



## Heather M. Shepherd

September 18, 1981 - January 10, 2019

Albany – Heather M. Shepherd, 37, entered Eternal Life Thursday, January 10, 2019. Born in Albany, Heather was the beautiful and cherished daughter of Robert J. and Karin L. Articola Shepherd. Heather was the beloved niece of Sandra J. Preston (George M.) and Thomas J. Articola (Cheryl); dear cousin of Sandra L. Preston Monestere (Charles) and Christy L. Articola; devoted aunt and God Mother of Matthew C. Monestere.

Heather was a graduate of the Academy of the Holy Names. She received a B.A. in Psychology and graduated cum laude from Siena College where she was awarded an academic Presidential Scholarship. She also graduated from Union College (Clarkson) Graduate School where she received an MBA degree in healthcare management. Throughout the years Heather held positions with the Capital Care Medical Group, St. Peter's Health Partners and recently was pursuing a nursing degree. Her family was proud of her academic achievements.

She was a compassionate, giving person who was always willing to help those in need of emotional support and encouragement. Her family was very important and were always there for her no matter what the need. She adored her godson, Matthew, welcoming him into the world with endless love and treasures of all kind. They enjoyed special times together swimming, playing games, and just having fun.

Heather filled a room with her warm, beautiful smile, sky blue eyes, and golden blonde hair. She always knew what to say to make others laugh. Above all and most important Heather loved her family and pets. At family gatherings her homemade apple pie, mac & cheese, and chicken parm were quickly devoured. Her culinary skills will be missed.

Throughout her life Heather had a special place in her heart for all animals. She rescued

several cats and dogs and showered them with attention, care, and love. Marschetto, Cleo, Versace, and Jameson enjoy a fantastic life thanks to Heather. She was a passionate animal rights advocate and supported the Mohawk Hudson Humane Society, Free to Be Me Rescue, and the Companion Animal Placement Program.

She had a special devotion to Our Lady of Lourdes and Our Lady of the Miraculous Medal. She treasured her “Jesus, I trust You” rosary.

Heather was talented in many ways. She was an amateur photographer but her photos proved otherwise. Flowers, landscapes, and nature were her favorite subjects to photograph. She had an incredible sense of fashion and home décor. She knew how to put an outfit together like no other and her decorating skills rivaled the best. Her other hobbies included reading, swimming, watching the Food Network, HGTV, the Golden Girls marathon, traveling, playing the piano, and taking nature walks in search of bald eagles. She was extremely gifted with computer skills and shared her talent with others. If she saw a rainbow, especially a double rainbow, it was a special moment for her.

Our treasured Heather has now joined the angels and her beloved relatives, especially “Grandma Guchie” and Uncle Charlie Karins who loved her so much when they were on earth. She now lives with them in the presence of our loving God for eternity. Until we meet again, Heather, spread your wings and fly with the angels. We will love you forever. You will always be in our hearts.

Funeral services Saturday, January 19, 2019 at 9:00 am at the Parish of Mater Christi (formerly St. Catherine of Siena) 40 Hopewell St. Albany, NY where her Funeral Mass will be celebrated. The Rite of Committal will be held at Our Lady of Angels Cemetery immediately following the Funeral Mass. There will be no public visitation hours.

To leave a message for the family, please visit <http://www.McveighFuneralHome.com>

# Cemetery

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## Our Lady of Angels Cemetery

1389 Central Ave

Albany, NY,

# Events

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**JAN**   **Service**   09:00AM

**19**

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Parish of Mater Christi

40 Hopewell Street, Albany, NY, US

# Comments

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“ Robert Shepherd lit a candle in memory of Heather M. Shepherd



**Robert Shepherd** - September 18 at 09:09 AM

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“ Dearest Heather,  
Happy 40th Birthday Princess! I love you more than you'll ever know! I wish that you were here, and I can hardly wait to be with you in Heaven. We are and always will be best friends!!  
All my love now and forever,  
Dad

**Robert Shepherd** - September 18 at 09:08 AM

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“ Karin Shepherd lit a candle in memory of Heather M. Shepherd



**Karin Shepherd** - September 18 at 09:01 AM

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“ Dearest Heather,  
Happy 40th birthday to our Beautiful Heather! On this special day we miss you and love you more than you could ever imagine -- EVERY minute of EVERY day. Heather, you are the greatest gift God ever gave us. We cherish all the wonderful memories of each birthday, and we miss so very much all of your smiles, your hugs and kisses, your laughter, your sense of humor, and all the funny things you said and did. Now you're our Guardian Angel watching over us from heaven until we are together again. Know sweet Heather that you are loved so so much and missed by so many. Our love for you is FOREVER! Sending you birthday hugs & kisses.  
Happy Birthday With All Of Our Love Always,  
Mom, Daddy and the boys

