



Ann Gaffney Cagigas

April 15, 1948 - June 19, 2015

Ann Cecilia Gaffney Cagigas, loving Wife, Mother, Grandmother and Friend passed away on June 19, 2015 at the young age of sixty-seven. Her life began on April 15, 1948 in New York City; born to Gerald and Doris Beth Gaffney, she was the second of five children, Michael, Mary, Patricia, and Walter.

She dedicated her life to helping people by receiving a Nursing degree, as a registered nurse, from the Washington Hospital Center School of Nursing, class of 1969. Ann went on to receive a Masters in Human Development and Family Studies. In 1978 she became a first-time mother and was introduced to the joy of the breastfeeding world, which subsequently became one of her greatest passions. Her breastfeeding journey began with La Leche League International, where she quickly became a Leader and mentor to many. In true Ann fashion she diligently pursued further education, becoming a Board Certified International Lactation Consultant. The last 13 years of her professional career were spent as an Occupational Health Nurse at the General Services Administration, where she worked by helping in several capacities, touching the lives of countless people.

She avidly associated all of her blessings, both personally and professionally, to her faith in the Lord and all of his Glory. She actively participated in the parish for 38 years, Good Shepherd Catholic Church, by participating in numerous groups over the years; including being a Eucharistic Minister for the Church since 2006. Her faith ultimately carried her through until she was

called home to God.

She leaves behind her loving husband of 40 years, Jaime Javier Cagigas, and is survived by three children; Amanda Espinola, Emilie Yoder, and Jaime Javier Cagigas (Son). She also leaves behind Son-In-Law's Martin Espinola and Chriss Samuel Yoder III, and five grandchildren; Javier, Martin, Gabriella, Giuliana, and Chriss Samuel Yoder IV.

Services will be held at Jefferson Funeral Chapel Wednesday June 24, 2015 from 2-4 and 6-8pm, there will be a mass on Thursday June 25th at 10:30am at Good Shepherd Catholic Church, followed immediately by a wake at the Cagigas house; located at 10717 Greene Dr. Lorton, VA 22079.

In lieu of flowers, Ann's wishes were for donations to be made to St. Jude's Children's Hospital.

Tribute Wall



“ *Ann Gaffney Cagigas*

October 27, 2022 at 09:45 PM



“ *Dear Cagigas family,
I was just telling my colleagues at The Breastfeeding Center for Greater Washington about your dear mother, how she was such a help to me with my firstborn, then later became a mentor and then a colleague, as we served together on the board of LCAGW (Lactation Consultant Association of Greater Washington). I clicked on this obituary and see that today is your mother's birthday! So I wanted to say how much your mother meant to me and to countless other families. I strive to honor her memory by the work I do. Peace to all of you.*

with love,

Maureen Lopina

25 yr. LLL Leader (now retired)

IBCLC since 2002

Maureen Lopina - April 15, 2020 at 01:31 PM



“ *1 file added to the album Obituary Wall*



Jefferson Funeral Chapel - January 28, 2019 at 09:42 AM



“ My deepest sympathies to Ann's family and her many friends for this great loss. I met Ann in 2000 as a lactation colleague at Georgetown University Hospital, and 8 years later, I was delighted to again work with Ann at the Breastfeeding Center for Greater Washington. I am so grateful to have had these opportunities to work with Ann, who embodied a most positive spirit in her professionalism.

July 09, 2015 at 12:00 AM



“ To Ann's Family: Ann aided me when I was on a business trip to GSA HQs in early 2014 and became quite ill. Her professional competence as well as her sincere warmth and genuine concern for me and my well being was so very evident. Ann was an angelic gift to me that day. I am deeply sorry for your loss.
-- Gary S. (Atlanta GA)

July 06, 2015 at 12:00 AM



“ What a lovely, lovely woman Ann was! I'm so sorry that she was taken so soon. I came to know Ann when I moved to Baltimore for graduate school. Ann, Aunt Babe, Uncle Jerry and the entire Gaffney clan just opened their arms and hearts wide to me, showing me love, kindness and concern the entire six years of my graduate school studies. When I think of Ann, I mostly remember her as always being so fun ... how her and Pat would joke and laugh and liven up the gathering for everyone present. I also remember how concerned Ann was about everyone's health ... I still remember getting in line for my flu shot from her one Thanksgiving! Again, I'm sorry that she didn't have a little longer on this earth and my thoughts are with the entire Gaffney and Cagigas clans.

