



Catherine E Sanches

April 28, 1941 - September 6, 2020

Catherine Elaine Francis Sanches, 79, of Loxahatchee, FL, passed away peacefully at her home on Sunday, September 6, 2020.

Cathy was born April 28, 1941 in New York City to Thomas Douglas Francis and Margaret Elizabeth McIntosh Francis. She married Joseph Monteiro Sanches on February 4, 1961. From that marriage three children were born, Dr. Lisa Marie Sanches-Guerin, Joseph Monteiro Sanches and Louis Monteiro Sanches. Despite being widowed at an early age, Cathy tirelessly and unselfishly poured herself into her children and raised all three to be successful adults shattering the stereotype of a single mother raising children alone in Harlem during the 1970s and 1980s. For her entire life, Cathy was a wonderful nurturer as was evident by her love and care for her extended family and friends and her many years as an attentive registered nurse at New York's Mount Sinai Hospital, and nurse and manager for other private practices including her daughter's medical practice. She leaves us to cherish her loving spirit and she will remain in all our hearts.

Dementia is a terrible disease, but it is one you might see coming. Cathy knew she was having trouble remembering things, so she started a letter to her family which we completed for her in the following obituary.

"To all I have loved and those who have loved me,
With special and heart full love for my three wonderful children Lisa, Joseph and Louis, their wives Marie (Joe), Shawna (Louis) and husband Fred (Lisa). All of my grandchildren: Nina, Asil, Sarah, Esan, Zavana, Jordan, Jason, Camille, Melody, Nathaniel, Gabriel, and Sophia, my great grandchildren: Ariana and Tristan, previous daughter-in-law Maria and her children Gabriella and Junior and spouse Gary, I love you all; as well as the numerous relatives I have cared for always – my mother Margaret and father Thomas Francis (both deceased), my brother Thomas and sister Desiree with their spouses Delores, Junius and

Charles (deceased) and their children Nia, Tyrone, Chasiree, Charles (CJ) and their spouses Max, Johanna, Terin and Nikita, respectively. My sister Sarah (deceased) and her children Calvin and Carl (both deceased), Curtis, Cedric and Cheryl and their spouses and children. My brother Michael and sister Barbara (both deceased) and her children David and Sophia (both deceased). My in-laws Barbara and Beatrice (both deceased) and Louis and their children. My aunts, uncles and their children on both sides of my parents. I had a wonderful relationship with all my family members. Please know, that although I have not been as verbal and present, my love for all has been continuous in my mind and heart. I also had wonderful and loving concerns for very close friends, lovers, coworkers, etc. throughout my life – in particular, a close friend now too soon gone – 1995, Carol Manigault, I will soon meet again.

Please note: Shed only happy tears for me. My soul's at peace and free.”

Below is an untitled poem our mom wrote to all she loved and loved her.

My love is always where you are,
I'm in the shine you see in every star,
In the ray of sun that starts your day,
And gives you hope and support along the way.

The beauty of a perfect rose,
The quiet calm of winter snow,
The song that every robin sings,
The gentle wind beneath its wings,
The color of falling leaves,
I'm in everything your heart believes.

Shed only happy tears for me,
My soul has touched eternity.

May you find peace in the thought that your loved one
will always be with you, and in the arms of our Lord Jesus Christ.

Love You All,
Cathy “Elaine” Sanches “Francis”

Upcoming Events

We are planning a memorial Celebration of Life to honor her on Saturday, September 26th in the West Palm Beach Florida area. Details are not yet complete. Her obituary is listed on the website of The Palms West Funeral Home & Crematory, <http://www.palmswestfuneralhome.com>. Feel free to share your memories on that site as well as on the family Facebook pages.

Please refrain from sending any flowers at this time. Cards/acknowledgements can be sent to: The Sanches Family, 11162 Winding Pearl Way, Wellington FL 33414-8837, as we'd like to share them during the Celebration of Life. If you wish to make a charitable donation in her name, we recommend the Alzheimer's Association – <http://www.alz.org>, select donate, indicate if it is a monthly or one-time gift and indicate if it is a tribute gift. You can then indicate the honoree name.

We plan to make accommodations for family and friends to participate in at least part of the celebration of her life via Zoom. If you are planning to attend the memorial in person, please let us know by sending your RSVP to JosephMSanches@gmail.com no later than Sunday, September 13th. Your assistance will help us determine the headcount for planning purposes. In addition, if you are travelling to the West Palm Beach area, we may be able to recommend some places to stay (local Airbnb or hotel).

