



Karen A. O'Shea

April 10, 2026

Karen A. O'Shea

Chili: On Friday, April 10, 2026, Karen went home to be with the Lord suddenly, at age 67. She was predeceased by her parents, Patrick and Rita O'Shea; and cherished father of her daughters, Donald C. Stulpin. Karen is survived by her loving daughters, Alexandra and Brooke Stulpin (Chuck Olas); treasured grandchildren, Scarlett, Quinn, Presley and Vale; brother, James (Lydia) O'Shea; longtime companion, Ben Ten Eyck; four nephews; and many cousins, dear friends, extended family and beloved patients.

Karen was previously the co-owner of Stulpin's Family Fitness and was an incredible athlete. She adored her career as Family Nurse Practitioner at Pulsifer Medical Group. Karen was known for her quick wit and thoughtful sense of humor, an attribute that brought comfort to everyone. She was a compassionate caretaker to all and a loving advocate of animals.

Family and friends are invited to Karen's Celebration of Life on Friday, April 24th at 11am at Pearce Church, 4322 Buffalo Rd. North Chili, NY 14514, followed by a reception at the church. Private interment. In lieu of flowers, please consider a memorial donation in her name to the Bethany House, 1111 Joseph Ave, Rochester, NY 14621 or Donate Life America 5516 Falmouth Street, Suite 302 Richmond, VA 23230.

Previous Events

Celebration of Life

APR **24**. 11:00 AM (ET)

Pearce Church
4322 Buffalo Rd.
North Chili, NY 14514

Tribute Wall

JT

“ I am so shocked and saddened to learn of Karen's death. She was the ultimate nurse practitioner and primary health care provider. An excellent role model for students, she precepted regularly for our NP program. I have seen her in action and was always impressed by her compassion and willingness to go above and beyond expectations in her exemplary care for her patients and their families. She has left a vital legacy and will be greatly missed. Condolences to her family. Jane Tuttle FNP and professor emeritus UR School of Nursing

Jane Tuttle - May 07 at 08:44 AM

KR

I just found out and I'm absolutely devastated to learn of Karen's passing.

There are no words. She was the ultimate nurse practitioner.

I loved her to pieces and she knew that.

If anybody follows her methods and practices and learned from her you're a lucky person, an extremely lucky person.

God rest her soul and my deepest sympathy to all our family and relatives...



Kathryn Ranieri - May 22 at 07:09 PM

AR

“ I am in shocked.
I am deeply, deeply saddened by the loss
Karen. Her passing has left me in numb and in
tears.

She was an excellent nurse practitioner who
always took as much time as you needed. But
more than that, she was a friend. We would share stories about our
children and our grandchildren, and those conversations brought
such warmth—she truly seemed to shine even brighter when
speaking of them.

We always exchanged humor and a hug.

Karen was a wonderful, sincere, and genuine person. A bright
star... and truly, with the energy and life she carried, a shooting star.
Our paths will cross again. My sincere condolences to her
daughters and family. May the love she gave so freely return to you
now and bring you peace. A.Reid

She will be sincerely deeply missed.

A.Reid



Andrea Reid - April 28 at 09:19 AM

DF

“ I’m mostly in shock. I “just” now found out about Karen’s death
because I was trying to reach out to my old and former friend Ben
Ten Eyke. I can say this about Karen: what a Godsend she was to
all who encountered her. A true loving and compassionate woman
who took on more than than she should have in life.... But that was
her way. I know I will see her again in heaven. Please all who read
this remember: the Lord is our Salvation and deliverance. Ben...I
hope you’ll teach out.

My sincerest condolences to her daughters...

Dan Fritz

Dan Fritz - April 25 at 09:13 PM

KR

“ I was so saddened to hear of Karen's passing. I first met Karen as a nurse practitioner student in 2022; she was my preceptor that semester for my clinical rotation in her office. She was so knowledgeable and skilled at what she did. I asked her at the end of the semester if she could be my primary care provider. I always felt safe and listened to under Karen's care, and I will truly miss being able to see her. She embodied all of the attributes of an amazing person and healthcare provider-knowledge, compassion and kindness. I strive to practice with these in my own career now as a nurse practitioner and I will carry her memory with me.

