



Sheila E. Cook

February 17, 1953 - April 25, 2024

Sheila Elizabeth Cook, wonderful wife, marvelous mother, generous grandmother, and gorgeous great grandmother was born on February 17, 1953. She peacefully departed this world on April 25, 2024 at the tender age of 71, surrounded by her loving family. Sheila was the eldest among her five siblings, born to Thedford and Mary Lowery.

From her earliest years, Sheila radiated a compassionate and nurturing spirit, driven by an innate desire to uplift and care for others. Her educational journey took her through Fort Worthington Elementary, Charles Carroll of Carrollton, Lombard Junior High School and Eastern All-girls High school, where she not only excelled academically but also formed enduring bonds of friendships that would last a lifetime. Following her high school graduation, Sheila embarked on her collegiate path, attending the prestigious Mount Holyoke College, where she continued to pursue her passion for learning and personal growth.

Sheila met the love of her life, Charles Cook in Junior High School and embarked on a life long journey of love and partnership. In 1973, they were married and their union was blessed with the joyous presence of three wonderful children, Gabrielle, Glynnis, and Stacie. These cherished souls were not just the center of Sheila's world; they were the heartbeat of her

existence. Together, Sheila and Charles embraced every opportunity to indulge in the joy of life, whether it was hitting the dance floor at parties or simply relishing precious moments with loved ones. Their infectious laugh and boundless energy filled every gathering with warmth and excitement. Sheila's devotion to her family was unwavering, and she poured her heart and soul into creating a loving and nurturing home for them.

Sheila's journey into nursing began with a spark of interest during her time in Home healthcare igniting a lifelong passion. Determined to excel, Sheila pursued her LPN license at City Hospital and later expanded her horizons at South Baltimore General Hospital, earning her RN license. For 37 years, she served as a dedicated registered nurse, touching countless lives with her skill and empathy. Committed to continuous growth, she pursued higher education at Sojourner Douglass College, culminating in her Bachelor of Science degree in Health Care Administration. Throughout her distinguished career, she graced

hospitals such as City Hospital, North Charles General, Harbor Hospital, Maryland General, Church home Hospital, The Penitentiary, and Walter P Carter, where her warmth and expertise positively impacted her colleagues and patients alike. A beacon of kindness and compassion, Sheila selflessly devoted

herself to the well-being of others, placing their needs above her own. Her absence leaves a profound void in the hearts of all who were privileged to have known her.

In addition to her career and family, Sheila was known for her kindness, generosity, and unwavering faith. Her passions were diverse and captivating. She found joy in exploring the arts, visiting museums, and embarking on local adventures. A crab feast delighted her palate, while the rhythm of dance and enchantment of literature stirred her soul. Music was her constant companion resonating with her loving and kind spirit, touching all who encountered her.

Sheila loved to attend Sunday church service at Fulton Baptist Church. She was a faithful member of Sunday school, active member of the Women's ministry and always attended Deeper Discussion (Bible Study) each Wednesday night. Because Deeper Discussion was online she learned how to navigate zoom, she knew how to work her camera, mute and unmute button and after every session we could always count on Sheila to give the Pastor positive praise after the lesson. Sheila loved to shop, she would leave the house at 8 am and sometimes not return home until 6 pm. Her children would laugh and joke and ask her what was she doing out in the streets of Baltimore for such long periods of time and her response was always, "I just had to get a few odds and ends."

Meticulous and organized, Sheila documented every detail of her life, whether it was jotting down the itinerary for her children's trips or meticulously planning decorations for birthdays and holidays, she insured no detail was overlooked. With a heart full of warmth and generosity she extended her love through heartfelt birthday cards and festive home decorations for everyone she held dear. Her house was a testament to her festive spirit, adorned with decorations for every holiday and season. Sheila's thoughtfulness extended to her grandchildren and children, as she never missed an opportunity to send them back to school wishes with lots of emojis.

Known for her impeccable fashion sense, Sheila's wardrobe, reflected her love for all things, leopard print, and anything that sparkled. A true connoisseur of life's treasures, Sheila cherished every moment spent with family and friends. Her generosity knew no bounds. She was a pillar of strength for those in need and a source of comfort for all who knew her. Sheila's infectious laugh, warm smile, and gentle spirit will be deeply missed by all who had the privilege of knowing her. Sheila leaves behind the legacy of love, kindness, and compassion that will continue

to inspire and uplift those who were fortunate enough to have known her. While she may no longer be with us in body, her beautiful spirit will live in the hearts of her family and friends forever.

Sheila is survived by her devoted husband of 51 years, Charles Cook, her loving children, Gabrielle (Darick), Glynnis (Rev. Dr. Clifton), Stacie; her amazing grandchildren, Roderick III, Ciarah, Clifton, Haywood III, Caleigh, Cami, Kena, Chloe, and Kush; her one and only Great grandchild Roderick IV; her wonderful mother Mary Lowery (Mother), her cherished siblings; Darryl (Brother), Dwight (Brother), Daisie (Sister); Aunts; Shirley, Florence, Daisie; Hosts of nieces, nephews, and cousins; others relatives , friends, and her Fulton Baptist Church family.

Cemetery Details

Private

Baltimore, MD

Previous Events

Public Viewing

MAY 10. 4:00 PM - 6:00 PM (ET)

March Funeral Home - East
1101 E. North Avenue
Baltimore, MD 21202

Wake

MAY 11. 10:30 AM - 11:00 AM (ET)

Fulton Baptist Church
1630 W. North Ave.
Baltimore, MD

Funeral Service

MAY 11. 11:00 AM (ET)

Fulton Baptist Church
1630 W. North Ave.
Baltimore, MD

Tribute Wall

RW

“ *My loving first cousin in relations, however she was more of a surrogate mom to me, especially after the birth of Gabrielle. I went almost every where with her and Charles. They unofficially adopted me and it was great. Sheila never turned me away. I love you and until I see you again. Rest in Paradise, my surrogate mom.*

Renee Walker - May 10, 2024 at 03:55 PM

SG

“ *My God be with the Cook Family, now and forever more. I express compassion, sympathy and many prayers.*

Steven D Gregory March Funeral Homes staff and Dunbar Poet friend

Steven D Gregory - May 07, 2024 at 02:48 PM



“ *We the March Family and Staff wish to extend our deepest and heartfelt sympathy in the passing of your loved one. Our prayers go out to you and your family in your time of loss. We know and understand that you have received many expressions of love and we will continue to lift you up in prayer. May the memories you cherish of brighter and happier days help to ease your sorrow and comfort you always.*

March Funeral Homes - April 30, 2024 at 10:13 AM