



Mrs. Helen Mary Westmoreland

February 14, 1931 - January 13, 2026

Mrs. Helen Westmoreland of High River, Alberta passed away at the High River Hospital on January 13, 2026 at the age of 94 years. Helen is survived by ...her children, Mae, Brenda, Gloria, George, Rick, Terry-Lee, Deborah, Dale and their spouses, her grandchildren Jason, Kevin, Kyle, Tanis, Danielle, Gabriel, Riley, Jordan, Brendan, Marco and Jackson, and her great grandchildren, Evan, Joelle, Booker, Brahm, Madeline, J.R., Thea, Elena, and Paul, her sister, Ilene and -in-laws, Tony, Margaret and Violet. She is also survived by numerous beloved nieces and nephews.

She was predeceased by her parents Mary and Charlie Whitlock, her loving husband, Westy, her beloved son, Jeff, her sisters and their spouses, Francis (Muff)/ Sylver, Mae / Alec, her brothers Charles, George, and Arthur, nephews Lloyd and Richard, and niece, Carol, as well as her grandson Kyle's wife, Paula.

Helen was born and raised in Fort Simpson, NT. On completion of her schooling, she married Westy, a soldier returned from WW2, serving RC Signals. They raised their nine children in Hay River, NT and Fort St. John, B.C.

Helen continued to reside in Fort St. John after the death of her husband in 1980 for about ten years, then moved to Vancouver to be closer to her

children. She later moved to High River, Ab, where she resided until her passing.

Helen was an active lady who loved to travel and visit her many family members. She loved being in the company of every generation and was welcomed into their homes for many occasions. While she remained healthy and in her own home she loved to garden, read, walk and cook. She is remembered for her hospitality and favorite recipes by all who knew her. Love and appreciation for Mom's care in the Manor and Unit 200 is extended to all the staff who made her comfortable and showed her kindness in her later years.

A Celebration of Helen's Life will be held at a later date.

Memorial donations may be made to a charity of your choice. Mom favored The Alberta Children's Hospital and the Veteran's Food Bank.

Caring for the family is Lyle Reeves Funerals of High River (Craig Snodgrass) 403.652.4242.

Tribute Wall

JO

“ *Justine O lit a candle in memory of Mrs. Helen Mary Westmoreland*



Justine O - January 31 at 01:04 PM

LM

“ *1 file added to the album Helen*



Lee-Anne Murakami - January 26 at 11:17 PM

CW

“ *My beautiful Auntie Helen was one of the strongest people I've ever known. I am grateful and will continue to cherish the memories of the times we spent together.*

To my cousins I am heartbroken for you. Your mom was a gift to this world and she will be deeply missed.

Cathy

Catherine Ward - January 24 at 12:23 PM

RW

Thank you Catherine for all your kindness and words about my loving mother. There still isn't a day that goes by that I don't think about her. You should know that I feel the same about your mother as you do about mine. My Auntie Muff was one of the kindest and most loving person I have had in my life as was your dad and my uncle Silver. Take care Catherine. ❤️

Rick Westmoreland - May 04 at 07:48 PM

AW

“Helen was an active member of our weekly Catholic Church Services and her quiet presence will be missed. Rest in Peace Helen.

Ann Weston, On behalf of St Francis de Sales Pastoral Care



Ann M Weston - January 22 at 09:40 PM

LM

“Helen was one of my special residents during her time at MTM! She holds a special place in my heart. Rest easy Helen.

lee-Anne Murakami - January 20 at 04:49 PM

BR

Thank you Lee-Anne. You were always so kind and helpful to her.

Brenda - January 21 at 09:52 PM

RW

Thank you Lee-Anne for the gracious care that you provided for my loving mother while she was with you in the care home.

Richard (Rick) Westmoreland - January 24 at 01:11 PM