Katy Rinefield - April 25 at 12:22 PM

LV

“ So very sorry and sad to hear about Karen passing 🙏 I have fond memories of Stulpins gym and Karen at Pulsifer Medical. She truly was a wonderful person. RIP Karen 🙏❤️🙏



Laina Valerioti - April 24 at 10:47 PM

DC

“ I am deeply saddened by Karen's passing. She was more than just my primary care provider - she was my friend and someone who was always there for me. She helped me through tough times and we also laughed and shared many happy times together. I extend my deepest sympathies to her family and friends and all who loved her.

Diana Cahill - April 24 at 05:06 PM

MG

“ I’m so sad. She was my Primary and I loved her. She listened and you felt she really cared. I feel I lost a friend. I’m so sorry for your loss.

Maureen Gilmore - April 24 at 04:51 PM



“ My husband and I are stunned and heartbroken. We have never met a medical provider who showed such compassion and generosity. Going to see her was like visiting with a friend. Karen cared for my mom who died of pancreatic cancer. She held my mom's hand while she cried and sometimes spent well over an hour in the office with her, not to mention going above and beyond by visiting her in hospice at the last moments of her life. She was an angel on earth and didn't want to hear you say it! Heartfelt condolences to her family. She would just beam when she talked about you and her grandchildren. Please know your mom was so treasured and will be sorely missed. Anita Bartolotta

Anita Bartolotta - April 24 at 02:54 PM

CG

“ I’ve known Karen for years thru Pulsifer and loved her straightforward honesty, empathy and caring. She made me laugh and do things I didn’t want to but needed and never failed to make me feel that she cared and was doing her very best for me. She will be deeply missed not just as my medical helper but as a friend. God bless and keep her family.

Carolyn Gorski - April 24 at 02:53 PM

RG

“ Karen was my terrific N.P. I could see how much she cared about me as her patient. On several occasions she called me with feedback and with recommendations which I had not sought. I wish I had known her outside of her profession, but I am so comforted to know she is with our Lord and Savior Jesus. Ruth G.

Ruth Gaskin - April 24 at 08:54 AM

GR

I loved Karen! Her strength and humor and kindness were incredible. I truly appreciated her friendship. My condolences to her daughters, whom she loved more than anything!

Gloria Roorda - April 24 at 11:54 AM

KA

“ Kimberly A. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen A. O'Shea.

Kimberly A. - April 23 at 07:57 PM

JS

“ We are so sorry for your loss and are sending our sincere condolences to you and your family.
Karen was both my husband and my NP for several years and was truly a very caring person and we loved having her as our NP with her bubbly personality.
Our thoughts and prayers are with you and your family. We will truly miss Karen.
Joni and Allan Sandford

Joni and Allan Sandford - April 23 at 05:00 PM

EC

“ Karen was a wonderful person and healthcare provider. I feel grateful to have known her and be cared for by her. Praying for healing and strength to her family and friends.



Emily Colombo - April 23 at 03:30 PM

SK

“ Stacy, Eric and the kids planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen A. O'Shea.

Stacy, Eric and the kids - April 23 at 03:16 PM

SK

“ Stacy, Eric and the kids purchased the Country Basket Blooms for the family of Karen A. O'Shea.



Stacy, Eric and the kids - April 23 at 03:16 PM

SW

“ Dear Alexandra and Brooke, my heart aches for you both. I too was a patient of your moms, I had an appointment w/ Karen Thursday April 9th. I adored her as is a very common theme among the family, friends and patients in these memories . I keep reading the heart felt words over and over. I was born a Catholic girl but in times of unbearable grief as your family faces now, I never had the words I wanted to say for all the loved ones I've lost over my 79 years. I just hav never understood the reasons behind losing someone who carried such love and kindness as your mom. Someone so kind, so caring never ever rushing us out the doorshe left me better everytime I saw her. She gave me her time and her heart. We both love silver bangles, she loved one of mine... I gave it to her that Thursday. Instead of wrapping it I slipped it over a bottle of sparking water I knew she loved, I kept looking at her wearing it in the office, she said she loved it. I left thinking maybe I gave HER something this time , something I knew she would like. She gav so much to me. As I left her that day, she stayed at her desk still documenting my visit , I just looked back at her and I said ,”you have the most beautiful aura around you” she laughed and said”get outta here” . Please girls, know the lives your mom touched, the positive energy she shared with those around her. She was taken wayyyy tooo early, but the gifts she left us with r blessings. Karen shared her pics of her beloved grands....her angels on earth. Funny little stories always happy words. This Mothers Day and every day , we will send prayers of strength love and happiness to you all and we will forever hold her life she shared with so many of us - all who knew her-close to our heart. Sue Wolfanger

