



Sandra J. Frego

February 12, 1955 - December 3, 2018

Massena: Sandra J. Frego, 63, passed away on Monday, December 3, 2018 at Upstate Medical Center in Syracuse with her loving family by her side. A Celebration of life will be held on Thursday, December 6, 2018 from 3:00 pm to 5:00 pm at Marcel Frego's residence on E. Orvis St., Massena.

Sandy was born on February 13, 1955, in Massena, the daughter of Roderick and Mary (Belgarde) Frego. She graduated from Massena High School in 1974. She was an avid reader and enjoyed watching the NY Yankee's, going to bingo and especially enjoyed the time spent with her family and her grandchildren. At one time she was employed as a waitress.

She is survived by her two daughters, Danielle Litalien, Vancouver, BC, and Darcie Frego of Massena, four grandchildren, Alex and Andrew Litalien, Jordan Frego and Alysa Goad, great grandchildren, Paeton, Aviana, Ariyah and Carter. Her brothers, Roderick and Casey Frego of Houston, TX, Charlie and Sheree Frego of Norfolk, NY, Marcel of Massena, Arlis and Jill Frego of Norwood, NY, Rodger and Brenda Frego, of Schertz, TX, sisters, Barbara and Richard Deisn of Little Indian, SC, Charlotte and Vern LaBrake of Warren, MI, Yvonne Frego of Tupper Lake, NY, Yvette and Terry Narrow of Potsdam, NY, Elaine Weymouth of Clinton, MA; many nieces and nephews.

Sandra was predeceased by a brother, Carmen Frego and two sisters, Michelle Green and Caroline Woods, She was also predeceased by her companion of over 30 years, John Davey.

Arrangements are under the care of the Phillips Memorial Home in Massena. Memorial contributions may be made to the American Cancer Society.

Online condolences and memories may be shared with the family at www.PhillipsMemorial.com