



Lynn T. Wilhousky

May 23, 1956 - February 21, 2021

Hampton – Lynn T. Wilhousky, 64, of Hampton, passed away in her sleep on February 21, 2021.

She was born in Oakland, CA on May 23, 1956, the daughter of the late Frederick and Maryl (Borba) Perrin.

Lynn was a Licensed Clinical Social Worker of 35 years, most recently serving clients with Exeter Counseling Center. During her exceptional career and life, her compassion was experienced by countless individuals, helping others to live fulfilling lives.

Lynn was an avid reader and writer, who enjoyed horses, but her greatest joy was spending time with her family and her treasured dogs.

Surviving family members include her husband, Vlad Wilhousky of Hampton, NH; children, Lauren Wilhousky of Portsmouth, NH and Peter Wilhousky of North Berwick, ME and granddaughter, Lorelai Lynn-Marie Wilhousky of North Berwick, ME. Lynn is also survived by her beloved dog, Matilda.

A private celebration of life will be held at a later date. In lieu of flowers, donations may be made to your local animal shelter or humane society.

Tribute Wall



“ I just only learned of Lynn's passing while looking for her to let her know how I am. I could literally write a book about her impact on my life, a life that she rescued. Her precious soul recognized mine. And mine was safe with her.

Her insight and teachings helped me finish raising my traumatized and scared inner child to a whole and wise woman. Without that maturity this news of her passing would gut me. But with her tapes running in my head, I "feel the sadness and will sit with it, poised knowing I have the emotional skills to endure the sadness. It will not engulf me."

Had I not been a client, the woman she helped me become would have been worthy of her friendship. I will always be grateful for her love and skill.

Rest sweetly Lynn, I've got it from here.

C

C - February 21 at 07:42 PM



“ Lynn T. Wilhousky

September 18, 2022 at 12:49 AM

JS

“ My most sincere condolences to Lynn’s husband, children and dogs (also children). She is so incredibly missed. She is beloved. I am lucky to have had her professional guidance in my relationship and I am pretty sure she taught me how to love. I will cherish her profound impact on my world. I thank all of her loved ones for sharing her. She was born to help others. Matilda for never sharing her, as the two of them were a team. I miss her constantly and she has a massive place in my heart.

Jennifer Stone - June 10, 2021 at 02:18 AM

LH

“ I just learned today of Lynn's passing, I'm so sorry. Lynn was such a kind and compassionate soul and will be truly missed. My thoughts and prayers are with her family and friends closest to her. - Laurie Hawkes

Laurie Hawkes - May 08, 2021 at 09:31 AM

MH

“ I’m so sorry to have learned today of Lynn’s passing, leaving a hole in many hearts. She was a truly beautiful woman, kind, thoughtful, caring, and nurturing to all who knew her. My deepest condolences to her family - Vlad, Lauren, Peter.

Mauredn Pingree Harris - April 17, 2021 at 02:11 PM

LB

“ I met Lynn when she worked in Wolfeboro at Clarke plaza . She was my dear friend and confidant . I loved her and her family. Lauren was the sweetest little girl with the most infectious smile. I remember Peter as so shy but often had this burst of loving ness that was so special and unexpected. Lynn loved her family so much her children, Vlad. My life was blessed to have known her and had her in my life. Love to all of you she will certainly be missed . Lori Bowen

lori bowen - March 18, 2021 at 09:50 PM

LA

“ Dear Wilhousky family,

I have no idea how one survives the loss of someone so incredible. I know she taught you to be strong . I am thinking of you and Matty. I hope you know how much she loved you. We made a donation to the SOS FUND at the SPCA because she was always my SOS person. We were all lucky to have known her.

L.

Lauren Andresen - March 12, 2021 at 09:42 AM

JR

“ I found Lynn at the darkest time of my life when my beloved husband was slowly dying of PD. Without her I don't know how I could have gotten through it. I felt she was my friend as well as my counselor. I'm so very sorry she is gone well before her time.

Jean Reid - March 11, 2021 at 09:50 AM

LF

“ To Vlad, Lauren, and Peter -- I am so sorry to hear of your tremendous loss. I remember Lynn as a deeply loving and kind person. She was a "cool" Mom (to me) because of how safe and at-ease she made everybody feel. I have countless memories of sleepovers with Lauren in that lovely home you all owned in Portsmouth. Lynn would always order us an enormous, extra large pizza on Saturday nights which we would quickly devour while watching late-night TV....well into the early hours of the morning. Those were the days! I loved coming to your family's house for so many reasons as a kid, but now that Lynn is gone, I'm realizing that the way she made me feel (seen, like I could be myself, loved, witnessed, appreciated) is one of them. May Lynn's spirit live in on in all whom she knew and impacted. Sending you all love ~ Lucy French

Lucy French - February 28, 2021 at 07:36 PM



“ Lynn's support was the turning point in my life. I truly believe I would not be here today had I not met her and experienced her kindness, and empathy. She helped me through the sudden loss of my mother, a chronic illness that has left me so debilitated that I ended up needing a wheelchair at a younger age. She helped me process all of this and, I did get well. It was an honor knowing, growing in her presence and, loving her. We both loved horses and she was so proud of her daughter's accomplishments as a horseback rider. She was such a talented therapist really able to help deal with very tough things. One good memory was Maddy her dog that graced our sessions with her presence. I am sorry to her family at their loss. -Cassandra C.