sue wolfanger - April 23 at 11:14 AM

JM

“ Karen was a beautiful soul inside and out. The world is less fortunate with out her here. She was my second mom, she always had an amazing attitude about everything. She always looked for the best in everyone. She absolutely adored her grand children, there wasn't a second she wouldn't be there for you if you needed someone. I'm still at a lose for words on her passing. I know she's up in heaven looking down on everyone. She was awesome, I loved her deeply, and I will for ever miss her. I love you Karen

josh matz - April 23 at 08:37 AM

SG

“ Jimmy and I were deeply saddened to hear of Karen's passing. We both had seen her through the years and she always diagnosed our issues and made us feel so much better. She was always there for us and was the best! We send our deepest sympathy to her family. Susie and Jimmy Goldberg

Susie Goldberg - April 21 at 07:06 PM

DS

“ So sad to learn of Karen's passing. She was my go-to PA for several years and we always had great conversations about life. Her energy ignites mine. May she be enjoying the glory of the Risen One.

Dr. Monica Weis SSJ

Dr. Monica Weis SSJ - April 21 at 04:09 PM



“ *Beautiful in Blue was purchased for the family of Karen A. O'Shea.*



April 21 at 02:29 PM



“ *Kathie and I are devastated to learn of Karen's passing. She was simply the very best NP & person. Our condolences to her family. RIP dear Karen*

Tom & Kathie Sullivan - April 21 at 01:13 PM



“ *The Matz family purchased the Arrive in Style for the family of Karen A. O'Shea.*



The Matz family - April 20 at 02:38 PM



“ *Loyal Nine Development purchased the Peaceful White Lilies Basket for the family of Karen A. O'Shea.*



Loyal Nine Development - April 20 at 11:04 AM

TA

“ I can't even put into words the impact Karen had on me. My heart truly aches at her loss. To know Karen was truly a blessing.

taylor - April 19 at 07:39 PM



“ Arrive in Style was purchased for the family of Karen A. O'Shea.



April 19 at 04:59 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Karen A. O'Shea.

April 19 at 04:59 PM

TG

“ My husband Bob, and I are deeply saddened by the loss of Karen in our lives. She was caring, thorough and brilliant in all of our interactions with us. She will be profoundly missed. Godspeed.

Ttish Gerace - April 18 at 09:05 PM

RB

“ I worked with Karen for many years at Pulsifer Medical & she was a sweetheart. My heart goes out to her Significant other, family & friends. Heaven has definitely gained an Angel & was taken to soon.



Rebecca Burton - April 18 at 07:14 PM

AH

“ *Al Heyer purchased the Enchanted Cottage for the family of Karen A. O'Shea.*



Al Heyer - April 18 at 01:36 PM

RM

“ *My family and I were patients of both Karen and Dr Dobrzynski for many years. Karen was deeply caring and sincere May God bless you and your family in this incredibly time. Your legacy lives on. Peace be with you.....*

Rob Maher - April 17 at 06:07 PM

BN

“ *On behalf of the University of Rochester Nurse Practitioner Programs, I extend to Karen's family friends our deepest sympathy. Karen was a role model nurse practitioner, who mentored and taught many out of students. She often took the students with difficulty transitioning into the NP role and helped them be successful. She will be very missed but also remembered for being a valued colleague.*

Beth Palermo, UR School of Nursing - April 17 at 11:55 AM

SC

Karen was a provider a friend everything that makes you feel better. She is greatly missed and will be always. She has been the anchor throughout all my illnesses and my heart breaks to think that she is no longer with us. God bless you, Karen. Love now and always Suzanne Cummings.

Suzanne Cummings - April 22 at 05:50 PM

MG

“ We are so sorry to Karen passed away.
She was always there for my husband and I when the doctor wasn't available.
Karen had a heart of gold, very caring, and was a wonderful person.
We will miss her deeply.

Our thoughts and prayers are with
The family.
Shelly and Ray Giordano

Michele and Ray Giordano - April 17 at 10:12 AM

SL

“ Karen was one of the best nurse practitioners I have ever worked with. She was incredibly kind, funny, and had a special, calming way of communicating with her patients. I keep thinking back to that shift we worked together in ED Obs - how busy and overwhelming it was, and through it all, she stayed so steady. She cared for a young asthma patient with such kindness and empathy, never hesitating to ask for help when she needed it, always focused on doing what was best for them.

