



Helen S. Pedersen Avery

June 13, 2024

Helen S. “H” Pedersen Avery passed peacefully on June 13, 2024. Born in Staten Island, on July 19, 1948, she was raised in Potsdam, N.Y. Helen graduated from Colton High School in 1966, and earned her secretarial certificate from Mildred Elley in 1967. She embarked on a career with Prisoners Legal Services, and later the Attorney General’s office, retiring in 2011, to care for the pride and joy of her life, her grandson.

“H” cherished many things in life, foremost among them her children, and her boy, Cameron. She adored her blue Chevelle with the “Just H” license plates, lounging on her deck by the pool immersed in books under the sun, bowling with all of her league pals at Redwood Lanes, and getting her lotto tickets while catching up with friends at Stewart’s. Always the spirited neighborhood mom and the life of the party, she reveled in singing and performing with the Colton Choraliers alongside her siblings. In high school, she enjoyed being a cheer- leader and was crowned prom princess.

She is survived by her husband, Peter. Helen leaves behind her three adored children, Joseph Jr. (Cari), Leslie (Jim), and Lindsay (Melissa); her siblings, Bob (Jeanne), Susan, and Johnny; and her grandson, Cameron Jarvis. She is also survived by numerous cherished nieces and nephews. Helen was predeceased by her parents, John “Viggo” and Clarice Pedersen; and her brother, Edward Frederick Pedersen.

A Celebration of Life will be held at a later date. In lieu of flowers, please consider donating to The Shriners Hospital for Children.