July 01, 2015 at 12:00 AM



“ I have been so thankful to know you (and your dear family), you sweet, wonderful doll face, Ann. I've only known you since 2006 and have seen you in action giving advice and taking care of people at the GSA Health Unit. Because of you, I have witnessed real strength and determination along with your steadfast faith. I have enjoyed our conversations and being able to transport you to some of your appointments. It was a real treat for me. Thank you for being a part of my life. I will truly miss you.

Linda Willoughby
XOXO

June 26, 2015 at 12:00 AM



“ We are so sorry for your loss. Living in North Carolina, we don't get to see everyone often enough, but I sure will miss her facebook posts which were always so positive! You all are in our prayers.

June 26, 2015 at 12:00 AM



“ I was so sad to hear the news of Ann's passing. She used to administer my allergy shots at GSA. After she gave the shot, I would have to hang around the health unit for 20 mins to make sure I didn't have a bad reaction. During that time, if she didn't have other patients, we would talk about our families. I especially loved hearing stories about her grandchildren because she lit up when she talked about them. I stopped those shots years ago, but every time I saw her she always had a smile and we would catch up like old times. She was a wonderful woman and will definitely be missed.

June 25, 2015 at 12:00 AM



“ Ann was a very dear friend who I met through the Mother's Club at Good Shepherd. Our kids grew up together. Ann was kind, caring and loving to all. I will miss her very much but know that she is now at peace. My love and condolences to the Cagigas Family.

June 25, 2015 at 12:00 AM



“ Ann made a difference in so many lives. She was the first consultant I hired at BCGW and she taught me so much about family, life, lactation, friendship and business. Emily spent the summer with us at The Center and I was privileged to get to know her family as well. What a role model for all of us. Jaime, I am so sorry for the loss of your soul mate. She died with dignity and support. God bless.

June 25, 2015 at 12:00 AM



“ As a nurse she was always kind and every time, I saw her she greeted me with a smile. I will miss her! God must have needed her with Him!

June 25, 2015 at 12:00 AM



“ My heart is deeply saddened to hear of Ann's passing. I work at GSA and was so privileged to have had the pleasure of knowing her over the years. Ann was a rare and special gift from God to the GSA family. She had the most beautiful, welcoming eyes and smile that made you feel that no matter what your issue was, everything was going to be ok. We had many conversations about our families and she always spoke with such love and pride for her husband, her children and grands. With such a warm heart and caring spirit, she loved people and giving of herself for the well-being of others. Ann, I will never forget your kindness and you will be sorely missed. My deepest condolences and prayers go out to the Cagigas family. May God strengthen you and comfort your hearts with his peace.

June 25, 2015 at 12:00 AM



“ I was deeply saddened to hear Ann's passing. She was my nurse at GSA and also my dear friend. She was very strong woman with good spirit until the last day she worked at GSA. I miss you dearly.

June 25, 2015 at 12:00 AM



“ It so sad that Ann is gone. She was my nurse at GSA. She always took great care of me. She was very pleasant to talk to and very understanding. I will surely miss Ann. May she rest in peace.

June 25, 2015 at 12:00 AM



“ I was sadden when I heard about this sad news regarding Ann's passing, always had a kind word, soft spoken-every day kind person, I loved her spirit, I would just stop by just to say hello to Ann and just to see her smile and to here her voice; we would chat for a long time, she will be missed, Ann would say, are you here again Mary, she did not know, I just wanted to hear her soft voice and see her smile, I send my prayers out to the family.
Mary McNeely (PMAA)

June 25, 2015 at 12:00 AM



“ I am deeply saddened by the loss of this great woman! She cared for me at GSA when I was diagnosed with Hypertension. Small world...when I first met Ann and discovered that her last name was Cagigas, I was reminded of an Agent I once worked with at TSD. It turned out that Ann knew the agent very well. I will miss her greatly! My condolences to the Cagigas family.

