



## Anita L. Conrow

April 23, 2025

100 years and 358 days is a long time, and no one did it better than Anita Lillian, our GG. She lived by a simple code of grace, faith and kindness, love for all and to never skip dessert. She will be missed although she will always be with us. She will be with us in the beauty of a new bloom or the first snowflake “oh will you look at that”. She will be with us while watching a sleeping baby or listening to a child’s laugh “aren’t they sweet”. She will be with us with a new spring dress or an old pair of sneakers “that looks great”. She will be with us during trying times and sad “that’s for the birds”. But mostly she will be with us in times of great joy and happiness and in regular everyday moments of life “better than this you wouldn’t want it”. May you rest in peace our sweet GG and know that you were loved and will be loved forevermore.



Anita L. Conrow of Roslyn Heights, NY. Passed on April 23, 2025 at the age of 100. Devoted wife of the late John Francis. Loving mother of the late John Alan and Judy. Beloved grandmother of Elizabeth (Eugene), Michael, Anita Christine and Benjamin. Adored Great Grandmother and Great Great Grandmother. Visitation will be held on Sunday April 27th 1:00PM – 8:00PM at Roslyn Heights Funeral Home 75 Mineola Ave. Roslyn Heights. Funeral Mass Monday April 28th 10:00AM St. Mary’s RC Church Roslyn Harbor. Interment Calverton National Cemetery.

In lieu of flowers please make a donation in memory of Anita to your favorite charity or

St. Mary, Roslyn Harbor

# Cemetery Details

## Calverton National Cemetery

210 Princeton Blvd.  
Calverton , NY 11792

# Previous Events

## Visitation

APR 27. 1:00 PM - 8:00 PM (ET)

Roslyn Heights Funeral Home  
75 Mineola Ave  
Roslyn Heights, NY 11577  
(516) 621-4545  
roslynheightsfh@gmail.com  
<https://RoslynHeightsFH.com>

## Funeral Mass

APR 28. 10:00 AM (ET)

St Mary's Roman Catholic Church  
110 Bryant Ave  
Roslyn, NY 11576-1191  
(516) 621-2222

# Tribute Wall

VS

“ Dear Anita was our crossing guard for many many years. in grammar school, she always had a kind word, and called everyone her little chickadee.

So many mornings when we were in high school Anita would hold the school bus for us when she saw the Lynches madly running down the street trying not to miss the bus!

Over the years our mother Doris Lynch and Anita became fast friends. Anita got them swimming regularly and even made them sweatshirts that read “Mohican Swim Club” since they were, as Anita called them, the last of the Mohicans! They also delivered meals on wheels together, and when our mom got very sick, Anita was one of the faithful friends who would visit her. She brought so much joy laughter into all of our lives. Rest in peace dear Anita!

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**Victoria Schneider** - April 27, 2025 at 04:51 PM

JB

“ Dear Anita , my memories of keeping u company will always stay with me forever ,  
You were a special friend , I truly miss sitting with you watching game shows , u coloring, while I did my knitting 😊 and playing cards  
And when we use to go to Mitchell field to Grocery store u knew where everything was !  
Last I want to share a poem-prayer my sister Barbara sent me yesterday , she never met her, but you would ask how Barbara is,  
God Bless your wonderful family & especially You Anita Christine for moving in with your Henry 🥰 You kept a lively household , with special neighbor’s especially Stephanie visiting Anita ❤️

“Presence”

Some people enter our lives like deer slipping in and out of the woods. They touch our earth and as we stop to look at them, they disappear as quietly as they came. But we feel Blessed for having experienced their gentle presence. And we give Thanks that the world is a better place because of the Joy that they brought.  
Love forever, Jane Belifore XOXO ☐

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Jane Belifore - April 27, 2025 at 12:48 PM