Karin Shepherd - September 18 at 09:00 AM

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“ Heather,  
Happy 40th birthday to my niece and goddaughter. I miss you and will love you forever. Special love on this special day.  
Love always,  
Aunt Sandy

Sandy Preston - September 18 at 08:27 AM

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“ Dearest Heather,  
Today is Mother's Day and you Heather have made me the happiest Mom ever!! I am so proud to have YOU as my cherished daughter. I miss all your wonderful hugs and kisses and beautiful cards. I miss our special song "Mommy's Little Angel" and I especially miss hearing "Love You Mom." I miss everything about you so much, and I love you with every beat of my heart. You my beautiful Heather made every Mother's Day the best, and I know today that you are watching over me in a special way. I can even hear "Love You Mom" from Heaven. We will be together again sweet Heather!  
Love you always and forever,  
Your Loving and Proud Mom

Karin Shepherd - May 09 at 06:44 AM

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“ Dearest Heather,  
Happy Easter in Heaven Precious Angel! We have the most loving wonderful.  
treasured memories of all the Easters we shared together. We miss you so much and  
love you with every beat of our hearts. Sending all of our love and lots of hugs and  
kisses to you and Versace and Cuddles in Heaven. You live in our hearts forever and  
we know our beautiful Angel is watching over us every day.

Happy Easter With All Of Our Love Forever,  
Mom and Daddy and Cleo, Marschetto and Jameson

**Karin Shepherd** - April 04 at 08:06 AM

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“ Our Dear Angel Heather,  
Two years ago today you went to your Heavenly home to be with Jesus, Our Blessed  
Mother, the angels and saints, and all of our loved ones. Sweetheart we love you so  
very  
much and think about you every minute of every single day. You are the brightest  
star, the reddest cardinal, the perfect beautiful butterfly - our wonderful Heather! Take  
care of little Versace and keep watching over us until we are together again for  
eternity. Know how much we miss you both. We pray you are happy and at peace  
and we love you more than forever. One day closer...

Forever loved and always in our hearts,  
Mom and Daddy

**Karin Shepherd** - January 10 at 09:52 AM

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“ Dear Heather,  
I miss you and love you. God bless and take good care of you always.  
Love forever,  
Aunt Sandy.

**Sandy Preston** - January 10 at 08:56 AM

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“ Our Dearest Heather,

Happy 39th birthday in heaven sweetheart! You're our wonderful daughter, a beautiful angel watching over us every day. We love you Princess forever and we miss you so much. Please know how much you are truly loved.

Love forever and always in our hearts,

Mom & Dad

**Karin Shepherd** - September 18, 2020 at 07:08 AM

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“ Dear Heather,

Today is your 39th birthday. I miss you every day and think about all the happy times we had together. We will be together again.

Love forever,  
Aunt Sandy

**Sandra Preston** - September 18, 2020 at 05:59 AM

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“ To my dear niece, Heather,

It has been a year since you have joined the angels. I miss you and think about you every day. I know your heart is filled with perfect love and joy. We will be together again.

Love you forever,  
Aunt Sandy

**sandy preston** - January 23, 2020 at 08:36 PM

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“ Heather, our beautiful angel in Heaven---

On the anniversary of your 1st year in Heaven January 10th we miss you so much every

day. You are always in our hearts no matter where we are or what we do.

"May the road rise to meet you,

May the wind be always at your back.

May the sun shine warm upon your face,

The rains fall soft upon your fields and,

Until we meet again,

May God hold you in the palm of His hand."

An Irish Blessing

We love you Princess forever and ever and a day and we continue our journey knowing

we will see you again in Heaven.

Forever loved & always in our hearts,

Mom & Dad

**Karin Shepherd** - January 13, 2020 at 07:49 AM



“ Hi Mrs. Shepherd, I'm sure you remember me from Holy Names and all those sleepovers. I just wanted you to know I am thinking about Heather today... One of my biggest regrets is that we kind of lost touch. I wish she was still here so I could have a second chance to talk to her again. My heart is breaking for your loss.

- Sarah Tolcser

**Sarah** - January 16, 2020 at 02:20 AM

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“ Heather, our dear niece and beautiful godchild,

Let this be our prayer  
May God hold you near and dear,  
May everything beautiful be with you always,  
May smiles and laughter fill your heart with joy,  
May those double rainbows line your every path,  
And when we meet again  
We'll take each other's hand  
And we'll walk together in the fields of gold.  
Love forever,  
Aunt Sandy and Uncle George

The Blessing of St. Francis  
May the Lord bless you and keep you  
May the Lord show His face to you  
And have mercy on you  
May the Lord smile upon you  
And give you His peace.

