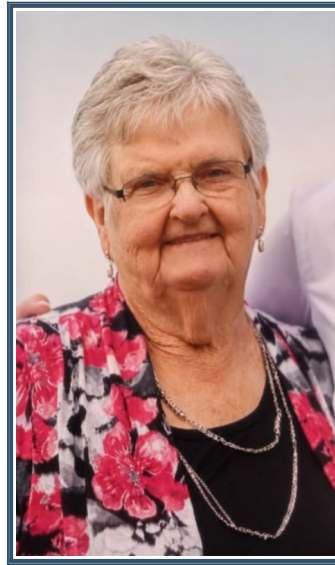


IN LOVING MEMORY OF

***HELEN
SMITH***

***OCTOBER 04, 1930
AUGUST 27, 2026***



It is with great sadness that we announce the passing of Helen Smith, age 95, of Inverness, Nova Scotia. She passed away peacefully at Inverary Manor on August 27, 2026.

Helen was predeceased by her beloved husband, Jimmy Smith, the love of her life and partner for 57 years. She was also predeceased by her parents, John Alex and Flora MacDonald; her brother Alex Neil MacDonald and her sisters Sadie, Tina, Leonie, Annie Mae, Laura, Catherine, Violet and Mary.

Helen leaves behind her dearly loved daughters Carol (Francis) Morris and Donna MacDougall as well as her grandchildren and great-grandchildren, who truly meant the world to her. She will also be lovingly remembered and deeply missed by her many nieces and nephews. She was deeply loved in return, and the place she held in the hearts of her family is one that can never be filled.

Helen was an incredibly strong and independent woman who believed in staying busy and carrying on, no matter what life placed in front of her. She was not one to sit still for long. She lived her life with strength and determination and would do absolutely anything for the people she loved. Family was the centre of her world and those fortunate enough to be loved by Helen knew just how fiercely and completely she loved them.

Although saying goodbye to Helen is incredibly difficult, there is comfort in imagining her finally reunited with Jimmy after so many years apart and once again at home with her parents, brother, sisters, family and friends who went before her.

Although while we hope she is finally getting some well deserved rest, those who knew Helen knew that resting was never her style. We have no doubt she is already taking care of business, keeping everyone in line and watching over the family she loves so dearly.

There will be no visitation. A family graveside service and burial will be held at a later date. Donations in memory of Helen may be made to Central Inverness Palliative Care.