



# Nora Jane Helfrich

Paramedic

Tri-Community South EMS

South Park, PA

End of Service: 10/10/2023

Age: 74

Circumstances: Illness

## **Nora's Contributions in Life:**

Nora loved the holidays and was an accomplished tole painter. Above all, Nora loved spending and dedicating time with her family, especially with her grandkids. She was as passionate about her career as she was about her family and the holidays. Nora's serves ranged from a volunteer to a supervisor, and in 2000 became Director of Tri-Community South EMS. She retired in 2021 after nearly a 42-year career. Throughout her career, Nora improved the EMS community not only in her community, but everywhere she was. This is evident in all the awards and accolades she received from '07 Ambulance Service of the Year by the PEHSC to The Sugar and Mac Fine Memorial EMS Leadership Award in '23.

[Scan the QR code for all the 2024 NEMSMBR honorees](#)

