



## Theodosia Hortense Macon

September 14, 1939 - July 18, 2017

On July 18, 2017, Theodosia Hortense Macon, affectionately known as Tensy, departed this life for a new life with her heavenly family. Tensy was a resident of Richmond, Virginia since 2002 when she and her husband Winston relocated from Fort Washington, Maryland. She was born in Wilmington, Delaware on September 14, 1939, to the late Lola Richardson Swiggett and Thomas Swiggett of Smyrna, Delaware and resided in Smyrna, Delaware until she completed college.

Tensy was the oldest of the five Swiggett siblings; two sisters and two brothers. Around the small town of Smyrna, where they grew up, Tensy and her sisters Sandra and Gloria were known as "the Swiggett Girls" or "the Swiggett Sisters." The two younger brothers, Thomas and Tony were often under the care and counsel of their older sisters.

Tensy attended Thomas D. Clayton School, in Smyrna, Delaware through eighth grade and was then bused to William Henry High School in Dover, Delaware due to segregated schooling in the state. Upon graduation from high school, Tensy entered Delaware State College, now Delaware State University, majoring in biology. She earned her Bachelor of Science degree in 1962 and immediately enrolled in the Medical Technology Program at Muhlenberg Hospital in Plainfield, New Jersey. She completed the program at Muhlenberg Hospital and was first employed by the Veterans Hospital in Orange, New Jersey followed by employment at Hoffman La Roche. In 1973, a move to Piscataway, NJ in order to purchase their first house, also lead to

an offer of employment with Johnson & Johnson. The following year, when she and Winston moved to Burke, Virginia, Tensy began employment with the United States Department of Health and Human Services as a Consumer Safety Officer. Although they moved to Fort Washington, Maryland in 1986, Tensy continued employment with the Department of Health and Human Services until her retirement.

In 1965, Tensy met Winston A. Macon, the love of her life. They were married in her hometown of Smyrna, Delaware in the church she had attended since childhood. Tensy and Winston were made for each other. They both enjoyed life, but had a deep appreciation and an abiding love for family. When she married Winston, he became a big brother to her sisters and brothers.

Throughout her life, Tensy was a supporter of those in her immediate family, her church family and her community. Following her mother's death, she became the matriarch of the family. In this role, which she took seriously, she was sure to call regularly to check on each of her siblings. Holidays and occasions for family gatherings were important to her. On the weekend of July 14, 2017, the family was together to celebrate brother Thomas' birthday, the birthday of a longtime family friend, and to attend church service at her hometown family church, Bethel African Methodist Episcopal Church. It was an enjoyable time! In typical Tensy fashion she insisted on a group picture with her brothers and sisters. Only four days before her death, this picture will be a wonderful and lasting memento of the final time all five were together.

Tensy was involved in many organizations and activities. One sometimes wondered how she had the energy to do all of these things. Her mother often told her she needed to cut out some of these activities. Despite this urging, she was resolute in her commitment to all of them, using her vast talents to remain an active participant.

In 2002, when Tensy and Winston relocated to Richmond, Virginia, Tensy immediately became an active member of the Richmond Alumnae Chapter of Delta Sigma Theta Sorority, Inc. To support growth and success of her chapter, Tensy served in a multitude of capacities including: Co-Chair of

Political Awareness and Involvement.; Establishing an Automated Telephone System for the Chapter; and, Singing with the Delta Pearls. Tensy loved Delta as was evidenced by her commitment.

An active member of Asbury United Methodist Church, Tensy put her faith into practice daily through her work within the Church and in the Church community. At Asbury, Tensy served as a Trustee, a Co-chair of Stewardship, a mentor for the Daughters of Imani, and a member of the Senior and Unity Choirs. She also served as vice president of the local unit of United Methodist Women at Asbury UMC. Additionally, she was a member of the Auxiliary of United Methodist Urban Ministry Richmond and a church representative to Hermitage, a residential home for seniors.

Tensy was also an active member with the Richmond District of United Methodist Women. She held several leadership positions on this organizations leadership team including; coordinator for Mission Education and Interpretation, Coordinator for Social Action, and Coordinator for Spiritual Growth. She was also a member of the District Racial Justice Committee and was a member of a Virginia Conference United Methodist Women's Mission Team to Mozambique in 2013.

She sold pansies and geraniums as a fundraiser to benefit the United Methodist Urban Ministries of Richmond. Every other month Tensy and Winston participated in preparing and serving food to the homeless. It is said that Tensy loved the work of these organizations and supported them with her whole heart, talents and resources.

Tensy enjoyed life! She and Winston traveled across this country and other countries across the world. As her friends know, Tensy was the consummate shopper; a characteristic she inherited from her mother. Regardless of where she was going, there had to be a stop at a mall, store or outlet. In fact on her last trip to Delaware, she visited Boscov's on her first day in Dover and before returning to Virginia, she visited Macy's. Her home is a reflection of her interest in art and culture. Each room displays pieces she has collected from

her travels. Her enjoyment for life is also reflected in her special group called the Wednesday Girls who line-danced, went out for lunch and/or movies and simply enjoyed one another's company. Upon hearing of her death, a friend of Tensy's said, "She did everything well."

