Helene Wilhelmina Arndt was born 11 Feb 1887 in Black River Falls, Jackson County, Wisconsin, the daughter of Friedrich/Frederick Arndt (1852-1921) and Wilhelmina Priev (1849-1897). By 1910 she was working as a nurse at a hospital in Milwaukee, Wisconsin; she must have come to South St. Paul shortly afterward. Helene Arndt served as the secretary of the South St. Paul Red Cross Auxiliary when it was formed in 1917. She worked as a school nurse in South St. Paul for eight years before she was appointed as a Red Cross worker for active service in France. One of her letters from the front was published in the South St. Paul Daily Reporter newspaper.
After the War, in 1920, Helene was living with her sister, the widow Gertrude Wentworth, at 744 Third Avenue South in South St. Paul, and was again working as a school nurse. She was 31 and single. Helene married John Daniel Finerty (1882-1953), a railroad yardmaster, and they had a daughter, Cathlene (Kathlene) Grace Finerty Palmer (1921-2009). Helene must have been active in the Minnesota Council of Catholic Women, because a newspaper reported that she attended a conference in May 1931 to address problems of child welfare, among other topics.

Helene Wilhelmina Finerty died at age 67 on 20 April 1954 at her home in South St. Paul, at 223 Fifth Avenue North. She is buried in Calvary Cemetery in St. Paul.