



NEW YORK STATE SENATOR

Eric Adams

## January Constituent of the Month: Helen Vartigian

ERIC ADAMS January 7, 2013



*“The quality and frequency of mercy seem to have diminished in my lifetime – even among those who lay claim to sectarian principles where such acts are expected as a life style. But every once in a while there are those who, without prompting, surprise us with their generosity and selflessness.”*

-- Rosa Maria Castillo-Kesper, Special Advisor to Senator Eric Adams

Helen Vartigian is a nurse, caregiver and resident of New York State who has shown tremendous dedication to her country, state and community her entire life. Two of her passions in life are helping people and helping her country. She has been a Licensed Practical Nurse for nearly 50 years, selflessly serving those in need. Soon after graduating from the State University of New York at Plattsburg, Helen's noble pursuit to help others led her to enlist in the United States Army in May of 1966, where she served her country for over 14 years, retiring as a Major Retired Reserve in 1980.

Upon Helen's return to her country, she moved to an area right outside her hometown of Watervliet, New York, in the upstate city of Cohoes. She is a parishioner of St. Ambrose Church, and is constantly giving her time for the betterment of others. Helen's genuine care for others has stretched to those living downstate who have been affected by Super Storm Sandy.

Helen's compassion, humility and selflessness touched the hearts of Senator Adams' Capital District office this past November. Having heard of our endeavor to secure clothing from retailers for the victims of Hurricane Sandy, Ms. Vartigian joined our efforts wholeheartedly. Her contributions assisted many individuals in Brooklyn who were in need of clothing during the height of Sandy's aftermath.

Ms. Vartigian's humble response to our thanks and appreciation was simply, "There but for the grace of God, go I."

We thank you, Helen Vartigian.