

Congressman Alcee L. Hastings made the following [statement](#) on June 6, 2012, congratulating Mrs. Helen R. Henderson on her 100th birthday:

M. Speaker, I rise today to honor Mrs. Helen R. Henderson from Pahokee, Florida on the occasion of her 100th birthday, which is June 8, 2012. Born in Kentucky, Mrs. Henderson was raised on her family's farm. From her earliest days, she learned the value of a healthy diet, eating the food her family raised. Her life has been characterized by hard work, dedication, compassion, and inner strength.

Helen and her late husband, Brooks Henderson, devoted their lives to education in the Glades area, with Brooks serving as the principal of Pahokee High School, and Helen working as a special needs elementary education teacher in Belle Glade and Canal Point. Helen began her love for learning at a young age when she traveled six miles by horse and buggy to attend her one-room schoolhouse in Kentucky. Sadly, the Henderson's only child, Ann, passed away several years ago, but their love of education was passed down to their grandson, Kevin Henderson, an instructor at Palm Beach State College in Belle Glade.

An accomplished musician, Helen has played piano at her church, First United Methodist of Pahokee, for over 60 years. A lifelong follower of Jesus Christ, she has taught Sunday school to several generations of Pahokee children. She still faithfully attends Sunday school and worship service each week. She still lives in her own home in Pahokee, where she enjoys spending time with friends, participating in church activities, and working in her yard. Helen says the secret to her longevity is hard work and eating right.

M. Speaker, Mrs. Helen Henderson is a fine citizen, and I am proud that she continues to make a positive impact on the Glades community. I am delighted to join her family, friends and many admirers in wishing her a very happy 100th birthday and continued good health and happiness for years to come.

- [ARCHIVED HEROES](#)