



## Elsie West

July 1, 2025

Elsie Rosemary West peacefully departed her loving family and friends on July 1, 2025, while in a nursing home in Virginia. She was born on January 1, 1941, in Limon, Costa Rica, Central America, to the late Cecil Foulkes Gaynor and Silvia Gwendolyn Shand Pinnock. At 15 years old (as was customary in Costa Rica) she married Raymond West. From this union came four children: Roy West, Eliandra West (Eleonor), Enrique West, and Jose West. In 1963, at 22 years of age, she entrusted the four children to relatives on both sides of the family and lawfully emigrated to live in upstate New York to become a live-in nanny and housekeeper. Thus began her lifelong vocation of caring for multitudes of children (her own and others). In New York She worked tirelessly through many harrowing hours to save enough money to bring her husband to the U.S. In 1966, she fulfilled her dream of returning to Costa Rica to bring her children to New York. And while her union with Raymond West did not last, Elsie and Raymond remained friends.

Since her divorce in the late 1970's, she devoted her life to supporting her three children. Working most of her career as a home health aide, Elsie was known for her dedication and steadfast work ethic. She later earned her GED high school diploma and worked for several decades as a Nurse's Aide at Letchworth Village and at Rockland State Hospital. A work-related injury and subsequent disability led her to retire early. She later moved to Virginia where she continued helping people that she became acquainted with. As recently

as 2016, while in her 70's, she volunteered to drive her car to transport food pantry workers as they delivered meals to individuals who were themselves elderly and disabled. If there was a need that she could fulfill, she found a way to contribute.

One of Elsie's greatest legacies was the loving impact she left on the lives of her children and grandchildren. When one son's marriage fell apart, she welcomed his four children into her home without hesitation, sending them to school and attending to their doctor's appointments. A decade or two later, when another son experienced problems raising his children, she stepped in to babysit three of his children for several years. Her home was open to all children, no matter the pressure that the newfound responsibility had on her finances. Her kindness and sense of humor lifted her children, grandchildren, co-workers, fellow volunteers, and friends alike.

Elsie West was the quintessential mother. When her younger sister Dorothy passed away several decades ago, it was not a question that she would raise Dorothy's son, Raynold. Raynold came to us as a darling little three year old who called Elsie, Ma. Elsie lived long enough to see her son shower her with love and ultimate respect as he devoted himself to seeing to her needs, no matter where he was in the world. This was one of Elsie's crowning achievements--to have raised such a thoughtful and responsible adult despite his early loss of a parent.

Elsie is survived by her: son, Roy West, her daughter, Eliandra West (Rakaua Tishutanu), her son, Enrique West, her son, Jose West, and her son, Raynold Alston. She is also survived by her grandchildren: Sedequa, Shawana, Jemel, Shakisha, Ricky, Kadijah, Zalika, and Gardy, Hehkhepri-Sabaq, Yamata, Hrisaameska, Jonathan, Jessica, Justin, Jason, Julius, Laya, Amarra. She is also survived by her great grandchildren, Jalen, Rontez, Lyrik, Le'Gend, Jason, Markira, and Markquies. She is also survived by her great-great

grandchildren Major and Mason. Elsie was a loving and caring person.

# Previous Events

## Visitation

JUL 9. 10:00 AM - 11:00 AM (ET)

Miller Funeral Home & Crematory, Inc.  
3200 Golansky Blvd.  
Woodbridge, VA 22192  
703-878-CARE (2273)  
<https://millerfuneralhome.net/>

## Funeral Service

JUL 9. 11:00 AM (ET)

Miller Funeral Home & Crematory, Inc.  
3200 Golansky Blvd.  
Woodbridge, VA 22192  
703-878-CARE (2273)  
<https://millerfuneralhome.net/>

# Tribute Wall

DM

“ Sorry to learn of her passing.  
Met her while we both worked at Letchworth Village in NY, and we became lifelong friends.

*She was KIND, GENTLE & HELPING Soul.*

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**Dennis Mallory** - April 26 at 08:25 AM

SA

“ My name is Sylvia Alston. Aunt Elsie has been a loving, life-long presence for me and my brother Raynald. When our mother Dorothy passed, it was Elsie who collected us from school, cried with us and comforted us. I could always count on Elsie for advice throughout trying times. She was an excellent role model who reassured me I would survive and thrive. She was right! I will always be grateful Elsie has been in my life and raised my brother as her own son to become the wonderful human being Raynald is today. I will cherish the memories we made together, Aunt Elsie, and pray you rest easy up in heaven.

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**Sylvia Alston** - July 08, 2025 at 09:52 PM

GM

“ My name is Grace Foulkes Matthews, and I'm her cousin and remember our beautiful times spent in Costa Rica. I extend my deepest sympathies for your loss, and want you to that you are in my thoughts and prayers.

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**Grace Foulkes Matthews** - July 08, 2025 at 12:50 PM

RS

“ My name is Ricardo Foulkes. I am one of Elsie younger brothers in Costa Rica. She was really a nice sister. We share a lot when she visits CR years ago. May Jesus gives strenth to her kids in this difficult moments.

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**Ricardo Foulkes Shand** - July 03, 2025 at 11:34 PM

MN

My name is MARY NASEER I was with Elsie west for 5 years I was her aid and took care of her she was a special lady to me she was like a mother to me I was with her till she passed I will truly miss her

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**Mary Naseer** - July 04, 2025 at 10:58 PM

SW

These words are so difficult for me to see or to even think of. My grandmother Elsie was more than just a grandparent for me, she was my mother my friend my confidant. I can't imagine a world without your laughter and our jokes. I will always carry you with me everywhere that I go. All of the wisdom that she imparted upon me, I promise to continue to make you smile grandma. I Love you so much. I miss you every moment of each day.

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**Shawana West** - July 08, 2025 at 06:10 AM