



Helen F. Adams

October 21, 1929 - November 28, 2025

Albany, NY-The beloved Helen Adams, aged 96, passed away peacefully on Friday, November 28, 2025.

She is predeceased by her husband, Alton “Al” Adams, and is survived by her four children: Alton “Al” Jr. (Corinne), James (Sharon), Mary Duncan (Randy), and Kathleen Marotta (Joseph). She was the loving grandmother of eight grandchildren, six great-grandchildren, and beloved aunt to many nieces and nephews.

Helen was born on October 21, 1929, and grew up in Albany, New York. She cherished her parents, Bella and John Fox, and her two siblings, Rose and Jack. She is an alumna of The Academy of the Holy Names and The College of Saint Rose. As a young woman, she met the love of her life, Al, and they married in 1954 at St. Theresa’s Church in Albany. They set down roots in East Greenbush, and shared many fond memories with their family and friends on Bellwood Way. While raising her four children, Helen earned her master’s degree, returned to the workforce, and taught business at Rensselaer High School for many years. She found great joy in helping others learn and was known for her generosity to all.

Throughout her life, Helen was an avid golfer who spent time playing at Wolferts Roost Country Club in Albany, as well as Bear Lakes Country Club in

Florida. She loved playing bridge with friends, water aerobics, and above all, spending time with her husband and family. She appreciated a good day of shopping, a Kendall Jackson chardonnay, and being the number one cheerleader for her family. She maintained her strong spirit until the end, and will be sorely missed by all who knew her.

Our family would like to extend a thank you to Our Lady of Mercy Center, where Helen received incredible care by all of the staff- nurses, doctors, directors, custodians, and food service members- for the last six years.

Relatives and friends are invited to visit with Helen's family Wednesday, December 3, 2025 3:30 pm to 6:30 pm in McVeigh Funeral Home, 208 North Allen Street, Albany, NY 12206. Her Funeral Service will follow at 6:30 pm. Please enter the funeral home from the rear parking lot entrance only.

The Rite of Committal will be held privately.

To leave a message for the family please visit www.McveighFuneralHome.com

Cemetery Details

St. Agnes Cemetery

48 Cemetery Ave
Menands, NY

Previous Events

Visitation

DEC 3. 3:30 PM - 6:30 PM (ET)

McVeigh Funeral Home, Inc.
208 N Allen St
Albany, NY 12206
(518) 489-0188
info@mcveighfuneralhome.com
<http://www.McveighFuneralHome.com>

Service

DEC 3. 6:30 PM (ET)

McVeigh Funeral Home, Inc.
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Albany, NY 12206
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Tribute Wall

BM

“ *Brenda and Jim Maynard planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen F. Adams.*

Brenda and Jim Maynard - December 01, 2025 at 10:19 AM

BM

“ *Brenda and Jim Maynard purchased the Arrive in Style for the family of Helen F. Adams.*



Brenda and Jim Maynard - December 01, 2025 at 10:19 AM

PA

“ *Many fond memories of Helen Adams, she was a wonderful loving mother , person, and friend to all she knew,
Loving thoughts to all her family
Love Patty Carlucci*

patty - November 30, 2025 at 07:32 PM

PS

“ *Paula, Ed, Mary, Paul, Ellie, Lisa, Sue planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen F. Adams.*

Paula, Ed, Mary, Paul, Ellie, Lisa, Sue - November 30, 2025 at 12:59 PM



“ *Rose Garden Heart was purchased for the family of Helen F. Adams.*



November 30, 2025 at 12:59 PM



“ *Tom & Leslie McNeil purchased the Beautiful in Blue for the family of Helen F. Adams.*



Tom & Leslie McNeil - November 29, 2025 at 09:33 PM



“ *Tom & Leslie McNeil planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen F. Adams.*

Tom & Leslie McNeil - November 29, 2025 at 09:33 PM