



Helen D.

What is the secret to her longevity?

The love of the outdoors. Helen used to garden and work in the yard on her flowers. Helen says to stay active - walk, talk to people and eat right!

About her family.

Helen has three kids with many grandkids and great grandkids. Helen remembers playing a lot of outdoor games growing up and says that is something that today's kids do not do as much of.

What is her favorite thing to do?

Her favorite thing to do is play BINGO, visit with friends, go to chapel and play bridge. Helen also loves to visit her family and would love to travel back when it was easier.