



Helen L. Pennell

February 12, 1943 - February 21, 2020

Helen L. Pennell aged 77, formerly of DeBary, FL, passed away on February 21, 2020 at Iliff Nursing and Rehabilitation Center in Dunn Loring, VA after a long illness.

Helen was born on February 12, 1943 in Norwalk, CT to the late Frederick and Florence (Draves) Palmer. She grew up in Westport, CT and later worked and raised her family in Danbury, CT. She was married to her husband Ernest L. Pennell for 36 years. They retired to Florida where they spent many happy years until his death in 2012. Helen enjoyed dining out and weekly game nights with her friends. She was an animal lover and enjoyed the companionship of the cats that she adopted over the years.

Helen is survived by her two sons, Frank Spaziani of Sherman, CT and Frederick Spaziani (Christine) of Springfield, VA, three stepchildren, Deborah Toscano (David) of Lutz, FL, Timothy Pennell of Naugatuck, CT, and Jeffrey Pennell (Sandra) of Danbury, CT, 12 grandchildren, and 4 great-grandchildren.

In lieu of flowers donations may be made to the SPCA of Northern Virginia P.O. Box 100220 Arlington, VA 22210-3220 <https://spcanova.org/help-us/donate/>

A visitation will be held at Jefferson Funeral Chapel 5755 Castlewellan Dr. Alexandria, VA on Saturday February 29, 2020 from 3:30 – 6 pm.

Cemetery Details

Florida National Cemetery

6502 Southwest 102nd Avenue
Bushnell, FL 33513

Previous Events

Gathering

FEB **29**. 3:30 PM - 6:00 PM (ET)

Jefferson Funeral Chapel
5755 Castlewellan Drive
Alexandria, VA 22315
(703) 971-7400
info@jeffersonfuneralchapel.com
<https://www.jeffersonfuneralchapel.com>

Tribute Wall



“ *Helen L. Pennell*

October 27, 2022 at 09:45 PM



“ *My Zia Elena, always kind a beautiful smile and a very classy lady, i will always remeber you.*

Tiziana Riccardi Burns - February 25, 2020 at 07:05 PM



“ *I invited Helen to go to breakfast with me, but warned that I was a smoker and wanted to be sure that lingering fumes would be there and I didn't want her to be bothered by that. She laughed and said she would welcome it as she really missed smoking. We had a great time.*
I send my prayers for Helen and her family. I liked her very much and know she is happy to no longer be tethered by oxygen tubes.

Sally Chellino - February 24, 2020 at 09:29 PM



“ *So sorry for your loss. Helen was a sweet neighbor. We miss here at our lunch outings.*

Dorothy Burtnick - February 24, 2020 at 08:50 PM

JA

“ *Wishing your mom everlasting peace, sorry for your loss. James and Family*



James - February 24, 2020 at 08:11 PM