Obituary; 2015-01-08; Gaines, Arfredah

Hopewell Baptist Church
"When I'm Gone"

When I come to the end of my journey
and I travel my last weary mile,
Just forget, if you can, that I ever frowned,
and remember only the smile.
Forget unkind words I have spoken,
remember the good I have done.

Then forget the grief for my going ~ I would not have you sad for a day;
But in summer, just gather some flowers and remember the place where I lay.
And come in the shade of the evening, when the sun paints the sky in the west.
Stand for a few moments beside me, and remember only my best.

Pallbearers
Jeffrey E. Bellamy  Lamont Fletcher  Ricardo Washington
Charles Epps      H. Melvin Powell  Melvin Wilson

Honorary Pallbearers
Brothers of Paramount Lodge #73
Sisters of Paramount Chapter #57

The Care of Our Loved One Entrusted to
THOMAS T. EDWARDS FUNERAL HOME, INC.
995 Genesee Street · Buffalo, New York 14211
(716) 894-4888 · www.thomastedwardsfuneralhome.com
Mr. Darrell M. Saxon II ~ Manager, Funeral Director

Thank You
The family wishes to acknowledge with sincere appreciation your prayers,
comforting words, and all acts of kindness during our time of bereavement.
May God bless each one of you from His abundant storehouse.
The Gaines Family

© Program Design and Printing by:
Image by Design · Eileen A. Hord · (716) 636-8302 · eileenhord@aol.com
Arfredah Gaines was born to the late Mohammed and Aeyshaa Hakeem on April 17, 1938. She was the youngest of nine children. After a short illness, she was called to rest on Thursday, January 1, 2015 at the blessed age of 76 years old.

Arfredah attended West Valley Central School in West Valley, New York. She furthered her education at Bryant and Stratton Business Institute (now Bryant and Stratton College) in Buffalo, New York, earning a degree in Business. She became employed with the State University of New York at Buffalo where she had a long career as an Administrative Assistant. In that position, Arfredah was invaluable in aiding many college students in their pursuit of their degrees. After retiring from the university, Arfredah pursued her love of cooking as a Cook for Erie County Child and Family Services.

On August 17, 1962, Arfredah was united in holy matrimony with Mr. John Arthur Gaines. Together they were blessed with two sons and shared 52 years of marriage until Arfredah’s passing. She was a member for many years of St. Phillip’s Episcopal Church and later joined fellowship with Hopewell Baptist Church under the leadership of Reverend Dennis Lee, Jr.

Arfredah was well-known around the city of Buffalo for her home-style cooking and baking. Over the years, she professionally catered many large events from Buffalo to Chicago. She shared joy with others through her cooking and especially enjoyed hosting an annual cookout to celebrate her and John’s wedding anniversary.

Arfredah’s loving memory lives on in the hearts of her beloved husband, John Arthur Gaines; two sons, Derek Gaines of Buffalo, New York and Michael (Eden) Gaines of Waldorf, Maryland; seven grandchildren and three great grandchildren; one sister, Jamela Bell of Buffalo, New York; one sister-in-law, Erma (Henry) Johnson of Buffalo, New York, and a host of nieces, nephews, cousins and dear friends.