June 24, 2015 at 12:00 AM



“ Ann was there for me when I was dealing with a challenging medical diagnosis. Though we barely knew each other at the time, she provided me with a wealth of information, advice, and the kind of support only someone with her experience and wisdom can offer. She was nurse, doctor, and friend, and I am blessed to have known her. Words cannot describe the sense of loss, and 1800F will not be the same without her. My heartfelt condolences go out to her family, who were the center of her universe.

June 24, 2015 at 12:00 AM



“ I am so sorry for the family's loss. She was truly a wonderful person. Heaven's got themselves a real angel!!!! Rest in Peace Ann....

June 24, 2015 at 12:00 AM



“ Dearest Ann, i've known you for so long and you were always there for my MANY GSA clinic visits and you'd always make me feel better!! I would sometimes come just to bother u and that was ok too. You were our weight watchers coordinator; always health conscience and an advocate for good health. I remember you telling me (bluntly) "you need to lose weight & i did.... you were so proud of me. THANK YOU, Ann for your many years of dedicated service to our agency you will truly be missed. (sad sad face)

June 24, 2015 at 12:00 AM



“ Ann was such a wonderful lady, who was very supportive and accomodating. I had the pleasure of getting to know Ann as a breastfeeding mother at GSA. She created a great community and provided support to all the nursing moms who used the lactation room (and sometimes her office when it was a full house). My deep condolences to all of Ann's family and friends

June 24, 2015 at 12:00 AM



“ Ann was a dear friend and a wonderful nurse at GSA where I worked. As others have mentioned, she was a fabulously competent health professional, full of life, interested in the world around her, and a more caring, bright spark could not be found in all of government. She was also my lunchtime yoga partner. She offered the GSA Health Unit for a lunchtime yoga class that was enthusiastically supported and later helped us find another space and lent us the Unit VCR and TV to play the yoga videos. Finally, she was there for me the day I almost lost my finger in a workplace accident, and she supported me through a challenging recovery (oh, those Workman's Comp forms!). Ann was in my thoughts at the end of last week and now I know why. She was a true mensch. May her memory be a blessing to all who knew her, and may her family be comforted among the other mourners of Zion and of the world.

June 24, 2015 at 12:00 AM



“ It is with a heavy heart, that I express my sincere condolences, and mourn the loss of Ann. Ann was limitless with lending a kind word, showing compassion, and giving advice. Ann always uplifted my spirit when I came to see her, and gave me words of hope and encouragement. She exemplified a source of strength and determination, and I will miss her dearly. To the Cagigas family; be encouraged knowing that Ann's light continues to shine in the lives of those she touched here at GSA. My prayers and thoughts go out to you.

June 24, 2015 at 12:00 AM



“ Ann became my friend and helped me through many of my health issues while working at GSA. There was always a kind word, a laugh, or advice when I needed it. She listened but more importantly she cared! Its been 15 years of knowing this woman and I will miss her! Dear Cagigas Family if you do not know she talked about you, she loved you all through your ups and downs and was quite proud of your accomplishments. Be proud that Ann exemplified her faith, love and sense of family each and every day. May her spirit soar!

June 24, 2015 at 12:00 AM



“ My thoughts and prayers are extended to Ann and her family. "Nurse Ann", one of the most compassionate individuals/health provider I have known. A true healer God had shared with us, Amen.

June 24, 2015 at 12:00 AM



“ My deepest sympathies go out to the Cagigas family. I came to know Ann during my visits to the GSA health unit. Ann was such a caring, kindhearted and generous person. She always took good care of me and welcomed me with a smile. I will miss her.

June 24, 2015 at 12:00 AM



“ Just wanted Ann\'s family to know that she was a real treasure and a special gem here at GSA! No one can ever take her place in my heart! She always wore a beautiful smile and was willing to help me. May God comfort you and strengthen you in your loss.

June 24, 2015 at 12:00 AM



“ Ms. Ann was awesome!!!! Sometimes I would just stop by GSA's Health Center just to talk to her. I enjoyed getting updates on her grand kids...she had the best stories. She gave me excellent advice when I embarked on my weight loss journey and just on general health issues. The best thing was she would make sure there was some dark chocolate in the candy jar for me. I am so honored to have been able to know her. May God comfort you as you go through this season in your life.

