Candace was born on June 2, 1751, in Guilford. Candace, her parents, and her siblings were all enslaved by David Naughty and his wife, Ruth. The Naughtys lived where the Guilford Savings Bank now stands on the Guilford Green.

In 1771, Candace was indentured for life by Ruth Naughty to Ebenezer and Anna Parmelee. The Parmelees lived in what is now the Hyland House Museum. Candace was 22 years old and would remain enslaved at the Hyland House until the widowed Anna Parmelee died in 1789. We have few details about her life with the Parmelees. We know she brought with her the goods bequeathed to her by Ruth Naughty, including her bed, bedding, a little iron pot and skillet, four pewter plates, and two spinning wheels.

Candace is mentioned in some Guilford narratives as a wedding cake baker, spinner, cook, and laundry washer. In 1792, she married Thomas Beau (aka Tombo, son of Tombo and Pender) in the North Guilford Congregational Church. They moved to Nut Plains. Candace was legally emancipated on January 18, 1793. She died on September 26, 1826, in Guilford at the age of 75. In her will, she names her nephew's children, Abel, Flora, and Clarinda as her heirs.

Candace's biography and family tree have been reconstructed with the help of the Witness Stones Project, the Elisabeth C. Adams Middle School Class of 2018, and local historians Dennis Culliton and Tracy Tomaselli.