Sandra Lynn Amos



JUNE 23, 2023

Sandra Lynn Amos (nee Elfenson)

February 11, 1944 – June 23, 2023

Sandra said goodbye to this life at Vancouver General Hospital on Friday, June 23, 2023, at the age of 79.

She was born in Winnipeg and raised by Leon and Pearl Elfenson. All her life she honored the memory of Leon, her stalwart policeman father. A Winnipeg Westender, she attended Isaac Brock Elementary and Daniel McIntyre Collegiate Institute. Her talent for detail took her into a career in accounting. She moved to Vancouver twice and also lived in Courtenay, BC. Her temporary return to Winnipeg was prompted by Pearl's widowhood.

She was always concerned for the welfare of animals and nature and was a devoted "mom" to her two cats, Marmalade and Peachy, who predeceased her. Known also for her cooking skills, especially her homemade perogies and cabbage rolls, tributes to her Ukrainian background. Her skills with a needle also produced many cross-stitched gift items.

Though afflicted by recurring health issues, Sandra always believed she could overcome.

Thanks are due to her daily home caregivers, her doctors, especially Dr. Swartz, and to staff at VGH during her many "vacations" at the Blackmore Pavilion. She leaves behind a small group of supportive friends. Donations in Sandra's name can be made to BCSPCA, The Nature Conservancy, and Knowledge Network.

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Printed on November 3, 2026