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Ms. Helen Buczak



Helen's parents lived in Edmonton, Canada, but wanted to be closer to the Polish community, so they moved to Toronto, which is where Helen was born and has lived all her life. After Helen finished high school, she worked in an office for one year before starting training at St. Michael's hospital to become a registered nurse. She remained at St. Michael's Hospital for forty years working in various fields including the emergency room, operating room, gynaecology and enterostomal therapy. She also taught student nurses later on in her career.

After retirement, Helen continued to work in human resources, and then decided to leave St. Michael's Hospital and work in long term care to maintain her bedside skills until she fully retired.

Helen took painting lessons after retirement, and painted for ten years. She has some of her beautiful art pieces hung up on her walls. Along with painting, Helen loved to ski. She has skid in Colorado, British Columbia, Banff, Sun Valley, and the Laurentians.