



Helen S. Merritt

June 13, 1935 - September 20, 2025

Helen S. Merritt peacefully passed away on September 20, 2025, with her family by her side. Helen was born on June 13, 1935 in Stamford, CT to Zigmund and Mary Wasicki.

Helen lived a life of joy, strength and laughter. She found purpose in being the shining light not only within her family, but every room she entered. Whether you knew her for 90 years or 90 seconds, you were left with the feeling of warmth, love, and happiness that will stay with you forever. In the words of Helen, "this is not a time to mourn, but to celebrate a life well lived."

Helen is survived by her daughter (and best friend), Bonnie and her son-in-law, Patrick Pirro of Stamford, CT; her sister, Debra Fago of South Carolina; her loving grandsons, Sean Patrick and Ryan Merritt (Partner, Brianna Thompson); her beloved golden retriever, "Sky", and her many special nieces, nephews and friends, all of whom she greatly adored.

Helen was predeceased by her loving husband, Fred (Robin); her parents, Zigmund and Mary Wasicki; her sister, Florence Dec; and her brothers-in-law, Karol Dec and Richard Fago.

Helen proudly worked as an Administrative Secretary at Union Trust for 16 years where she made many life-long friends, traveling to visit and keep in

touch with them for 30 years.

Helen and her husband “Fred” retired to Cummington, MA in 1996 where they enjoyed a wonderful life of activities: gardening, bowling, pistol and trap shooting, and entertaining guests at their country home. She enjoyed writing her daily journals and reminiscing about the good times with friends and family. If you were lucky, she may even let you get the upper hand in a game of YAHTZEE. She was corresponding Secretary with Cummington Council on Aging and a member of Ladies Lunch Bunch. She participated in the Cummington Fair and was a recipient of many ribbons won for her exhibits in baking, flower arrangements and garden vegetables which gave her the most enjoyment.

Helen returned to Connecticut in 2017 to be closer to her daughter and family. She made the most of her days back in Connecticut, getting together with old friends for lunch, completing her daily puzzle, regular phone calls with loved ones, enjoying scenic walks at Cove Beach, bird watching, celebrating special occasions with sweet treats, and most of all hanging out with her “poochie”, Sky.

The family will hold a Celebration of Life ceremony for anyone who wishes to attend on Sunday, October 5th, from 4pm to 6pm at Bosak Funeral Home & Cremation, 453 Shippan Avenue, Stamford, CT. Helen asked for this day to be celebrated, not grieved, so please wear something bright and joyful.

In lieu of flowers, do one act of kindness to honor a woman who lived her life spreading warmth, kindness, positivity, generosity and love to all.

If you wish to make a remembrance for the family, you may sign the family guestbook at www.bosakfuneralhome.com or www.facebook.com/bosakfuneralhome.

Previous Events

Celebration of Life

OCT 5. 4:00 PM - 6:00 PM (ET)

Bosak Funeral Home & Cremation
453 Shippan Avenue
Stamford, CT 06902

Tribute Wall

LG

“ *My sincere condolences to Bonnie and her family on the passing of her mom, Helen. I had to the pleasure of working with Helen back in the Union Trust days for many years. Helen was always upbeat and smiling and no matter how difficult a bank client was or a co-worker, Helen rarely lost her cool. To know Helen was to love her. We remained friends after she retired from the bank, and I shall always be thankful for having such a dear friend. Helen will be missed by all of us who loved her.*

Lena Gruel - September 27, 2025 at 08:45 PM