I remember how she spoke about being a grandmother and how much she joy she showed when talking about her daughters.

She was truly a good soul, the kind of person who made a lasting impression without even trying.

Shifan Li - April 17 at 09:00 AM

FG

“ I just received this horrible news from my oldest best friend / brother Johnny Esposito. I am so heartbroken to hear this and heartbroken for Karen's family. This may sound unbelievable, but I had Donnie and Karen in a dream last night, It's the first thing I remembered when I woke up this morning, in the dream we were talking in front of Johnny's townhouse, just as Karen and I actually did last time I was in Rochester about 10 years ago. Donnie and I worked at Kodak together and always stayed friends so of course I knew Karen back in the day also, and worked at their gym briefly. It's difficult to believe that this vibrant young woman is gone. Sincere prayers for strength for her beloved family. 🌹

Frank Gentile - April 17 at 07:44 AM

SS

“ I just saw Karen on Tuesday and interacted with her via email through Thursday- so this was incredibly shocking news. She was as helpful and giving as ever ; vibrant, energetic and incredibly compassionate. She had been telling me how excited she had been to garden with her grandkids last Sunday! My sincere condolences to her family including her beloved grandchildren.

Sarah Sutton-Britton - April 16 at 09:20 PM

GE

“Karen was the emotional uplifting spirit within our office. Every day she made it a priority to speak to everyone working to let them know they were important. Most often she told a joke. Funny, quick witted and humble, so very humble. She was a first rate nurse practitioner teaching dozens of NP students over the years. She was loved so greatly in the office by staff and patients. She always gave 110%. She was completely selfless.

*We love you Karen,
Geoff Morris MD
Pulsifer Medical Associates*



Geoffrey - April 16 at 06:10 PM

AE

I looked forward to seeing Karen for an appt. She was thorough, understanding and a just a pleasure to interact with. I am saddened to hear of her passing. May she rest in Peace.

Anne Edwards - April 16 at 08:27 PM

BR

I met Karen at Stulpin's Gym years ago and reconnected at the YMCA years later. Many of Sundays Karen Taught her fitness class people just loved her! Sometimes she would bring her granddaughters and they would sit quietly watching. Was sweet to see. My heart is heavy thinking of her she was a true friend without even her knowing. You always felt a comfortable presence with her. Nursing truly was her calling. To her beautiful Daughters, Grandchildren, Family and Friends who loved her I pray for your loss that you may find some comfort at this time. I will miss her. Sincerely, Barbara Re

Barbara Re - April 17 at 11:10 AM

JB

Karen was an incredible NP at Pulsipher Medical Associates. One of the most attentive medical personnel I have ever had the pleasure of dealing with. She will be missed. Blessings to the family during this period of loss.

Joe Blank - April 22 at 02:54 PM

LH

Heaven definitely gained the most beautiful angel. Karen was always such a gentile, kind and caring person. I have so many fond memories of her taking care of me and my family. She never rushed us and was always thinking outside the box and had great humor. God bless Karen and her family. Thank you for all you have done for your patients. You will never be forgotten 💙💙💙

Lisa Audino Harding - April 22 at 07:28 PM

LM

“*Karen was our provider. My husband was to see her 4/13 when we got the call. We like everyone are devastated. 💔 An excellent provider who invested in her patient's. She spoke highly of her family and grandchildren. I can only hope GOD has bigger plans for Karen to take her so young. 🙏 Our deepest condolences to her entire family. 🕊*

Lisa and Steve McGarrity - April 16 at 03:07 PM

PU

“*So sorry to hear of Karen's passing. Thoughts and prayers to her family. I played soccer with Karen at Gates Chili High School, the first year we had a varsity team 1974. Then walk into my physican office and there's Karen. What wonderful NP, would listen to your concerns. She will be greatly missed.*

Patricia Redick Uzialko - April 16 at 11:58 AM

HS

“ As a little girl, I always looked up to Karen, and even then, I knew she would be an incredible mother...and she was. She raised two beautiful, strong women who are a true reflection of her, and that is such a powerful part of the legacy she leaves behind.

Karen was an extraordinary woman, an inspiring fitness professional, a devoted mother and grandmother, and a beloved presence in the lives of so many. She was sassy, spunky, spirited, and so funny, with a vibrant energy that could light up any room. She had a way of bringing laughter and warmth wherever she went.

