



Helen Eleanor Groth

December 30, 1922 - July 22, 2020

Groth, Helen Eleanor Age 97, of Edina, Minnesota, died peacefully on July 22, 2020. She is survived by sons James, Stephen (Jeanne), David; daughter Julianne (Jeff) Adams; Gail Groth; ten grandchildren Jordan (Katelyn), Sylvia, Adrianna, Aimee, Daniel (Sha Sha) Groth, Katie (Alex) Kopan, Anna Lisa (Trey) Valadez, Kristin (Mark) Vogt, and Brian and Sarah Adams; and three great grandsons, Wyatt and Riggins Groth and Holden Kopan. Helen is preceded in death by her beloved husband Norman, her parents, sister Dorothy Werness, brothers Cyrus, William, and George Rachie, and daughter-in-law Jennifer Linner Groth. Helen lived a beautiful life by every measure, and was independent, sharp, and vibrant throughout her long life, a tremendous blessing. She exuded warmth, kindness, compassion, wisdom, generosity, optimism, and grace, and was loved by many because she loved and affirmed others. Helen's Christian faith anchored her, and her actions reflected these values. Most notably, she was an extraordinary and treasured wife, mother, grandmother, great-grandmother, aunt, friend, and more, one who gave selflessly as she nurtured all fortunate to be in her wide circle of loved ones. She never uttered a negative comment about anyone or anything, had a lovely smile and easy laugh. Helen highly valued education, encouraged every member of the family to reach their potential, and she and Norman contributed generously to support educational pursuits. Impressively, she read a wide variety of newspapers, books and periodicals until the end, enjoyed engaging conversation, and always demonstrated an inquisitive and discerning mind. Helen was born in Minneapolis on December 30, 1922, daughter of Elias and Amanda Rachie. She graduated from Washburn High School in 1940, then the University of Minnesota in 1944 with a B.A. in Psychology and Sociology. As a pioneer woman leader, she made significant, lifelong contributions to many social service organizations. In 1945, she ventured out west where she directed the establishment of the YWCA at the University of Nevada, and while in Reno served as an assistant casting director for a Hollywood movie entitled "Margie". After returning to Minneapolis and marrying her lifelong sweetheart Norman in 1948, she served on both a paid and unpaid basis for various social service agencies for years, led organizations such as the PTA, Fairview Southdale Hospital Auxiliary, and more. She was an astute problem solver, and even filed patents on a few household innovations including "the Lid" and "Put-in Boots". In the

1970's Norman launched into the international food products arena, so Helen accompanied him in traveling frequently and widely; together they fostered deep personal relationships throughout the world. Later they incorporated Groth International, an international food consulting company, and Helen served as Vice President and CFO. Remarkably, this business was in full gear until Helen was in her 80's. Their international exposure enabled Helen to rekindle and build relationships with relatives in Norway, which led to establishing an extremely close bond for the entire family. She continued her volunteerism well into her later years, serving on various committees at 7500 York Cooperative, where she resided, up until recent weeks. There will be a private service for the immediate family and we hope to have a larger celebration of life in the next year. She will be interred at Lakewood Cemetery. Memorials may be directed to the Shepherd of the Hills Lutheran Church Foundation, the Fairview Foundation, or the Bethlehem Lutheran Church Foundation. Please direct any communication to the family through Julianne Adams, 35 Lark Bunting Lane, Littleton CO 80127.