June 24, 2015 at 12:00 AM



“ I am so sorry for your loss. This news came as quite a shock to me. When I was a new employee I had a medical issue that came on suddenly one morning and she was one of the first people I spoke to. Her calm and good advice really got me through a scary time. I will always be grateful for those interactions.

June 24, 2015 at 12:00 AM



“ I am saddened by the news on the loss of Ann. She was so full of life and love for all, especially her family. Every time I saw her, which was quite often, we were discussing kids (grandkids), birthdays, family dinners, travelling, etc. Even with her recent health issues, she still was the most positive person I know. She will be missed greatly.

June 24, 2015 at 12:00 AM



“ I am so sorry to hear this news. I saw Ann multiple times a day during the time I was breastfeeding my son. She was always so supportive of us breastfeeding Mommas. She will be greatly missed.

June 24, 2015 at 12:00 AM



“ My deepest sympathy to the family. Health advocates are very special people, as was Ann. How wonderful that she leaves a legacy of caring and service to others. She will be missed at GSA.

June 24, 2015 at 12:00 AM



“ I was very sad to hear the news. Early in my pregnancy last year, Ann was so helpful and kind. I had my baby in March and was looking forward to seeing her to tell her about my experience. She was a very wonderful woman and will be missed.

June 24, 2015 at 12:00 AM



“ Such a wonderful, helpful soul. She will be m

June 24, 2015 at 12:00 AM



“ DARIN WILKERSON-I SO SORRY ABOUT ANN'S PASSING SHE WAS A NICE LADY I WILL MISS HER SHE HAVE A HOPE FOR THE RESURRECTION IT WANT BE NO MORE DOCTORS AND NO MORE SICKNESSES. I WILL SEE YOU ANN IN THE NEW SYSTEM.

June 24, 2015 at 12:00 AM



“ I am also deeply saddened to hear about the loss of such an amazing woman. Even during her battles she never stopped smiling, loving, and helping others. Her selflessness and joy were truly remarkable. A great part of her joy was her family, who I was often privileged to see pictures of and hear proud stories. My deepest condolences for your loss. I feel so blessed to have had her in my life as a nurse and a friend. I can't even begin to count how much she has helped me in her role at GSA, particularly as a lactation nurse.

June 24, 2015 at 12:00 AM



“ Praying that the family finds comfort in their memories of a wonderful wife, mother, sibling, and friend. Ann will be missed by all. God Bless and Comfort you now and always.

June 24, 2015 at 12:00 AM



“ She was my friend and most sensitive supporter during my struggle with breast cancer. I felt so supportive of her during her struggle, with hopes of recovery, but sadly turned away. Ann was unfailingly upbeat and kindly interested and supportive of all in GSA. I will miss her ever so much.

June 24, 2015 at 12:00 AM



“ I have just been at GSA four years, but in that time I had the opportunity to meet with Ann on several occasions in the Health Center. She was a consummate professional as well as kind and generous with her time. I think there must be tens of thousands who achieved better health with her assistance, including me. May God bless her in eternity.

June 24, 2015 at 12:00 AM



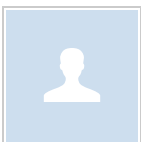
“ I had the privilege of being 'rescued' by Ann last January 2014 after I suffered arrhythmia at CO, She made me comfortable and called my next of kin. She insisted I get medical attention immediately, and her sense of urgency probably saved my life. I had occasion to see her a few more times to discuss the issue, and she was very knowledgeable about the illness, symptoms and treatment. I owe her a debt of gratitude. 18th and F will be poorer for her loss.

June 24, 2015 at 12:00 AM



“ I am honored to have known Ann as both a partner in the workplace and a personal friend over the past 8 years. Ann cared about the federal employees she served. While I enjoyed hearing Ann's insights on a variety of wellness topics, it was her conversations filled with love of family I enjoyed the most. She will be missed.

June 24, 2015 at 12:00 AM



“ She was one of the most caring individuals I ever met. Always ready to sit down and work with you no matter what the issue. She set me straight a number of times on improving my health. She will definitely be missed.

