



Anita Maria Conant

April 15, 1958 - December 8, 2022

Hampton Falls - Anita Maria Conant, 64, of Hampton Falls, passed away unexpectedly in her sleep after a short illness.

She was born in Keene, NH on April 15, 1958, to Phyllis M. Suleski (Lyman) and Daniel C. Suleski and grew up in Downingtown, PA. She married James E. Conant, of Winchester, NH, on October 7, 1978. Together they lovingly raised three children, Todd, Sean, and Ashley.

Anita was always a hard worker, even as a young employee at Pepperidge Farm. In the late 1980s she began a career at the USPS and worked her way up the ranks to become Postmaster of Newcastle, NH. She had a wicked sense of humor and a love of sun-bathing. She wasn't a fan of camping, but she enjoyed many trips with Jim to the beaches (and bars) of Mexico, Key West, Barbados, and Aruba. Her favorite food was Mexican, Indian, and anything with squash. She made the best cheesecakes and she always enjoyed listening to music, especially Whitney Houston, Patsy Cline, and Glen Campbell. Although not musical herself, she once landed a radio appearance by way of another talent.

In 2005 Anita was in a car accident that left her paralyzed from the neck down, unable to speak and requiring a ventilator to breath. It was a heavy cross to bear, and she did it with dignity and a certain kind of grace that is

hard to comprehend. She never gave up, or in, and she carried that cross through incredible trial and tribulation for nearly 18 years.

Despite her injury, Anita learned a new system for communication, and she continued to live a fun and fulfilling life which included motorhome trips to Clearwater, many Phillies spring training games, lunch at Paula Deen's restaurant in Savannah, Penn State football games, college bowl games in Orlando, NASA space shuttle launches, visiting family in Pennsylvania, bringing her 86-year-old Mom to her first game at Fenway, and many lunches and dinners with friends and family.

Anita had the sweetest smile and the longest legs, and she will be remembered as a dedicated and loving mother, wife, daughter, sister, and grandmother. She will also be remembered for her generous (and often anonymous) local and national philanthropy.

She is survived by her husband, Jim; a son, Todd; a son, Sean, and his fiancé, Logan; a daughter, Ashley, and her husband, Tom; grandchildren Tristan, Ellie, and Owen; her mother, Phyllis; four sisters, Gloria, Sheila, Cindy, and Donna; many cousins, nieces, and nephews; and a dear family friend, Mrs Billie. She was predeceased by her father, Daniel; beloved pet dogs Robbie, Sandy, and Buster; and acquaintances Paul Sheldon and PFC William Santiago.

A public (informal) celebration of life will take place Saturday, December 17, from 1-5pm, at the First Baptist Church in Hampton Falls. A private burial will follow, at Oak Lawn Cemetery. In lieu of flowers, Anita's family kindly requests donations be made to the Hampton Falls Volunteer Fire Department, Inc., 3 Drinkwater Road, Hampton Falls, NH 03844 whose volunteers compassionately assisted Anita over the years.

Previous Events

Celebration of Life

DEC 17. 1:00 PM - 5:00 PM (ET)

First Baptist Church of Hampton Falls
3 Lincoln Avenue
Hampton Falls, NH 03844
(603) 926-3724

Tribute Wall

JA

“ Dear Jim, Todd, Sean and Ashley, It's been more than a decade since we've been in touch but I just heard and wanted to reach out to you and let you know how sad I am to hear of Anita's passing. She had such incredible strength and courage—She was an inspiration. I'm so sorry for your loss. Please accept my heartfelt sympathy.

Jane Adams RN

Jane Adams - May 29, 2023 at 01:04 AM



“ Enchanted Cottage was purchased for the family of Anita Maria Conant.



December 15, 2022 at 09:33 PM



“ Arrive in Style was purchased for the family of Anita Maria Conant.



December 14, 2022 at 09:59 PM

JD

“ Remembering Anita in a special way from sharing time with her & her family especially her mom Phyllis and sister Sheila. Our deepest sympathies...rest in peace, Anita.

Jim & Judy Dezagottis

Judith A Dezagottis - December 13, 2022 at 10:59 AM

HO

“ I met Anita through her sister, Sheila, they always made me feel welcome, such a wonderful family, sincere condolences and prayers offered for Anita and her family, Rest In Peace Anita.

Cookie

Helen Oster - December 12, 2022 at 08:24 PM

DB

“ Aunt Anita, I will miss you more than words here could ever describe. I will never forget all you did for me growing up – and for all of those moments, I will always hold a special place in my heart.

To quote our favorite movie: “You don't need to wear a patch on your arm to have honor.”

Indeed, you may not have worn a patch on your arm, but the honor, integrity, and loyalty you demonstrated throughout your life and instilled as essential-must-have-virtues with each of your loved ones is perhaps the greatest mark you will leave on this world... I know I am a better man for it.

I love you, always.

“D”

Danny Boy - December 12, 2022 at 03:56 PM

ML

RIP Anita, we always remembered the day you were hurt, you showed them thur 18 years you will always be remembered by that beautiful smile tom and mary lambert

mary lambert - December 13, 2022 at 07:51 PM

LP

Dear Jim, What a tribute to your wife. We are saddened to read of her passing. Stay strong and know we are thinking of you and the family. Love, Lori and Butch Plifka

lori s plifka - December 14, 2022 at 05:14 AM

JM

“ I remember meeting Anita in 6th grade, she was one of the first to say "hello" and friend me. Anita was always a fun-loving and free-spirited. We didn't see much of each other after graduation but always considered her a great friend. May you rest in peace and are no longer in pain. We all love you



Joyce McCann - December 12, 2022 at 03:36 PM

LM

“ I have fond memories of Anita. I wish I had stayed in better touch over the years. I loved that she maintained a sense of humor throughout her struggles. And I always find myself rooting for the Phillies (if the Red Sox are out of contention) because she loved them so. My thoughts and prayers are with all of you at this time.

Landya McCafferty - December 12, 2022 at 12:22 PM



“ *Arrive in Style was purchased for the family of Anita Maria Conant.*



December 12, 2022 at 12:19 PM



“ *Blue Caribbean Bouquet was purchased for the family of Anita Maria Conant.*



December 12, 2022 at 11:13 AM