

# Helen Elizabeth Cain

*June 1, 1938 - December 31, 2025*

Helen was born on June 1, 1938, in Winchendon, Massachusetts, to William O'Malley and Bernice Lyon O'Malley. She was one of nine children, growing up with four brothers and four sisters. After attending Murdock High School, Helen proudly served in the United States Air Force for three years, where she worked as a library assistant. In her mid-twenties, Helen moved to California, where she met her husband, Lowell William Cain Jr. The two were married for almost 54 years until Lowell's passing in 2023. Together they raised two children, Debbie and Sean. Helen devoted much of her professional life to Clark Library at San Jose State University, where she worked for 19 years as an Acquisitions Specialist. She took great pride in her work and valued being part of the academic community. Known for her warm and social nature, Helen enjoyed dining out with friends, playing bingo and bunco, watching Wheel of Fortune and Jeopardy and bowling in a league for many years. Her faith was an important part of her life; she was a devout Catholic and a longtime member of St. Francis of Assisi Church in San Jose. Helen was preceded in death by her husband, Lowell William Cain Jr., and her siblings, Bill O'Malley, Mary Dumont, John O'Malley, and Ruth Van Zandt. She is survived by her daughter, Debbie Cain; her son, Sean Cain; her siblings Jim O'Malley, Tom O'Malley, Barbara Maillet and Alice McGovern; and many beloved nieces nephews and cousins. She will be deeply missed by her family and many friends.

