

*The Commonwealth of Massachusetts
Executive Office of Public Safety and Security*



PAROLE BOARD

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RECORD OF DECISION

IN THE MATTER OF

KATHERINE MCGLINCY

**AKA KATHERINE DICKSON
F36166**

TYPE OF HEARING: Review Hearing
DATE OF HEARING: January 7, 2021
DATE OF DECISION: September 27, 2021

PARTICIPATING BOARD MEMBERS:¹ Gloriann Moroney, Dr. Charlene Bonner, Tonomey Coleman, Sheila Dupre, Tina Hurley, Colette Santa

DECISION OF THE BOARD: After careful consideration of all relevant facts, including the nature of the underlying offense, the age of the inmate at the time of offense, criminal record, institutional record, the inmate's testimony at the hearing, and the views of the public as expressed at the hearing or in written submissions to the Board, we conclude that the inmate is not a suitable candidate for parole.² Parole is denied with a review in three years from the date of the hearing.

I. STATEMENT OF THE CASE

On September 1, 1994, in Plymouth Superior Court, Katherine McGlincy pleaded guilty to the second-degree murders of Eero and Lillian Helin and was sentenced to two concurrent terms of life in prison with the possibility of parole. On that same date, Ms. McGlincy also pleaded guilty to unlawfully carrying a firearm and armed assault with intent to murder Mark Walther. She was sentenced to a concurrent term of 3 to 5 years in state prison and a consecutive term of 5 to 10 years in state prison to run from and after the life sentences, respectively.

¹ Board Member Karen McCarthy participated in the hearing, but she was no longer a Board Member at the time of vote.

² One Board Member voted to grant parole to a long-term residential treatment program.

On or about December 3, 1992, 40-year-old Katherine McGlincy robbed and murdered Eero Helin, age 72, and Lillian Helin, age 65, in the couple's home in Pembroke. The bodies of Mr. and Mrs. Helin were discovered on December 10. Ms. McGlincy had a long history of substance abuse and criminal activity. As such, she was smoking crack cocaine at the house she shared with her father on the day of the murders. In order to buy more drugs, Ms. McGlincy decided to rob an elderly couple who lived nearby. Armed with a handgun, she knocked on the Helin's door and was allowed in by Mrs. Helin. Displaying the gun, Ms. McGlincy demanded money. Mrs. Helin gathered money from various places in the house and turned it over to Ms. McGlincy. Ms. McGlincy then forced Mrs. Helin to lie face down on the floor and fatally shot her three times in the back. Ms. McGlincy then went upstairs to Mr. Helin's bedroom. Mr. Helin suffered from Parkinson's disease and had limited mobility and strength. Mr. Helin died from suffocation. Ms. McGlincy has never provided a credible account of how she killed him.

The murders were not solved immediately, and Ms. McGlincy committed another violent crime six weeks later. While hitchhiking, she had been given a ride by Mark Walther. Ms. McGlincy shot him multiple times and then stole his car. Mr. Walther survived, and Ms. McGlincy was apprehended at a roadblock that day. A .22 caliber gun was recovered from Ms. McGlincy; ballistics analysis revealed it to be the weapon used to murder Mrs. Helin. When police interviewed Ms. McGlincy, she admitted to entering the Helin residence with a gun. However, she said that she had no memory of shooting Mrs. Helin. Although she remembered seeing Mr. Helin in bed, she had no memory of harming him. Ms. McGlincy was arrested for the murders.

II. PAROLE HEARING ON JANUARY 7, 2021

Katherine McGlincy, now 69-years-old, appeared before the Parole Board on January 7, 2021, for a review hearing. She was not represented by counsel. Ms. McGlincy was denied parole after her initial hearing in 2008, and after her review hearings in 2011 and 2016. In her opening statement to the Board, Ms. McGlincy apologized for all the pain she has caused others. She explained that she has struggled with significant mental health issues since young adulthood. Around the age of 19, Ms. McGlincy noticed periods of mania, depression, and suicidal ideation. She became a mother at 20-years-old and felt that self-medication, in the form of alcohol, marijuana, and pills, would help her live a more normal life. In addition to her reliance on sedatives, Ms. McGlincy developed an addiction to crack cocaine. The Board noted that Ms. McGlincy attempted suicide on multiple occasions leading up to the governing offenses, including one attempt where she critically injured herself jumping from a window. She acknowledged that she was convicted of stabbing a pastor during a prayer service in 1986 because she did not like the way he preached. This incident, and others, precipitated her numerous hospitalizations.

Ms. McGlincy told the Board that, at the time of the murders, she had "constant" suicidal ideation and developed a plan to end her life. She believed that if she killed a person, the police would respond and shoot her to death when she refused to comply with their demands. She maintained that her only motive in hurting another person was so that she could end her life. She acknowledged that, from the time of her arrest, she has claimed that she cannot remember certain details of her crimes. Ms. McGlincy told the Board, however, that she was not being truthful and has "always" remembered what she did. She pretended not to remember because the incidents were "hard" for her to talk about.