Until we meet again  
Love forever,  
Your family

**sandra preston** - February 11, 2019 at 07:18 PM



“ Beautiful tribute to our beloved and cherished Heather. This will be our prayer until we meet our angel Heather again, and we are all happy and safe in God's loving arms. Love forever and you are always in our hearts. Mom and Dad

**Karin Shepherd** - May 13, 2019 at 06:41 AM

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“ I am so sorry for your loss. Heather was a sweet and kind young lady! I have just today found about about Heather passing and am deeply saddened! I am heather's neighbor and friend and we would sit by the pool for hours and talk and watch for eagles! She will be greatly missed!

**Kathleen** - January 24, 2019 at 02:27 PM

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“ Dear Bob and Karin

I am so sorry for the loss of your beautiful daughter Heather, Bob, I remember you chatting with me in the library about Heather and how proud you were of her. I'm sure you and Karin are heartbroken. My deepest sympathy. With thoughts and prayers.  
Patricia Serafino



Patricia Serafino - January 23, 2019 at 05:18 PM

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“ I am so sorry for your loss. Heather was such a sweet and kind young lady! I have just today found out about Heather's passing and am deeply saddened! I am a neighbor and friend and would sit at the pool for hours and talk! It will not be the same here without her kind heart and and friendly presence! Heather will be greatly missed!

Kathleen Cellery - January 24, 2019 at 02:23 PM

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“ Beautiful Heart Bouquet was purchased for the family of Heather M. Shepherd.



January 17, 2019 at 03:54 PM

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“ Florist Choice Bouquet was purchased for the family of Heather M. Shepherd.



January 15, 2019 at 05:25 PM

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“ Arrive in Style was purchased for the family of Heather M. Shepherd.



January 14, 2019 at 03:18 AM

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“ Heather, You were such a beautiful person inside and out. This news is so devastating to me. I will miss our conversations and laughs, countless nights watching Golden Girls while we were supposed to be studying for our Siena exams. Your smile lit up the room. Im so sorry we never got to schedule our lunch date. Fly high beautiful angel, you are at peace now. I will miss you terribly. Love, Monica Babie-Buckley xoxo



**Monica Babie-Buckley** - January 14, 2019 at 12:42 AM

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“ Rose Garden Heart was purchased for the family of Heather M. Shepherd.



January 13, 2019 at 07:18 PM

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“ My sweet Heather....I cannot believe you are gone. I am so sorry we never got together like we should have. I will always remember and cherish the memories we have together. I will miss you and will always love you to the moon and back. Until we meet again love...I love you!!

**Lana Sitterly** - January 13, 2019 at 05:45 PM

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“ Heather I hope you are at peace now fly high angel will always remember your beautiful smile

**Denise Dunson** - January 13, 2019 at 07:19 PM

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“ Our family is devastated by the lost of Heather. We send all our love and support to Karin and Bob.



**Kathleen Bertram** - January 13, 2019 at 04:25 PM

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“ Heather,  
We haven't spoken in years but there are so many memories I will hold in my heart. I can't believe you're gone. To her parents and family I offer my deepest and sincerest condolences.  
Shay Allen

**shay allen** - January 13, 2019 at 03:47 PM

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“ To our darling niece and godchild,  
May God hold you in His loving arms.  
We will miss you and love you forever.

Until we meet again,  
Our love is with you.

Forever,  
Aunt Sandy & Uncle George

**Sandra Preston** - January 13, 2019 at 03:01 PM

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“ I did not know you but Sister Theresa mentioned you and prayed often for you

**jeanne jendrzejewski** - January 13, 2019 at 12:57 PM

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“ Heather you were such a special person and we love you so much. You will always  
be in our hearts forever and ever.

Love,

Sandy and Charles

**Sandy Preston** - January 13, 2019 at 09:56 AM

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“ You were a bright and beautiful woman and taken from us much too early. You will be  
missed.

Always, Uncle Tom and Aunt Cheryl

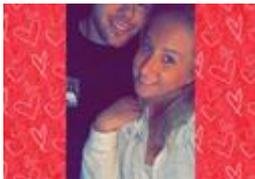
**Cheryl Articola** - January 13, 2019 at 09:41 AM

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“ Karin and Robert I'm so sorry for your loss!!!

Heather you were sooooo beautiful and definitely special in so many ways! I hope your beautiful soul is flying high and in the loving arms of god! I'll never forget the times we had I'll never forget that beautiful smile or them gorgeous blue eyes or the way you looked at me! I love you heather!! Forever in my heart and there won't be a day that your not on my mind or that I don't look up at the sky and say your name!!!! I'll forever miss you sooo much and I'll forever miss seeing your name pop up on my phone and hearing your cute lil voice! I haven't stoppped looking at all of our photos and the videos of you dancing and just listening to your voice! I'm sooo sorry heather!!!! You will forever hold a very special place in my heart!!!! I'll be sending flowers!!! and this all breaks my heart!!!! that I just wish I could see you again!!! So here I sit at work tears rolling down my face reading your obituary I just wish I could take it all back and more I could have done. I really wish I didn't go to work and came to you that night!!!!!! I Love You Heather Megan Shepherd! I hope your at peace and flying high up there and i know you became the most beautiful angel he has up there baby girl!!!!!!