June 24, 2015 at 12:00 AM



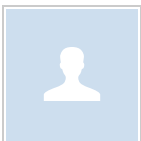
“ *This really saddens me to hear about the loss of a remarkable human being. True humanitarian. It was with her guidance and encouraging words that helped me get my health back on the right track.*

June 24, 2015 at 12:00 AM



“ *With watering eyes and a sad heart, I miss my dear friend. For nearly 13 years at GSA she greeted me with a smile and a hug. Her face was the first that I saw when I got off of my bus at 6:45 am. She would be having a cup of coffee at the coffee shop at 19th & F and would say, Brenda have a seat and I would say Ann I got to go, you know that I am afraid of the elevator and got to climb all of those stairs to the six floor. Ann, I just want you to know that I am still climbing those steps. You will be truly missed.*

June 24, 2015 at 12:00 AM



“ *Ms. Anne has been a pillar in GSA for several years; an ear to listen to and understanding if you needed to rest...Ms. Ann will truly be missed. Praying for strength and understanding to Ms. Anne's family.*

June 24, 2015 at 12:00 AM



“ I am a GSA contractor and met Ann when I needed to chart my blood pressure for the first time in my life; she shared info with me regarding the supplements I was taking; also are birthdays are the same day and she told me how her father never forgot her birthday out of all the children because it was tax day; a very kind spirit that will be missed but not forgotten.

June 24, 2015 at 12:00 AM



“ Ann was there for me when I was dealing with a challenging medical issue. Though we barely knew each other at the time, she provided me with a wealth of information, advice and the kind of support that only someone with her experience and incredible wisdom could offer. As time went on, I would walk down to the Health unit for various reasons, to get weighed in for Weight Watchers, to have my blood pressure checked, or just to spend a few minutes in her presence, which was always a pleasure. When we had tea together in April, she was positive and upbeat. Words cannot describe the sense of loss at her passing, and 1800F will never be the same without her. My heartfelt condolences go out to her family, who were the center of her universe.

June 24, 2015 at 12:00 AM



“ *What a loss. Ann was the nicest person and very knowledgeable. I saw an article about her on our website a couple of weeks ago and was just about to head down there to schedule my annual physical. I was looking forward to seeing her and catching up. My condolences to her family. She will be with you forever.*

June 24, 2015 at 12:00 AM



“ *I'm so sorry to hear about this loss. Ann was such a tremendous support for me when I had my son and came back to work at GSA. She coached me through breastfeeding and was just a genuinely sweet person. My thoughts and prayers are with her family.*

June 24, 2015 at 12:00 AM



“ *My thoughts and prayers are with Ann's family. She was such a beautiful, kind, caring, genuine person. She was a huge support to me while I was breastfeeding, and her thoughtfulness will never be forgotten.*

June 24, 2015 at 12:00 AM



“ *What a loss--Ann was such a warm and loving soul. I knew her from her work in the Nurse's Office at GSA and cannot say enough good things about Ann. She was kind, thoughtful, caring, fun, and funny. She loved her family so very much--talked about them all the time--her beloved Jaime, her kids, grandkids, mom, etc. I am grateful for having known Ann and will sorely miss her.*

June 24, 2015 at 12:00 AM



“ I am so saddened by the news of Ann's death. I will miss her, and her gentle caring nature. Whether I saw her in the care unit working taking care of us, or outside the care unit taking a stroll, she always had a smile and asked how I was doing even when she herself was not well. My condolences to the family, it's a huge loss. She will be missed by all.

June 24, 2015 at 12:00 AM



“ I used to talk with Ann all the time when I worked at GSA. She was a sweet and loving person. She will be greatly missed. Heaven has gained an Angel.

June 23, 2015 at 12:00 AM



“ I am so saddened to hear of Ann's passing. My sincerest condolences to Jaime and the family. My thoughts are with you all.

June 23, 2015 at 12:00 AM



“ So very sorry to know Ann has past. I knew her at Good Shepherd Church. She was a regular at 5PM Mass were I usher. I will miss her smiling face and always a warm hug. May your family find peace in knowing so many people loved Ann.

