

SENIOR SPOTLIGHT: Sadie Gray



Sadie Gray is a long-time resident of New Community housing. She spent 32 years living at Manor Family before moving to Associates in 2016.

Coordinator Anne Moran. “Sometimes she comes to the office to check on me and make sure I’m OK. And she loves to feed people.”

Moran received a pie for her last birthday from Gray, which isn’t unusual. Gray attends physical therapy for arthritis each week and said she gives everyone at the office a pie.

“That’s what I love doing. I love giving,” she said.

Gray was born and raised in Chase City, Va. The 84-year-old was one of seven children and has a twin brother with whom she’s still very close. They are the only two living siblings. Even though her twin lives in Virginia, she said he calls her two or three times per day.

Gray moved to Newark in 1955 after graduating high school to follow her twin brother. He retired in 1999 and moved back to Virginia, this time to South Hill, which is about 30 minutes from their childhood home of Chase City.

Gray was married and had four children, two boys and two girls. Her oldest daughter passed away, but her other children live close by and she sees them often. Her daughter lives in Newark, one of her sons lives in Irvington and the other son lives in East Orange. She has seven grandchildren.

“They visit all the time,” she said.

Gray raised her family and held a few jobs in her younger years, including working at an optometrist office and doing domestic work.

She moved to Manor Family in 1983 where she lived alone for 32 years. She moved to Associates April 1, 2016. She enjoys her home.

“It’s nice and quiet and the tenants are nice and friendly. And I like that it has a security guard,” Gray said. “I love it here.”

She participates in various building events when she can, including zumba.

Gray said she loves to cook in her apartment, dance and sing. She is a member of her church choir, singing there every first and third Sunday.

Residents of Associates know Sadie Gray as a person who loves to cook and feed others. They might not know, however, that she’s been sharing food with New Community residents for decades.

Before moving to Associates, 180 South Orange Ave., Newark, Gray lived at Manor Family, 72 Hayes St., Newark, for 32 years. She has always enjoyed cooking and providing others a taste. Now at Associates, she participates in potluck style get-togethers with neighbors and friends in the building.

“I enjoy coming down to the Community Room at nighttime,” Gray said. “I bring food down and other people bring food and we laugh and talk.”

Gray’s caring personality shows.

“She’s a good person. She tries to help other people the best way she can,” said Associates Resident Services