Ms. McGlincy explained that she retrieved a revolver from her father's gun safe in the weeks leading up to the murders. Although she was willing to kill "anyone" as part of her "suicide by police" plan, she decided to approach the Helin couple because they lived near her father, and she knew that no children lived with them. She admitted to being under the influence of crack cocaine when she went to their home. Mrs. Helin welcomed her inside, after which Ms. McGlincy demanded money from her. Ms. McGlincy followed Mrs. Helin upstairs to a bedroom wherein Mr. Helin lay. Mrs. Helin retrieved between \$700 and \$900 from a dresser and gave it to Ms. McGlincy. The two women returned downstairs, leaving Mr. Helin in bed. Ms. McGlincy told Mrs. Helin to lie down on the floor, so that she could tie her up. Mrs. Helin complied, but Ms. McGlincy shot her three times, killing her. After the shooting, Ms. McGlincy returned to the upstairs bedroom to look for more money and, upon questioning from Mr. Helin, stated that Mrs. Helin was unharmed. She claimed she "threw a pillow" at Mr. Helin, so he would be "more comfortable" and then left the house. She denied suffocating, or otherwise touching Mr. Helin, but stated that she was responsible for his death because of what she did to his wife. Although the Board repeatedly asked Ms. McGlincy how Mr. Helin died, she could not provide a clear answer. Ms. McGlincy seemingly implied that Mr. Helin suffered from some sort of medical event brought on by the stress of his wife's murder.

Ms. McGlincy explained that her second attempt at "suicide by police" took place six weeks later, when she planned to hitchhike and kill the first person that picked her up. After Mr. Walther picked up Ms. McGlincy, they drove around for a while before pulling over by a pond. Ms. McGlincy followed Mr. Walther when he got out of the car and then shot at him, multiple times, before driving off with his car. Although she was still armed when stopped by police shortly thereafter, Ms. McGlincy said that she "couldn't do anything" and was arrested without incident. The Board informed Ms. McGlincy that they struggled in understanding the motive for her crimes. Ms. McGlincy stated that she was only driven to violence by her constant desire to end her own life. The Board acknowledged that Ms. McGlincy was properly diagnosed a few years after the start of her incarceration and has been on a stable medicine regimen for about a decade. Ms. McGlincy shared that she engages in mental health counseling as frequently as she can and has not experienced suicidal ideation in years. The Board noted that Ms. McGlincy submitted numerous certificates of completion from various programs and has had only minor disciplinary infractions in recent years. However, Ms. McGlincy admitted that she has "never" been honest in her programming efforts, or with her therapist, as to the details of her crimes because it is "too difficult" for her. She agreed with the Board's observation that being honest about her crimes would likely aid in her rehabilitation.

The Board considered testimony in opposition to parole from a Helin family member. The Board considered testimony in opposition to parole from Plymouth County Assistant District Attorney Keara Kelley. The Board considered letters submitted in opposition to parole, including a letter from Plymouth County District Attorney Timothy Cruz.

III. DECISION

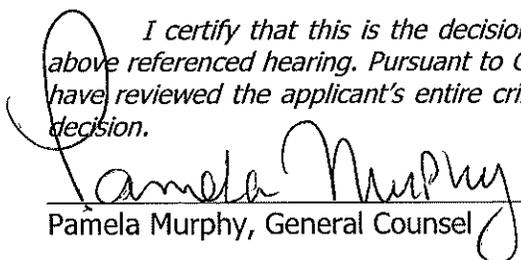
The Board is of the opinion that Katherine McGlincy has not demonstrated a level of rehabilitative progress that would make her release compatible with the welfare of society. Ms. McGlincy appeared before the Full Board on January 7, 2021. On December 9, 1992, in Pembroke, Massachusetts, Ms. McGlincy robbed, shot, and killed 65-year-old Lillian Helin and suffocated her 72-year-old husband Eero Helin to death. Despite her participation in treatment/programming, it does not appear she has gained insight as to her causative factors and criminal culpability. Ms. McGlincy continues to provide the Board with varying versions of the offense and appears to minimize her criminal behavior. In addition, she has demonstrated a pattern of extreme violence in the community. After murdering the elderly couple, she shot another victim

and stole his car a month later. She also stabbed a preacher as she believed he was a hypocrite.

The applicable standard used by the Board to assess a candidate for parole is: "Parole Board Members shall only grant a parole permit if they are of the opinion that there is a reasonable probability that, if such offender is released, the offender will live and remain at liberty without violating the law and that release is not incompatible with the welfare of society." 120 C.M.R. 300.04. In forming this opinion, the Board has taken into consideration Ms. McGlincy's institutional behavior, as well as her participation in available work, educational, and treatment programs during the period of his incarceration. The Board has also considered a risk and needs assessment and whether risk reduction programs could effectively minimize Ms. McGlincy's risk of recidivism. After applying this standard to the circumstances of Ms. McGlincy's case, the Board is of the opinion that Katherine McGlincy is not rehabilitated and, therefore, does not merit parole at this time.

Ms. McGlincy's next appearance before the Board will take place in three years from the date of this hearing. During the interim, the Board encourages Ms. McGlincy to continue working toward her full rehabilitation.

I certify that this is the decision and reasons of the Massachusetts Parole Board regarding the above referenced hearing. Pursuant to G.L. c. 127, § 130, I further certify that all voting Board Members have reviewed the applicant's entire criminal record. This signature does not indicate authorship of the decision.


Pamela Murphy, General Counsel


Date