrew Pratt, Funeral Director 306-693-4550

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Regina Grey Nuns Nurses Alumni on April 1, 2025 at 1:51 pm

It was with sadness that we learned of Helen's passing. On behalf of the RGNH Grads, please accept our heartfelt condolences.

With Sincere Sympathy,

Regina Grey Nuns Nurses Alumni

P.O. Box 35046

Sherwood Village RPO

Regina,Sk. S4X 4C6

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