



Mrs. Linda M. (Cannistra) Sokolowski

February 12, 1950 - March 30, 2025

N. UTICA – Mrs. Linda M. (Cannistra) Sokolowski, age 75, passed away peacefully on Sunday, March 30, 2025, in the comfort and dignity of her home, after a long and courageous battle. At the time of her passing, her loving family was by her side.

Born in Utica on February 12, 1950, Linda was the daughter of the late Dominick and Antoinette (Pragliola) Cannistra. Raised locally, she was a graduate of T.R. Proctor High School/Class of 1967.

Linda married Frederick J. “Fred” Sokolowski on October 10, 1972. Together they shared a loving union for over 52 years.

Linda devoted her younger years to raising her children. When she returned to the workforce, she worked at a real estate appraisal firm. Most recently, she was employed as an accounts clerk with the New York State Department of Health in both their Utica and Rome offices until her retirement.

Throughout her life, everyone marveled at Linda’s tremendous strength. The perfect matriarch, she built her life around her love for her family and their needs. She was wholeheartedly selfless, always putting the needs of others above her own even up until her final breath. She was a devoted wife, loving mother, and adored Nana who believed her grandchildren completed her life

circle of love.

An excellent and talented baker, Linda could often be found in the kitchen. There was nothing she couldn't create! From her ability to turn simple ingredients into extraordinary dishes, everything she made was done with love. Linda also enjoyed traveling, especially when a getaway included a trip to the casino. She particularly loved the excitement of slot machines. Linda was a parishioner of St. Anthony and St. Agnes Church.

Linda is survived by her devoted husband, Fred; daughter and son-in-law, Jodi and Gary Heenan; son and daughter-in-law, Jeffrey "Jeff" and Lisa Sokolowski; grandchildren, Riley Heenan, Jack Heenan; Lauren Sokolowski, and Andrew Sokolowski; and sisters and brothers-in-law, Angela and John Storey, and Joann and Joseph Palumbo. She further leaves to cherish her memory many nieces, nephews, great-nieces, great-nephews, cousins; in-laws, Joan Marie Sokolowski (the late Thomas Sokolowski), Michael Dale Strife (the late Patricia Strife), and Edward Sokolowski and M.J. Hall; and many special friends in her life, especially acknowledging the group she lovingly referred to as "the Girls," and her longtime neighbor of 52 years, Terry Pugliese. Linda was predeceased by her father-in-law and mother-in-law, Bernard and Ruth (Cookinham) Sokolowski.

The family wishes to extend their gratitude to the many doctors, nurses, staff, and caregivers, with special mention to Hospice and Palliative Care Inc., for their care and compassion.

Relatives and friends are respectfully invited to attend Linda's Memorial Mass of Christian Burial and Celebration of Life which will commence on Friday, April 4, 2025, at 10:00 a.m. at St. Anthony and St. Agnes Church, 422 Tilden Ave. There will be an opportunity to greet the family at the conclusion of Mass. In lieu of floral offerings, memorial contributions in Linda's honor may be made

to St. Jude Children's Research Hospital online at www.stjude.org/donate, or to Hospice and Palliative Care, Inc. online at <https://hospicecareinc.org/donate-online/>; envelopes will also be available at the service. Inurnment will take place in Mt. Olivet Cemetery at the convenience of the family.

Cemetery Details

Mt. Olivet Cemetery

Whitesboro, NY

Previous Events

Funeral Service

APR 4. 10:00 AM (ET)

St. Anthony & St. Agnes Church

422 Tilden Ave.

Utica, NY 13501

(315) 732-1177

<https://www.stanthonystagnes.com/>

Tribute Wall

DS

“ I have such happy loving memories. As a child I was amazed at her beauty. As I got older I found she was just as beautiful inside. She was a one of a kind "jem" who will always live on in our hearts.

Debbie Sanders(Tocci) - April 08, 2025 at 12:41 PM

BE

“ Thoughts and prayers to Linda's family. May the many memories help ease your pain . She was a fighter

bonnie enjem - April 04, 2025 at 09:12 PM

PM

“ My sincere condolences to Linda's family. She loved her family and cherished her grandchildren. She was a wonderful friend who will be missed terribly. Gone way too soon but will never be forgotten. Love you, Linda.

Patricia Migliore - April 04, 2025 at 08:09 AM

ML

“ Fred and family, so very sorry to hear about Linda's passing. I have so many fond memories from our school days.. may she rest in peace.. Mary Ann and Tom Ladd.

Mary Ann Ladd - April 03, 2025 at 03:47 PM

CS

“ I am so saddened to hear of Linda’s passing. We go way back to our Proctor days and more recently the UC hockey games. Not too long ago we shared our stories at the UC hockey game . I admired her strength. My sincere condolences go out to your whole family . May you rest in peace Linda 🙏💕 Charleen

charleen sangiacomo - April 03, 2025 at 10:23 AM

AC

“ Fred and Family, We are so Sorry for Your Loss, Our Thoughts and Prayers are with you, Andy & Linda Convertino

Andy & Linda Convertino - April 03, 2025 at 08:50 AM

EA

“ I remember Linda from high school class of 67. She was a beautiful young lady and very kind. She will be missed. ❤️🙏

Eileen Angelico - April 03, 2025 at 08:08 AM

AF

“ Fred, So sorry to hear of the passing of Linda. My prayers and thoughts are with you. I am a friend of Linda's - she stood up in my wedding. May God Bless you in this time of grief. Antoinette (Aceto) Fiore

Antoinette (Aceto) Fiore - April 03, 2025 at 07:57 AM

JK

“ Sending my sincere condolences and sympathy to Fred and the entire family, sorry for your loss ,God Bless.John And Susan Klein

John Klein - April 02, 2025 at 06:20 PM

RA

“ Joann I am very sorry to hear of the loss of your sister. I know how close your sisters are to you. I will keep you in my thoughts and prayers Rosemary Anguish

Rosemary Anguish - April 02, 2025 at 01:58 PM