Cassandra Caza - February 28, 2021 at 06:15 PM



“ *Arrive in Style was purchased for the family of Lynn T. Wilhousky.*



February 28, 2021 at 02:27 PM



“ *Lynn changed my life in many ways. She was the most compassionate person, and helped me see my own inner beauty. My thoughts and prayers are with you all. I know she is right there guiding us. ❤️*

Amanda P - February 28, 2021 at 12:24 PM



“ *Lynn helped me through the most difficult time when I lost my daughter. She was so kind and wise and understanding. I can't believe I won't be able to call and make an appointment again. Her absence leaves a huge hole in the lives of so many who benefited from knowing her. I'm so so sorry for her family and friends.*

Becky - February 27, 2021 at 05:19 PM

SR

“ *Wilhousky Family, My deepest sympathy for the loss of Lynn. My name is Shawn (Lippincott) Rauscher. Lynn and I went to high school and college together in Oregon. She was a important part of my young adult life and a great friend. We enjoyed going to the beach each summer, riding horses, learning to drive a stick shift. Wonderful memories. We lost touch when Lynn moved to the east coast and I moved to California. I would occasionally get updates of Lynn and family from her parents and then her sister Cary but always thought there would be enough time to reach out and reconnect. During 2020 and the pandemic it was brought to all of our attention how quickly life can change and Lynn's passing is the ultimate example. I will regret all the times I meant to reach out just to say hi and how are you doing. She will be missed. Know that your family is in my thoughts and prayers.*

Shawn Rauscher - February 27, 2021 at 02:42 PM

SS

“ *Rest In Peace Lynn W. An amazing counselor who has been there and helped me over the past 4 tumultuous years of my life. She helped me piece myself back together with each mountain I had to overcome. My deepest condolences for her family. She was a light in the dark and helped so many see that light again. She will be greatly missed. A beautiful soul that was taken from this life too soon. Thank you for all you did for me, a debt I could never repay.*

Sandra Swiechowicz - February 27, 2021 at 11:58 AM

MV

“ *My thoughts and prayers are with your family Lynn, as well as the many people whose life you made more rich by having known you. I will miss sharing tears, laughter and your gentle soul Lynn. I will remember you; always with a smile.*
Meredith Viano

Meredith Viano - February 27, 2021 at 10:34 AM

SK

“ *Vlad and Family*
We are very sad to hear about Lynn's passing. Our thoughts and prayers to go out to you in this difficult time.
The Kelloway's

steve kelloway - February 27, 2021 at 09:17 AM

PF

“ *I was so sad to read this morning of Lynn's recent death. Lynn was a treasured friend of mine in the late 90s when our kids were at Little Harbour School together in Portsmouth. She was a truly compassionate soul and a great listener. My deepest condolences to Vlad, Lauren and Peter - Priscilla French*

Priscilla French - February 27, 2021 at 07:39 AM

SS

“ *Many thoughts and prayers 🌸🙏. Lynn will be greatly missed! She was one of the most caring, & truly compassionate, woman that I had the honor to know! I will be forever grateful for everything you helped me through ❤️*

stephanie sim - February 27, 2021 at 04:34 AM

GM

“ *I can't believe I won't see Lynn again. She was a wonderful person and an incredible counselor. I will carry her words and memory forever.*

Gogi Millner - February 26, 2021 at 09:06 PM

AM

“ Lynn was only part of our lives for a short period of time. But over the past 8 years we never hesitate to tell everyone who save our marriage! Lynn saved our little family and we will be eternally grateful. She will always be a part of our story and her “upside down” fish that sat on the wall in her office. Thank you Lynn!!! 🙏

Alyssa MacGlashing - February 26, 2021 at 05:50 PM

RB

“ Rob Beauchesne lit a candle in memory of Lynn T. Wilhousky



Rob Beauchesne - February 26, 2021 at 05:39 PM

RB

“ Boy She was one of the BEST PEOPLE I HAVE EVER MET I'M GOING TO MISS HER DEARLY GREAT PERSON

Rob Beauchesne - February 26, 2021 at 05:37 PM

KL

“ This world has lost a beautiful soul. I am so grateful for our weekly chats and the "Teflon suit" Lynn helped me develop. Her deep love for her family and her beloved Matilda were central to all she did. Our last conversation was full of giggles, even as she guided me through some pretty tough times in my life. Sincerest condolences to the family. I send you love and peace because that is what Lynn always gave to me. ~Kari Lerner.

Kari Lerner - February 26, 2021 at 04:19 PM



I am an old acquaintance from Estacada High School. My parents played bridge with Lynn's folks. I was a year older in high school and Lynn was such a sweet and kind person. I'm sorry to hear of her passing.

Marygail Durand - February 27, 2021 at 03:26 PM



I went to high school with Lynn at Estacada. Our parents played Bridge together. We also shared a boyfriend (not at the same time 😊 Lynn was a very kind and thoughtful gal. Not to mention pretty! I'm so sorry to hear of her passing.

Marygail Durand - February 27, 2021 at 03:29 PM



*Thank you Lynn! You helped me become a better father, a better partner, a better person! The wonderful successes I'm enjoying in my life are directly attributable to your loving guidance. I am so lucky to have found you . . . and oh so happy I could make you laugh ;) Such a beautiful woman, so kind and sensible and wise, I will miss you and cherish you always.
All my love to your family.*

Steve Green - February 28, 2021 at 07:30 AM



I was shocked and saddened when I learned that this wonderful woman had passed away. Lynn was my therapist off and on some years ago. During that time, she became my friend and a mentor. I totally enjoyed meeting with her and I found her to be warm, compassionate, kind, welcoming, and, she gave me great advice over time. She had a great sense of humor. I learned a lot from her. She was wonderful. The world was a better place with her here! But, I still feel her presence. My deepest condolences to her family.

Brian Hastings, Tufonboro

Brian Hastings - March 07, 2021 at 11:34 AM