Comments



“ Miss You so much mom



Maria Alfred - October 03, 2020 at 06:49 PM



“ My deepest condolences to the family. My memories of your mom are if her smiling when I was a child. She was kind and gentle. She was the first professional - an RN- that I ever knew. I was inspired because she was a black woman and because she was my cousin.

I pray that each one of you continues to find comfort in the Lord; that you pour out your hearts to Him and receive the oil of joy for mourning and the garment of praise. May He replace your tears with happy memories. May you receive Godly visitations that reassure you. Keeping you in prayer.

Caissa Powell (Edna Powell's (nee McIntosh) daughter)
4caislaw@gmail.com

Kai Powell - September 26, 2020 at 01:23 PM



“ My dear sweet sister Cathy, it has been impossible to put words to how much you mean to me without being overcome with emotion. You are my sister by marriage but mostly you are my sister in my heart. As long as I have known you, you have had a warm and loving nature and the kindest heart - always being helpful to others, making someone else's tasks easier, their burden lighter, being willing to listen to someone else's troubles and provide comfort and support. And what a work ethic, you always seemed to have so much energy and didn't know the meaning of "quit," relax, "take a break." And the great thing was you put just as much energy into life, whether it was bowling or pinochle or dancing, a ski trip, multiple cruises...living your best life! And I loved every moment I spent with you. And we all know how much you loved your family. That was number one. I know you loved all your family but, of course, the love between you and your brother, Tom, was the most meaningful to me. It was so special, ever-present and just a marvelous thing for me to witness. Speaking for Tom and myself, we love you, we miss you and you will remain in our hearts forever.

And to your wonderful family: children, grandchildren, my other sister in my heart, nieces, nephews, cousins, in-laws, it breaks my heart not to be there to celebrate and comfort in person, but I am there in spirit. You are always in my best thoughts and prayers at this time and in the days and months ahead. God bless you all!

Delores Francis - September 26, 2020 at 01:51 AM



“ Hi Mom its your crazy Wagner son Mike Cosby, again. I just needed to talk to you... I've been doing a lot of thinking, crying... its Killing me that because of the covid 19, I can't be there in person for your services... I Thinking Back 40 years ago when I was 16 and my maternal mother passed, you somehow filled that void for me. Wasnt looking for it...it just happened. I think about all the things that I needed to be exposed to and learn, in order to become a man and not become a victim of the Harlem streets... You always talked to me about being responsible, take care of yourself, keep going, get your education, be respectful, be somebody...excetera excetera. You allowed me to come into the house when I really had no place to go sometimes cuz I was lonely. You always opened the door for me, Even when you didn't want to lol. Maybe that's why you moved to Florida, lol... You made the best baked chicken, sweet potatoes & ice tea... You helped manage the birth of my first child Ciara under the care of Dr.Thomas. I can go on and on. So painful to think about all of the influence you had on my life... All that you've done... but I am so happy that you're in a better place now.. Free of all illness... Free to laugh and enjoy God's Kingdom... You will be incredibly missed here on Earth, however I know theirs some very happy souls as Heaven continues to embrace your arrival. In God's hands, we all on earth stand, as we salute you Cathy Sanches...God has surely greeted you...shouting with joy "job well done"...

Michael Cosby - September 24, 2020 at 08:46 PM



“ To Mrs. Desiree Harris and the entire family of Mrs. Catherine Sanches, we were deeply saddened to hear of the lost of Mrs. Sanches. Take comfort in the Word of God that stated "My God shall supply all of your needs according to His riches in glory". Our thoughts and prayers are with the family.
Rev. Otis and Jacqueline Sanders, Hampton, Virginia

Rev. Otis & Jacqueline Sanders - September 24, 2020 at 03:32 PM



“ Desiree Harris and family ..
Our deepest condolence to you and family in the loss of your dear sister and family member.. Our hearts were saddened and in constant prayer .. pray God's Love ..
Grace .. and Peace be unto you all
Love you
Mac and Brenda Stewart
Hampton, Virginia



Mac and Brenda Stewart - September 24, 2020 at 03:12 PM



“ Joseph Sanches is following this tribute.

