



Helen Elizabeth Long

MAR 24, 1927 - MAR 1, 2024



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Helen Elizabeth Long

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Helen was born on March 24th 1927, at home in Ramona California. She was the last of the 5 girls born to Tom and Flora Miller. She lived there until she met our dad, Henry “Hank” Long, in Lakeside when she was 16, and he was 19. They were married on September 19th 1943 in Yuma Arizona after 3 months of “courting”.

When daughter Patty was born in 1945, her life became dedicated to taking care of her cerebral palsy child. She also raised and was very proud of her son Ron, and her daughters Dale and Becky.

Helen was very active in the community, being the PTA president, Girl Scout leader, Sunday school teacher, later in life she was the church organist and secretary at Lakeside Southern Baptist church. She has been a faithful member of Shadow Mountain Baptist Church for many years, attending several bible study groups, volunteering for Awanas and also VBS.

She was our dad’s partner during their life together, while they owned the Texaco gas station in Lakeside, a tire store, Spring Valley Auto Parts, El Capitan auto wrecking, and finally his go to person for designing the 6 speck homes he built and sold before he passed in 1990.

Being a native San Diegan, she loved her Padres. Going to home games over the years and even attending spring training in Peoria with her sister Belle. There were many nights where she would stay up late to watch them into overtime. She attended her last game at age 96 with daughter Dale and her husband Kevin.

Our mom was an amazing woman who was a very devout Christian. Her life had many blessings and some heartache. Again, she was so devoted to taking care of all of Patty’s needs and giving her as normal of a life as she could. Then loosing Ron in 1974, along with his unborn child in a tragic accident, she was able to keep going with joy in her heart until March 1st 2024, at age 96.

Helen leaves behind her 3 daughters, Patty, Dale, and Becky, her grandchildren Lara Lee, Dustin, Sarah, Dylan, Hailey, and Seth, Great grandchildren Linzy, Noah, Fynnly, Oryn, Madelyn, and



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her great great granddaughter Sage.

She was a strong, independent, Christ driven woman, who was our hero and wonderful role model. She will be truly missed by all who knew and loved her.




Events


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Graveside Service

 **Monday**, March 11, 2024

 10:00 AM PT

 **Greenwood Memorial Park**
4300 Imperial Avenue, San Diego CA 92113





Memories only last if you share them

Join us in honoring Helen by contributing to a collection of shared memories.



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