



Frances Dacal Sanford

October 17, 1927 - September 21, 2020

Frances Dacal Sanford, loving wife, mother and grandmother passed from this life at Hubbard Hospice House-West Monday morning, September 21, 2020 at the age of 92. She began life October 17, 1927 in Wyco, WV. Her parents were Franchesca Bokano Dacal of Hungary and Perfecto Dacal of Spain. January 1, 1948, she married Oscar R. Sanford and together they raised three children.

A longtime resident of St. Albans, she was an avid bridge player who played with the same group for 50 years. In her younger days, she played competitive basketball and loved to watch sports all her life, especially WV teams. She was an active member of St. Peter's United Methodist Church, an officer of the Methodist Women, played the bells, and supported the church in all ways, including being one of the first to support Root and Branch. She truly walked the walk.

Frances was a graduate of the Raleigh General Hospital School of Nursing in Beckley, WV and practiced for more than 20 years at the Statewide Family Practice Clinic where she helped train residents in family medicine. She loved being an RN and took special pride in each of the doctors she worked with and their successes.

Whether it was baking cookies (she was famous for her cookies) and

distributing them to special family, neighbors, and friends, or taking care of those who needed her, she had the energy and compassion of more than any one person. Loved by all who knew her, she was once honored as a Hometown Hero by WSAZ.

Frances was preceded in death by her beloved husband, Oscar, and her dearly loved sister and her husband, Doris and Jack Arbogast, She is survived and missed by her children Francie (Bruce) Freeman of Charleston, WV, Rocky (Ginger) Sanford of St. Albans, WV, Lee (Kiera) Sanford of St. Albans, WV, grandson, David Freeman (Joni) of Charlotte, NC. and her younger brother, Woody (Patty) Dacal of Beckley, WV.

Sadly, due to the Covid-19 virus, there will be a family service. In lieu of flowers, please consider a donation to Hospice.

You may visit Frances` tribute page at BartlettNicholsFuneralHome.com to share memories or condolences with the family.

Bartlett-Nichols Funeral Home, family owned and located at 409 Sixth Ave., St. Albans is honored to serve the Sanford family.

Tribute Wall

SW

“ I will never forget Frances for her many kindnesses, big heart, incredible energy and positive spirit! I had the privilege of working with Frances at the KVFPC and have so many wonderful memories of her. After she retired and until I left Charleston several years ago, I enjoyed visiting her or going out to lunch. Who could forget her famous and amazing cookies? My family was one of the fortunate recipients. She loved her family so much and was so proud of Francie, Rocky and Lee- and dear grandson David. She touched my life and the lives of my kids - and I am deeply grateful to have had the privilege of knowing her. I shall miss her. Deep sympathy for your loss. Sue Warren MD

Sue Warren - October 06, 2020 at 04:59 PM

CS

“ I am sorry to hear about the passing of your mother. I worked with her at the family practice center. She was a mentor to me and a second mother to many of the residents who passed through the program. She treated her patients as she would her family and from that I learned compassion. She was truly a wonderful woman.

Cindy Smith - September 25, 2020 at 06:59 AM

CB

“ To Francie, Rocky and Lee;
Oh How We loved Your Mother!! & Your Dad
too, but right now This is in Tribute to Your
One in a Zillion Mom!!



*My Husband Jeff and I Have Lived her for over Thirty years now!!!
Francis didn't just talk the talk about being a CHRISTIAN SHE
WALKED THE WALK!! Francis Was the Most Kindest, Loving, Non-
Judgmental Ladies That we Have Ever Had the Pleasure of
knowing and Calling Friend!!*

*I Used to Say; "Look Up The Word Christian in Webster's Dictionary;
and it will say; FRANCES SANFORD!! And I MEANT EVERY
WORD!! She Never Sat around or walked around this neighborhood
gossiping!! She was The Kindest, Meekest, and Giving Soul I ever
had the pleasure of knowing!! I would stop by to say Hello and just
check on her and was always greeted with a Huge Warm Smile and
a " There's my Ms. Cindy!" JEFF AND I BOTH LOVED FRANCES
SO MUCH and Believe in Our hearts, Frances Was Greeted With A
Huge Smile From Our Heavenly Father and a Pat on her back with
The Words Spoken; JOB WELL DONE!! Many People Could Learn
So Much From just Listening to Stories about Mrs. Frances
Sanford!!! To Jeff and I , She Defined the Word; CHRISTIAN!!
MS. Frances Will be Missed by many but look forward to the day
We Meet Again!!*

Cindy & Jeff Beane - September 24, 2020 at 04:38 PM

RD

“ When my brother texted this news to me on Monday, my heart sank. Mrs. Sanford was my second mom in my childhood years. So many memories came flooding back to me. From pretending to play her piano, to her wonderful baking skills, but the most precious memory was all the times I would knock on her door and say, “Mrs. Sanford, can I come visit?” I don’t think she ever turned me down. I would sit on a chair in her kitchen watching her make the most marvelous pastries-cookies, cakes and cinnamon rolls to name a few! When I got Married in Texas, she sent wedding cookies with my mom to the wedding. In the past few years I have even received a tin of Christmas cookies in the mail. As my brother said, she was a wonderful person, woman, friend and neighbor to our parents. She was a wonderful second mom to me!!!
My deepest sympathies to all you!
Robin Nelson Dwyer

Robin Dwyer - September 24, 2020 at 10:42 AM

JS

“ Francie I SO remember good times at the Sanford home ❤️ Your Mom always put up with us at slumber parties and had lots of food for us. I remember what a force she was on the court during PTA basketball. Sincere condolences; may your memories sustain you during this difficult time. 💙🙏

Jo Strong - September 24, 2020 at 08:14 AM

MN

“ *Frances Sanford was legendary. Not surprisingly, the obituary does not fully capture the depth and breadth of this fine lady.....mere words are not sufficient. She was many things to many people, a Renaissance woman if you will. A brilliant RN, a terrific Mother and mentor (to all the children in the neighborhood), a wonderful friend to my parents and so many others. Her basketball skills matched only by the special bakery and other treats she shared with everyone. Mrs. Sanford had quite an impact on the lives of many of us.*

Respectfully,

Mark Nelson

Mark Nelson - September 24, 2020 at 08:01 AM

PH

“ *I am so sorry to hear of your mother's passing. She was such a sweet woman. I remember her when going to school with Rocky, She was always so kind. Prayers of comfort for all of you in this time. May he rest in heaven with our Savior. I am sure she is so happy to be reunited with Oscar. God Bless you all.*

Pam Brown Harper - September 24, 2020 at 07:44 AM