

Cynthia Adsitt Dowd

December 20, 1952 – January 24, 2017



HAMPTON - Cynthia Adsitt Dowd passed away January 24, 2017 at her home. She was born to Harold and Joan (Sumrall) Adsitt on December 20, 1952 in Clifton Springs, NY. Cindy grew up in Phelps, Ithaca, and Syracuse, NY. She graduated from Jamesville-Dewitt High School in 1971, and graduated from Keuka College in Keuka Park, NY with a BSN in Nursing in 1975. Cindy was an extremely driven and intelligent woman. She knew from an early age that she wanted to be a nurse. At 14, she began working as a Candy Striper at Crouse Irving Memorial Hospital in Syracuse, NY and continued to work at Crouse Irving throughout high school. She spent a summer in Bay Springs, Mississippi working at the hospital with her Aunt Beatrice Upton, who was her nursing mentor. After college graduation in 1975, she moved to Hampton, VA where she began working as the night charge nurse at Hampton General Hospital in the E. R. It was there, where she met an orderly named John Dowd II. They began dating and were married in 1977. Cindy and John made a beautiful life together in Hampton. John began working for the Hampton Fire Department in 1979. They bought their forever home and started a family. John Dowd III was born March 18, 1980 and Ian Dowd was born March 8, 1983. In 1983, Cindy began working at Mary Immaculate Hospital. After working in several departments, Cindy saw the need for a wound care clinic within the hospital. She became Nationally Certified in Wound Care and opened the Mary Immaculate Wound Care Clinic with one doctor and many volunteers. Cindy was a lifelong learner. She completed her Masters in Nursing Education in 2011 at 58 years-old. Her educational achievements also included: Registered Nurse with her Bachelor of Science in Nursing, Certified Diabetes Educator, Certified Oncology nurse, and Certified wound, Ostomy Continence nurse. Cynthia Dowd was a brilliant and empowered woman. She was a caring wife, mother and a dedicated nurse. She was a role model who worked hard. Furthermore, she was a voracious reader, an excellent cook, and fashionable. Cindy was a well-respected leader who has touched the lives of countless patients, fellow healthcare workers, friends, and family members. She is survived by her husband John T. Dowd Jr., her sons John T. Dowd III

and Ian A. Dowd, sister Deborah Adsitt Kucerak, brother-in-law Milan Kucerak, twenty nieces and nephews and many great-nieces and nephews. She was preceded in death by her parents, Harold and Joan Adsitt. A memorial service will be held on Tuesday, January 31, 2017, at 4:00 PM at the Peninsula Funeral Home, 11144 Warwick Boulevard, Newport News, Virginia. Memorial donations may be made to Mary Immaculate Foundation, Wound Clinic Fund, PO Box 15581, Newport News, Virginia 23606.

Published in Daily Press on Jan. 29, 2017



**Name Change
Dedication**

In Memory of
Cynthia A Dowd

September 18, 2017

Noon

**Medical Pavilion Suite 204
Wound Care Clinic
All are welcome**

In Loving Memory

*We cordially invite you to a
Memorial Service for*

Cindy Dowd



Friday

February 3rd, 2017

2 pm

*Please join us in the Conference Center in the
Education Resource Center
(across the main entrance of
Mary Immaculate Hospital)*