

## HELEN ANNASTACIA (KROKOSH) ELYSHEN



HELEN ANNASTACIA (KROKOSH) ELYSHEN July 31, 1923 - July 20, 2009 To us who loved her, Helen was a beloved Mother, Granny, Baba, Sister, Friend, Neighbor. Helen was born a farmer's daughter in the RM of Mossey River, MB to John and Jennie (Eugenia) Krokosh. She was the fourth oldest of 12 children. It was a poor and tough life and Helen left home at just 14 years old. She was always a very hard worker believing that if you were to do a job you needed to do it right. After leaving home Helen made a wonderful and lifelong friend in Betty and they remained best friends always. Helen met and married Bill Elyshen and had two children, Pat and Randy. When the children were older Helen got a job at the University of Manitoba Food Services on the Health Sciences Campus and worked there until her retirement in 1988. Helen was always very creative and her embroidery, petit point pictures, knitting and crocheting were works of art. In her later years she took great joy in knitting sweaters and vests for her great-grandsons who became the brightest gleams in her eyes. Helen enjoyed great delight being a Grandmother from the moment Kelvin was born, but said that being a Great-Grandmother to Izak, Aiden and Keane was even better! When the great-grandsons would come to visit she would always want to feed them what they liked the best - of course they would shout Perogies and Baba always had perogies for them - for as long as she was able to make them. Helen was a wonderful cook and very much enjoyed cooking and entertaining her family. She was an avid gardener and would always make sure she planted enough to feed her family - even when she no longer needed to provide for them. We used to tease her that her garden grew larger every year - and it did - she just couldn't resist digging that extra few inches of grass away to ensure she could plant enough. This year, even though she was so weak, she just had to plant some tomatoes. Each fall, Helen would can and freeze and give away her produce, making sure there was always enough to last the winter. Helen was determined to maintain her independence and was always up with the sun making sure that her chores were done in the morning so that she could rest the remainder of the day, even as her endurance was depleting. Helen was blessed to have a very kind and caring friend Glen, who for quite a few years was always available to help her with caring for her home and yard thank you Glen. Helen was predeceased by her parents, John and Jennie (Eugenia), brothers and sisters Joe, Mike, Josie (Josephine), Rose, Paul, and her beloved son Randy. She is survived by her daughter Pat (Patricia), grandson and wife Kelvin and Becki, great-grandsons Izak, Aiden and Keane and brothers and sisters Mary, Kay, Peter, Eileen, Ann, and Walter. Our family is very grateful for the commitment and loving support of Dr. Patricia Harris and Wendy; the Palliative Care Program staff that attended her, in particular, Alma who was her special nurse this last year, and Florence, the Palliative Care Coordinator; the Surgical

DayCare staff at the Grace Hospital we thank all who were involved in her care, especially this last year. A memorial service will be held on Monday, July 27, 2009 at 10:00 a.m. at Chapel Lawn Funeral Home, 4000 Portage Avenue with reception to follow. Please, we very much request you not to send flowers. If you feel you must do something floral, please, in Helen's memory, give flowers to a relative, friend, neighbor or take some to a stranger's bedside in a hospital or care home. We don't need to know the details, just put a smile on someone's face!! Or you could plant a plant in honor of Helen, she did so love living plants. Another idea would be to please consider a donation to the Palliative Care Support Program, the Humane Society, or a charity of your choice. Thank you. Chapel Lawn 885 - 9715