Joseph Sanches - September 19, 2020 at 02:19 PM



“ 1 file added to the tribute wall



Joseph Sanches - September 19, 2020 at 02:18 PM



“ 7 files added to the album Memories of Cathy



Joseph Sanches - September 19, 2020 at 02:15 PM



“ I'm unsure what to say. Mom Sanchez has meant so much to me. She she was and is the best ever. She always treated me like I was her own. I will never forget her for that. Her love and support was infinite. No doubt the heavens are rejoicing loudly and proudly. Love your Wagner son Mike Cosby.

Michael Cosby - September 15, 2020 at 08:45 PM



“ What a beautiful photo of your dear Mom, Joe! My heart and prayers go out to you and your family. Paul Leone

Paul Leone - September 15, 2020 at 06:08 PM



“ Some memories



Esan Guerin - September 14, 2020 at 07:53 PM



“ Thank you mom for all your love.



Maria Alfred - September 13, 2020 at 01:57 PM



“ I will always consider Cathy to be an aunt, though it was through marriage to her late nephew, David. David spoke the world about his Aunt Cathy. Even if he had not, once I met her, you knew she was a special person. Cathy had the sweetest personality. She always made you feel welcomed and cared for in her own quiet way. It did not seem to matter what was going on in her world, as she prioritized her love and attention on those around her. I saw firsthand what a wonderful mother and grandmother she was. I am grateful that she was a part of my world and I, part of hers, no matter how short. May she rest in eternal peace. I pray for the peace and understanding that only God can provide as you mourn Cathy's absence from this world. My love to you all.

~Avalon Grant-Elliott (née Avalon Simon)

Avalon Grant Elliott - September 12, 2020 at 06:47 PM



“ I remember when Nina, Gaby and I would go to Florida to visit you and we always had an amazing time there. We would walk out the airport to see you smiling brightly at us and always made sure that we ate. I'll always treasure those memories, i love you Grandma Cathy

Gary Alfred Jr. - September 10, 2020 at 02:07 PM



“ Thank you for everything Grandma Cathy.

Love, Sarah

Sarah Osman - September 10, 2020 at 12:19 AM



“ 1 file added to the tribute wall



Zavania Guerin - September 09, 2020 at 06:53 PM



“ Here are just a few of the many pictures we're currently in the process of scanning.



Zavania Guerin - September 09, 2020 at 06:48 PM



“ You are an amazing, loving person who will be truly missed. RIP.



mayra - September 09, 2020 at 04:28 PM



“ Mom you hold a special place in my heart. Love you mom unconditionally



Maria Alfred - September 09, 2020 at 04:08 PM



“ Grandma Cathy,

I'm so blessed to have shared such great memories with you throughout my life. From all the sleepovers Nina and I had with you at your condo in New Jersey to all the times we would visit you down in Florida. I cannot put into words how much everyone loves you and how much we will all miss you. I love you Grandma Cathy



Gabriella Alfred - September 09, 2020 at 03:59 PM



“ Grandma, thank you for always being you. Thank you for the many years of memories that I will take with me forever. Growing up, people would find it amazing that I knew at a young age how to get to grandmas house in West Orange NJ from Queens, NY; because that was my most favorite place to be was with you. I love you grandma.



Nina Centofanti - September 09, 2020 at 03:45 PM



“ There are no words to express how sorry I am. The entire family is in my thoughts and prayers. May you rest in eternal peace Cathy.

Kim Rivera - September 09, 2020 at 03:43 PM



“ 8 files added to the album Memories Album



Joseph Sanches - September 09, 2020 at 03:10 PM



“ 18 files added to the album Memories of Cathy



Joseph Sanches - September 09, 2020 at 03:07 PM



“ May you rest in the arms of the Almighty .. Miss your smile and positive energy . Till we meet again

George Garcia - September 09, 2020 at 02:58 PM



“ Missing you Cathy. May you rest in eternal peace.

Marisol Gordon - September 09, 2020 at 02:52 PM



“ Marisol Gordon sent a virtual gift in memory of Catherine E Sanches



Marisol Gordon - September 09, 2020 at 02:51 PM



“ Maria Alfred sent a virtual gift in memory of Catherine E Sanches



Maria Alfred - September 09, 2020 at 02:44 PM



“ Mom I'm not ready and won't say goodbye but like you always told me is not goodbye but I'll see you later. Love you mom.

Maria Alfred - September 09, 2020 at 03:19 PM