



Mrs. Helen T. Metros

July 13, 1930 - December 12, 2020

Helen T. Metros, 90 of Arlington died December 12, 2020 at Berkshire Medical Center in Pittsfield, MA. after a courageous two-week battle with Covid-19.

Born in 1930 in Boston, MA to the late Thomas and Catherine Webb, Helen started working at an early age in Central Square to help her family. There, she met the love of her life Teddy, who would come in for a root beer float every day just to see her. In 1953 they eloped and began their marriage of 65 years.

Helen was well known in Cambridge, having worked in Harvard Square for over 50 years, notably at the Oxford Ale House and Charlie's Kitchen. Helen loved working at Charlie's. She had a way of connecting with people, many of whom would continue to come to Charlie's just to see her. Helen was a very gracious person; she gave whole-heartedly. If she knew someone needed something, or when she needed donations for her annual party for the blind she would pray to St. Theresa and would always get exactly what she needed.

Helen and Teddy had many adventures together, whether it be acting in a horror film, being filmed in a documentary, or just going to bingo, they were always together. She was a wonderful mother, grandmother, great-

grandmother, and aunt. She loved spending time with her grandchildren, nieces and nephews. Helen was a child at heart. She had a special way of making everything magical, songs in the car, subway rides, and trips around Boston, no Nana Day was uneventful or boring.

Helen will be greatly missed by her family and all who met her. To know her was to love her. She was predeceased by her husband Theodore Metros; her parents Thomas and Catherine Webb; her brother Thomas Webb and his wife Irene; her sister Katherine Webb Audette and husband Scott; and her brother Richard Webb and wife Beverly. She is survived by her daughter Emilie Metros Goudey and husband Richard; son Charles Metros and former spouse Carla; Her grandchildren James Goudey and wife Despina; Lisa Goudey and fiancé Mike Finneran; Deanna Metros and fiancé Ryan Hallahan; Elyse Metros; Great grandson Kosta Goudey; and numerous nieces and nephews.

The funeral services and burial will be private. In lieu of flowers, donations in Helen's memory may be made to the Alzheimer's Association in care of the Roche Funeral Home, 120 Main Street, Lenox, MA 01240.

Tribute Wall

JG

“ I loved Helen — so many years . When very young , too young , we used to order 100 drafts at the OG , only 15.00 . Helen would bring them , but then Gracie one day says “ No more of that “ . So 20 ! And later years at Charlie’s . She was so kind , such a great person .., Maybe arguing lightly with Gracie , the two Joes again .
john grady

john grady - December 18, 2020 at 09:33 AM

EJ

“ Helen was a treasure to everyone whom she encountered. On behalf of my family I offer my most sincere condolences on your loss. I still use her ‘Apple Pie’ recipe which she gave to me over 40 years ago. I am so sorry for your loss. Ed O’Callaghan Jr.

Ed O’Callaghan Jr. - December 16, 2020 at 05:47 PM

DZ

“ Helen was a gift to humanity! She had the happiest disposition and was such a kind person. We would go to Charlie's regularly, largely to see her. She never wrote down an order and yet managed to get everything right. Her stories were endless and she touched many lives. Thinking of her will always make me smile. My condolences to all who loved her. -Dina

dina zelleke - December 16, 2020 at 02:24 PM

SP

“ *My deepest condolences to the family!Helen was the most generous and kind person !
She was the wife of Theodor my husband's first cousin! She was the best daughter in law
aunt Emily Metros could have!My husband Chris Paraskevopoulos past away one and a half years ago !Helen was his favourite cousin!They both are going to be missed!
Rest In Peace Helen and Chris!* 🙏🙏

Stella Paras - December 16, 2020 at 12:10 PM

JK

“ *Rose Marie and I had the good fortune to be not only next-door neighbors, but also good friends with Helen and Ted for more then forty years. They were the nicest people anyone could ever hope to meet. Our deepest sympathies go out to Emilie and Chuck on their loss.*

*Jack Keefe
Arlington, MA*

Jack Keefe - December 16, 2020 at 09:32 AM

JO

“ *1 file added to the album Memories Album*



Jaap Overgaag - December 15, 2020 at 07:06 AM

AN

Helen was such a BFF through thick and thin. A recent immigrant to east coast culture, I struggled mightily at Harvard unlike some of the other kids who had wealth to sustain them. In summer and snow, I could always go to eat at Charlie's and count on Helen to take care of me, one minute of listening and then a flash response from her, I would be on my way with hope. I am sorry to hear that she passed but know she made it to heaven---Andy

Andy - July 24, 2021 at 05:22 PM