



## Helen Rose Polio

July 5, 1925 - January 2, 2019

Helen Rose (Caputo) Polio, a longtime resident of Hamden and most recently, Norwood, MA, passed away peacefully surrounded by family and those who loved her, at the age of 93. Born in Connecticut, she was the daughter of the late Ralph and Bridgeta (Defillippo) Caputo. She was predeceased by her beloved husband, Salvatore, her son, Dr. John Polio, sister, Rita Annunziata and niece, Jean Barbera.

A graduate of The Stamford Hospital School of Nursing in 1946, she worked at Yale New Haven Hospital in what was the precursor of intensive care. She also was a private duty nurse at both Yale New Haven and St Raphael's hospitals.

Helen was a long time parishioner of Our Lady of Mt Carmel Church and had been a member of the Marian Guild. Her many hobbies included swimming, gardening, sewing and knitting. She loved to cook and made the best eggplant parmigiana that no one could match. She also loved to spend time at her summer home in New Hampshire and with her family. She will be most remembered for her love of children and her desire to always help those in need.

She is survived by her daughter and son-in-law, Mary Ellen and Wayne Heike, her daughter-in-law, Beth Polio and her most cherished grandchildren, Matthew, Sarah, Andrew and Kathryn Polio, as well as many nieces and nephews. She was well loved by many and will be missed by all who knew her.

Visiting hours will be held at Sisk Brothers Funeral Home, 3105 Whitney Ave., Hamden on Monday from 9 - 10:30 a.m., Mass of Christian Burial will be celebrated at Our Lady of Mt. Carmel Church, 2819 Whitney Ave., Hamden at 11a.m. Burial in St. Mary's Cemetery. In lieu of flowers, donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place Memphis, TN 38105 or at [www.stjudes.org](http://www.stjudes.org) or Stamford Hospital Foundation - David's Treasure Chest Closet, 1351 Washington Blvd, Ste. 202, Stamford, CT 06902 or [www.stamfordhospitalfoundation.org](http://www.stamfordhospitalfoundation.org). To leave an online condolence please visit [www.siskbrothers.com](http://www.siskbrothers.com)

# Cemetery Details

## St. Mary Cemetery

3102 Whitney Ave.  
Hamden, CT

# Previous Events

## Calling hours

JAN 7. 9:00 AM - 10:30 AM (ET)

Sisk Brothers Funeral Home  
3105 Whitney Ave.  
Hamden, CT 06518  
(203) 288-7114  
siskfuneral@sbcglobal.net

## Funeral service

JAN 7. 11:00 AM (ET)

Our Lady of Mt. Carmel Church  
2819 Whitney Ave.  
Hamden, CT

# Tribute Wall

CL

“ *Maryellen,*

*We are so sorry to hear about the passing of your Mom. She was such a lovely person – my parents have many fond memories of getting together with your parents throughout the years. Please know that she is in our thoughts and prayers and forever in our hearts. Our sincerest condolences.*

*Phyllis, Alexis and Cyndee.*

---

**Cyndee Linberk** - January 12, 2019 at 03:02 PM

ES

“ *Auntie Helen's infectious smile and welcoming way have left a permanent happy spot in my heart, reserved for her memory. Auntie Helen will be missed but never forgotten.*

*Elaine Stiehl*

---

**Elaine Stiehl** - January 06, 2019 at 09:22 AM



Angela  
Belli-

*My beautiful Great Aunt Helen, I will never forget you. Please send my love to the family in heaven. It is a sad day for me. Angela Belli-Infante*

---

**Angela Belli-Infante** - January 07, 2019 at 10:45 AM

HS

*I am sorry to hear about your loss. My parents were friends of Helen and John. I remember spending time at their house. She may no longer be here but will always be in your hearts. HillarySinger*

---

**hillary singer** - January 07, 2019 at 02:14 PM



“ 98 files added to the album LifeTributes



---

**Sisk Brothers Funeral Home - January 03, 2019 at 02:11 PM**