**Dillon Burt** - January 12, 2019 at 09:28 PM

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“ Karin and Bob: I am so sorry to hear of Heather's passing. Please know that you are in my thoughts and prayers. C. Hettie

**C.Hettie** - January 11, 2019 at 06:37 PM



“ Karin and Bob,  
My deepest sympathy on your loss. You have my sincere regrets. I will keep you both and Heather in my prayers. Marybeth Murphy

**Marybeth Murphy** - January 11, 2019 at 08:53 PM



“ To our darling niece and godchild,  
May God hold you in His loving arms. We will miss you and love you forever.  
Until we meet again,  
Our love is with you.

Forever,  
Aunt Sandy & Uncle George

**Sandra Preston** - January 12, 2019 at 03:33 PM



“ Heather you were such a special person and we love you so much. You will always be in our hearts forever and ever.

Love  
Sandy and Charles

**Sandy Preston** - January 12, 2019 at 07:08 PM



“ Karin and Bob,  
There are no words.....prayers and strength coming your way.  
God Bless,

Steve & Ann Smith

**Stephen Smith** - January 13, 2019 at 07:13 AM



“ Heather, I cannot believe this has happened and my deepest condolences to your mom and dad who I know will struggle with sadness over this tragedy always, and to all who loved you like I did. I know that as adults we were not as close as we were as children, but you will always have a place in my memories, thoughts, mind, and heart. We had so many wonderful times together and as family goes, you were the closest thing to a sister I ever had, and I think and hope you felt the same way about me. Who will I reminisce with about our family gatherings and Gooch and Mary and Charlie when I am old? I will still speak to you, though, and I know you will hear me. Our reminiscing will just have to be across dimensions, instead. I am sorry you had many struggles and difficulties and obstacles and I truly wish we had stayed in better touch. I wish I reached out to you more. I wish we had made more of an effort to hang out in adulthood. These things have all passed now, but I will always cherish you, I will always love you, and I am sure you are in heaven with the angels - you are an angel too. Much love to you, Heather, and may fair winds take you smoothly and easily to the other side. I am comforted knowing you are free from suffering now, and are flying high above us all. Until we meet again, my cousin. I love you - rest in peace. Love, Christy

**Christy Articola** - January 14, 2019 at 10:00 AM



“ Dear Karin and Bob,  
My kindest thoughts and prayers at this sad time.  
Keep all the sweet memories you must have close to your heart.

Kindest thoughts,

Ginny Woodard

**Virginia Woodard** - January 14, 2019 at 01:13 PM



“ Dear Karin,  
My heartfelt sympathies to you and your family on the loss of your daughter. I will keep you in my prayers. May you find comfort in knowing people care and pray for you at this difficult time.

**Maureen Mickel** - January 14, 2019 at 04:33 PM



“ Dear Karin and Bob  
My thoughts and prayers are with you through this most difficult time. May you find comfort in sweet memories and friends who care  
Fondly, Mary Ellen White

**Mary Ellen White** - January 15, 2019 at 12:41 PM



“ Dear Karin and Bob  
I am so sorry for your loss of your daughter Heather. I know how hard it is to deal with losing a husband but I know it would be earth shattering to lose a child. You will always have those beautiful memories to console you over the years to come. My thoughts and prayers go out to you both Hugs!

Carol Crocco

**carol Crocco** - January 15, 2019 at 02:33 PM



“ Family and Friends,  
I am sorry for everyone's lose of such an amazing person. 2 phone calls that replay over and over one late in the night asking for a friend and the next morning hearing of a passing of a friend. I am sorry you are missed and loved by so many. Until we meet again beautiful

**Kallyne** - January 16, 2019 at 09:09 AM



“ Dear Karen and Bob,

My thoughts and prayers are with you at this very sad time. I remember Heather so well as one of her teachers at AHN middle school. She was a special young woman. I truly understand your pain as I lost my daughter Erin two years ago. There are really no words at this time. I hope the support love and prayers from family and friends be a comfort to you both.

Fondly

Judy Flannery

**Judy Flannery** - January 17, 2019 at 09:05 AM



“ Dear Karin and Bob,  
So sorry for the loss of your beautiful daughter Heather. Your love for your daughter will give you the strength you need now and the peace you need going forward.

Neil Dugan and Mary Farnan Dugan

**Mary Dugan** - January 23, 2019 at 07:41 PM