



HELEN K. LORING
SEPTEMBER 1976

Long before the term "Women's Lib" was coined, Helen K. Loring was striving to help women achieve liberation from the stereotype role of homemaker, wife and mother by helping them through counseling and teaching to establish a good sense of self.

This activity was part of her personal creed. First item: every day do something for yourself. Second: every day do something for other people. Carrying out her program required verve, vitality and a genuine concern for others, all attributes she possessed in abundance.

A native New Yorker, Mrs. Loring earned her B.A. degree at Hunter College, her master's at N.Y.U. and continued special studies at Vassar, the New School for Social Research and U.C. San Diego. She was a speech therapist, guidance director, teacher of English and associate professor in the graduate school of education at C.W. Post College of Long Island University. Interspersed was a second career in writing, acting and production in community theaters, and writing for radio and TV.

Throughout her teaching and counseling careers her principal concern was instilling self-knowledge and the joy of living in her pupils, whatever their ages. At Leisure World she urged the substitution of the word "advancement" for "retirement." "To me, life is a 'becoming' and I'm not retiring from anything," said she.

Mrs. Loring continued teaching and counseling at U.C.L.A., U.C. Irvine, Saddleback College's continuing education program, South Coast Medical Center and also had a private therapy practice.

To keep her body in pace with her ever-active mind, she indulged in strenuous gym exercise and folk dancing, swimming, table tennis and badminton. And if there was any time left, she wrote—particularly for the theater.