She is survived by her devoted husband Winston Macon; sisters, Sandra White and Gloria Kittrels (Alonzo); brothers, Thomas Swiggett and Harvey Swiggett (Crystal); nieces and nephews, Jan White, Albert S. White, Anaya Swiggett and Aaron Swiggett; great nieces and nephews, James White, Jaron White, Danielle Rivers, Kameron Kittrels, Rebecca White, Alexa White, Albert J. White and a host of cousins and special friends.

Submitted with unconditional love,

The Family

# Cemetery Details

## Lebanon Baptist Church Cemetery

5300 Hopewell Road  
New Kent, VA 23124

# Previous Events

## Public Viewing

JUL 24. 9:00 AM - 8:00 PM (ET)

March Funeral Home-Laburnum Ave.  
2110 E. Laburnum Ave.  
Richmond, VA 23222

## Delta Sigma Theta Sorority Inc. Omega Omega Service

JUL 24. 5:00 PM - 6:00 PM (ET)

March Funeral Home-Laburnum Ave.  
2110 E. Laburnum Ave.  
Richmond, VA 23222

## Wake

JUL 24. 6:00 PM - 7:00 PM (ET)

March Funeral Home-Laburnum Ave.  
2110 E. Laburnum Ave.  
Richmond, VA 23222

## Service

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JUL **25**. 10:00 AM (ET)

Asbury United Methodist Church  
324 N. 29th St.  
Richmond, VA 23223

# Tribute Wall



“ *Theodosia Hortense Macon*

October 13, 2022 at 08:33 AM



“ *My heartfelt condolences to the Swiggett/Macon families on the loss of Ms. Tensy. May you find comfort in your memories and strength in the legacy of love that she has left behind.*

**Lorene K. Robinson** - August 07, 2017 at 09:58 AM



“ *My thoughts and prayers are with the family.*  
*Betty Dupee*

**Betty Dupee** - July 26, 2017 at 08:24 PM



“ *Mrs. Macon was such a sweetheart. She was very kind and giving. She always wanted to know what she could do to help make things better. I had the distinct pleasure of attending Asbury United Methodist Church where she was a member and I always enjoyed Sunday mornings and seeing her smiling face. She was a beautiful and devoted Delta Girl and will be forever loved and remembered. Mr. Macon, you are in my thoughts and prayers and Godspeed.* *Tarah Johnson*



**TARAH JOHNSON** - July 26, 2017 at 06:55 PM

TJ

“ *Winston, the Fifth Baptist Church Veterans Ministry is sorry to hear about the homegoing of your wife. She is now with her Lord. Amen.*



Thad Jones - July 25, 2017 at 07:58 AM

SM

“ *Shirley McColister lit a candle in memory of Theodosia Hortense Macon*



Shirley McColister - July 25, 2017 at 05:06 AM

KW

“ *Kim Wisher lit a candle in memory of Theodosia Hortense Macon*



Kim Wisher - July 25, 2017 at 05:05 AM

KM

“ *Karen McColister lit a candle in memory of Theodosia Hortense Macon*



Karen McColister - July 25, 2017 at 05:02 AM

VE

“ *Vetra Evans lit a candle in memory of Theodosia Hortense Macon*



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**Vetra Evans** - July 24, 2017 at 06:29 AM

BB

“ *Winston, was shocked to see Tensy's obit in this morning's newspaper. And still find it hard to believe she has passed. She will be missed terribly by all who knew her especially members of her church family and the Church Hill neighborhood.*

*You and your families take care, and I will see you soon.*

*Barbara Branch*

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**Barbara Branch** - July 23, 2017 at 04:32 PM



“ *Loving Lilies and Roses Bouquet was purchased for the family of Theodosia Hortense Macon.*



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July 22, 2017 at 06:00 PM

AM

“ *Winston, we offer our deepest sympathy and love to you during this sadden time on the sudden passing of your dear wife and best friend! Tensy will be greatly miss by all that knew her; which she always showed and exude cheerfulness to all she greeted!!!*



*Cuz, anything at all that you need, we are here for you; now and in the days and months ahead! Love your cousins, Alvin & Frances Macon*

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**Alvin & Frances Macon** - July 21, 2017 at 02:18 PM

NV

*Winston, it is with such sadness that I feel for you at the passing of your lovely wife, Tensy. She always had a smile for everyone and she will be missed so much in our neighborhood! She and you are two of the nicest people that I've had the pleasant of meeting! May God be with you in this time of grief and always!*  
*Norma & Roland Villars*

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**Norma Villars** - July 23, 2017 at 03:22 PM

SP

“ *Stephanie Patten purchased the Divine Peace Bouquet for the family of Theodosia Hortense Macon.*



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**Stephanie Patten** - July 21, 2017 at 11:49 AM



“ *Peaceful White Lilies Basket was purchased for the family of Theodosia Hortense Macon.*



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July 21, 2017 at 11:30 AM



“ *Stephanie Long lit a candle in memory of Theodosia Hortense Macon*



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**Stephanie Long** - July 21, 2017 at 10:57 AM



“ *A rose picked for the garden of eternal grace with God. Tensey your sincere heartfelt unselfish love will be truly missed but will forever be remembered. Your support in my life achievements were always faithfully supported by you and Winston. Winston and family may the void be filled with prayers for strength, wonderful memories for the sad periods, and spiritual love sent your way for the lonely times. Now Tensey line dance with Jesus and the other saints. Your friend, Rev. Barbara Cousar*

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**Rev. Barbara Cousar** - July 20, 2017 at 05:47 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.

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**March Funeral Homes** - July 20, 2017 at 04:25 PM