



Sheila Ann Denon Stross

February 25, 1940 - December 20, 2024

Loudonville, NY-We mourn the death and celebrate the 84-year life of Sheila Ann Denon Stross who passed peacefully at Sr. Peter's hospital on December 20, 2024 with her family at her side.

Sheila was born on February 25, 1940, in Boston Massachusetts to the late Edward J. Denon and Margaret Theresa Quinn Denon. While in high school, Sheila pursued her love of dance by teaching ballet class and working at Radio City Music Hall. This enabled Sheila to pay her way through college where she graduated with a bachelor's degree in mathematics.

After graduating from Regis college, Sheila worked for the NSA in Washington, DC as a computer programmer. A few years later, she met her future husband, Raymond G. Stross Jr. They were married a year later in Hingham, MA on November 21, 1964. In 1967 Sheila and Ray, with their first child in tow, settled in Loudonville, New York, where they raised their three children. After being a devoted mother for several years, Sheila returned to work for the Department of Mental Health, first as a computer programmer, then a systems analyst, and finally as project manager. Although very successful in her career, Sheila's proudest achievement was being a mom.

Over the course of their nearly 57-year marriage, Sheila and Ray travelled thousands of miles, first with their children and later with each other. Their

travels took them across the US and across the Atlantic. In addition to traveling, they enjoyed theater, opera, museums, and opening their home to friends and family.

Sheila was very creative. She made clothing and Halloween costumes for her children and grandchildren, and curtains for her windows. She enjoyed chronicling life events and travels with scrapbooks. Many of her family and friends were the recipients of scrapbooks or photobooks.

Sheila's faith in God was evident in both her response to grief and genuine care for people. After the death of her 18-year-old son, she worked with Literacy Volunteers of America and tutored a young man each week, helping him to earn his GED. He reached out to her decades later, sharing with her the impact she had made on his life.

Besides her family, Sheila treasured her friendships – those that had existed for decades, and the ones formed most recently. She took a genuine interest in getting to know people and letting them know her. She realized how blessed she was to call such remarkable individuals, “friends”.

Sheila is survived by her daughters Margaret E (Anthony) Thomas and Melissa A Stross; predeceased by son Adam Blair; Loving Grandmother of Elizabeth Rose and Evan Anthony Thomas.

Predeceased by her sisters, the late June Buckley (late Bill), Denise Collins (John) and brother Edward Denon Jr. Sheila is also survived by many nieces, nephews, friends, and adoring grand pups Kirby and Toby.

Relatives and friends are invited to attend her Funeral Mass on Saturday, December 28, 2024 at 11:00 a.m. at St. Pius X Church, Loudonville, N.Y. Viewing will be from 10:00 a.m.

In lieu of flowers, donations can be sent to Shriners Hospital or St. Jude

Children's Research Hospital.

The Rite of Committal will be held at St. Agnes Cemetery, Menands, NY immediately following the Funeral Mass.

To leave a message for the family please visit www.mcveighFuneralHome.com

Cemetery Details

St. Agnes Cemetery

48 Cemetery Ave
Menands, NY

Previous Events

Visitation

DEC 28. 10:00 AM - 11:00 AM (ET)

St. Pius X Church
23 Crumitie Rd
Loudonville, NY 12211
(518) 462-1336

Funeral Mass

DEC 28. 11:00 AM (ET)

St. Pius X Church
23 Crumitie Rd
Loudonville, NY 12211
(518) 462-1336

Tribute Wall

LC

“ More than a year has passed, and I still think about Mrs. Stross. It is a loss for all who were in her community. She was one person that always made me feel loved and accepted. She had love enough for everyone. It is a special person who can get along with everyone, whether they are cranky, braggarts, irritable or stingy. She looked past that and saw something to value. She built community, and brought people together with her generosity and hospitality. I remember she and Mr. Stross invited me to park my bike at their house and climb over their fence so it would be safer for me to get to work, rather than ride on Shaker Road. That was so thoughtful. I saw her as everything good about “family” - people looking out for and caring for each other. Her laugh was so contagious and genuine. And she was practical, full of wisdom and had high expectations for her children. Years later, when I was a mom, I took a page from her handbook and made my kids write essays and do homework during summer while I was at work. I never told my kids, your mother was the inspiration for that, or your dad the originator of the phrase “push, push, push”. Although I didn’t know the details about her job, she was also working in purchasing computer systems which I’m sure was a cutting edge field at the time, with low female representation. I miss the woman who was so kind to me, and am glad she is in heaven with our Savior and Hope.

Linda Cheng - April 10 at 06:49 PM

MK

“ So sorry. She will be in thoughts and prayers. I was hoping to get to the Mass this morning but im not going to make it. I have many memories from over the years. They will be with me always. Love to you both.

maureen kelly - December 28, 2024 at 09:07 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Sheila Ann Denon Stross.

December 26, 2024 at 11:56 AM



“ Peaceful White Lilies Basket was purchased for the family of Sheila Ann Denon Stross.



December 26, 2024 at 11:56 AM



“ Meg, Melissa and Family,

What a beautiful obituary for your dear mom, and a wonderful legacy she has left. I was thinking about her these past couple of weeks. You are all often in my thoughts, as is your brother who I miss every day. My deepest sympathy and warmest thoughts to you.

*Sincerely,
Maria Spagnola*

Maria Spagnola - December 24, 2024 at 09:07 AM