



## Helen Rousia

September 1, 1941 - March 2, 2026

Cohoes NY

Helen Rousia 84 passed away on March 2, 2026. Born in Cohoes and a life long resident she was daughter of the late Harold and Leonie Perrier St. Gelais. She was wife of the late Alfred Rousia Jr. She had been employed as a teachers aid in the Cohoes School District and later worked at Cohoes Manufacturing and Marra's Pharmacy. She enjoyed bowling on Saturday nights with her husband and had been a Den Mother with the Cub Scouts. Helen had also been a longtime foster parent.

She was mother of Mary Lee Sebast and the late Alfred Rousia III and Jeanne Rousia. Mother in-law of Jan Rousia. Sister of the late Carol Allen. Grandmother of Allen Rousia, Donald Tatro, Alexis Apisa, Eric Rousia, Stephen Rousia, Amanda Bariteau and Kristin Sebast. Also survived by several great grand children and several nieces and nephews.

Funeral services and calling hours will be private at the convenience of the family. Interment will be in St. Joseph's Cemetery Waterford.

# Cemetery Details

## **St. Joseph's Cemetery**

40 Middletown Road  
Waterford, NY 12188

# Tribute Wall

CO

“ *Al & Helen were great friends of my parents Buzzy and Karen Yando . We used to visit a lot . Rip Helen*

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**Colleen** - March 05 at 08:43 PM

LF

“ *Helene and Al were always Aunt and Uncle to my two children. We were great friends for years until I moved away. She was a great person who would be there for you. May she rests in peace*

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**Lee Connery Frederick** - March 04 at 10:52 AM