June 23, 2015 at 12:00 AM



“ I am so sorry to hear of Ann's death. She was my nurse at GSA and could not have been more warm, wonderful, or supportive while I was a nursing mother who visited her office daily. I will miss her cheerfulness and advice. All my best to her family and loved ones.

June 23, 2015 at 12:00 AM



“ My condolences to the Cagigas family. Ann was such a beautiful person and touched many lives at GSA. I'll miss seeing her smile!

June 23, 2015 at 12:00 AM



“ My condolences, I work at GSA and Ann was always the pleasant face and sweet spirit that I was greeted with when I went to the nurses office. Another Angel has been given her wings.

June 23, 2015 at 12:00 AM



“ I went to nursing school with Ann and had lost touch over the years. Last year I was fortunate enough to reconnect and to see that Ann remained the vivacious lovely woman I knew years ago. I will always picture Ann as the young woman dancing to an Irish folk dance. My condolences to Jaimie and family.

June 23, 2015 at 12:00 AM



“ All the members of the Lactation Consultants Association of Greater Washington (LCAGW) are sending their love and prayers to Ann's family.

Ann was an amazing presence in the breastfeeding community and will be forever remembered for her passion and selfless service to all.

June 23, 2015 at 12:00 AM



“ I am so grateful to have had the chance to meet Ann and work with her years ago when we lived in Virginia. Her passion and love for her family and for helping others seemed to shine through every time we were together. It is her smile and kind-heartedness I will hold with me when I think of her.

June 23, 2015 at 12:00 AM



“ I remember Ann as a vivacious and knowledgeable La Leche League leader and teacher. I got to know her through conferences and workshops and often think of things I learned from her. I am sad to hear of her death at such a young age. I am also a LLL leader who became an IBCLC ... We were all blessed to have known Ann!
With love from Evalin Trice in Blacksburg

June 23, 2015 at 12:00 AM



“ I am so sorry to hear her departure. I know as an IBCLC and a friend I will miss seeing her at the meetings.
My deepest condolences to all her family. May her happy memories will guide you during this difficult times.

June 23, 2015 at 12:00 AM



“ I am so very sorry to hear of Ann's passing and want to express my condolences to Jaime and their family. You are all in my thoughts and prayers.

June 23, 2015 at 12:00 AM



“ I was deeply saddened upon hearing of Ann's passing. I am one of her grade school classsmates. My thoughts and prayers are with you now. My only regret is that I was unable to be at the last get together to see Ann. I liked Reacquainting with her on Facebook. She was a real trooper and such a lesson to be learned from her of positive reinforcement. Take care and May God bless you and keep you in hisvgraces.

June 23, 2015 at 12:00 AM



“ I feel fortunate to have met Ann - a truly remarkable and extraordinary individual. My sincere condolences to her beautiful family.

June 23, 2015 at 12:00 AM



“ Ann was one of those rare and wonderful people who lit up a room when she walked in the door. She was happy to see you and you knew it. I met Ann over 20 years ago through La Leche League, and we have continued to share interests over the years. One of the most caring, competent and intelligent human beings ever to walk the earth. It was a blessing to have known Ann and it is with great sorrow that I have to say good bye

June 23, 2015 at 12:00 AM



“ *My condolences to Ann's family. I meet Ann in 2012 when I started working at GSA, she was a strong and vibrant woman with a warm smile and loving heart. I will miss my friend very much.*

June 22, 2015 at 12:00 AM



“ *Along with Paul, Ann was my first godchild,I have been fortunate in that I watched her mature, graduate, marry, nurture her family and spread her deep and abiding faith....We celebrate your new life.....*

Your loving cousin / godmother, Joan

June 22, 2015 at 12:00 AM



“ *As one of Ann's nursing school classmates from 1966, the adjectives that come to mind when describing her are vivacious, happy, prayerful, spiritual, a bright light in all our gatherings over the years and everyone's loyal and loving friend. Her memory will be kept close to my heart.*

June 22, 2015 at 12:00 AM



“ *Ann was my first godchild and one of my favorite nieces. She was so vibrant and outgoing. We will miss her. We offer our condolences to Jaimie and the children.*

*Love,
Paul and Buncy*

June 22, 2015 at 12:00 AM