Above all, she was deeply devoted to her family. She always put others before herself, giving her time, love, and strength so selflessly. She was admired not only by those closest to her, but by the many patients and friends whose lives she touched through her kindness.

I am absolutely gutted that she's gone. The loss is tremendous. She was taken far too soon. She will be remembered for her strength, her warmth, her humor, and the lasting impact she made on everyone fortunate enough to know her. 💔

Heidi Ann Stulpin - April 16 at 11:26 AM

DE

“Karen was a woman whose heart was as vast as her spirit was bright, passed away peacefully, leaving behind a legacy of warmth, laughter, and unwavering kindness. A proud daughter of Irish heritage, Karen embodied the best of her roots: a quick wit, a resilient soul, and a door that was always open to those she loved. To know Karen was to experience a rare and effortless generosity. She moved through the life with a "give first" philosophy, whether she was offering a listening ear, a seat at her table, or the kind of support that made the impossible seem manageable. Her family and friends were the center of her world, and she nurtured those bonds with a fierce loyalty and a gentle touch. Her generosity wasn't just in what she gave, but in how she lived—with an open heart and a spirit that sought to leave everyone a little better than she found them.

*May the road rise up to meet you,
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and until we meet again, may God
hold you in the hollow of His hand.*

David & Carolyn Eisenman - April 16 at 11:07 AM

AK

“Some of my fondest memories were spent working for Karen and Don at Stulpin's! There was always a burst of energy when Karen walked into a room. I am grateful for the time I spent with the family and truly saddened by Karen's loss. My sincere condolences go to the family.

Anna (Szczepanski) Koelsch - April 16 at 11:04 AM



I apologize in advance for this long message. Before I actually met Karen in person in the 80's, I knew who she was; like she was someone famous. People spoke about her; always in a positive way. My family of 5 kids (3 of us being girls) and the Stulpin's 3 handsome sons grew up together, intersecting lives on multiple levels. First, I knew Karen as "Don's girlfriend", then "Don's wife". Soon I knew that they opened Stulpin's Gym. When I really "met" Karen in person, she had come to Wegmans Office to offer a discount to Wegmans employees on gym memberships. We sat in a tiny interview room. It's so memorable to me. One-on-one, she was even more amazing than her public reputation. I took advantage of the gym membership discount and began attending her classes. When I saw how fit and disciplined Karen was, I was so impressed. I had never been in an environment like this before. Karen took what was typically "a man's" gym and transformed it into a family fitness destination. I was hooked for life. It was 1988, and I had just learned I was pregnant with Stephanie; so, I thought I couldn't exercise. Karen taught me otherwise. Brooke was Karen's little side-kick at about 3 years old; they went everywhere together. Karen was pregnant with Ally at the same time I was. Karen taught me how to stay fit during and after our pregnancies. After our daughters were born, I became the babysitter in the little room at Stulpin's Gym in exchange for my membership. Each day I would bring Ally back to my house for lunch and a nap. I loved those few years; getting to know "Uncle Bob" and Karen's Dad, "Pat". I met many gym members who I still cross paths with today. I was lucky to have Karen one-on-one while she picked up Ally at the end of each busy day. No longer was she "Don's wife"; she was definitely her own, independent woman. There were some personal experiences she shared with me that just kept my adoration and respect growing. In 1991, I moved out of town, but returned back to Spencerport a few years later. Karen and I had lost touch, but our families' relationships continued to overlap. Don, Dave and Dougie Stulpin became my dad's best friends (Dougie lived at my dad's house). My dad's house became a kind of "Divorced Men's Club". Karen put herself through medical school while raising her girls and working. Jump forward 20 years; I join the YMCA. I arrive on a Sunday morning and Karen walks in to teach the group exercise class. Her smile, her movements, her music, her sense of humor immediately brought me back in time to our younger years. We recently ran into each other at a bottle-return place and got caught up on each other's lives. She was in a good place and loved being a grandmother. Karen was a defining person in my life; she affected my way of thinking about so many things. I will be forever thankful to God for arranging our paths to cross. Brooke and Ally, this must feel like something too big for you to overcome. I pray that your mother's strength and resilience reside in you and that you are able to tap into it.

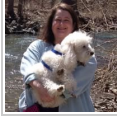
Wendy (Lewis) Wicks - April 20 at 10:38 AM

PM

Karen was my caregiver after the death of Dr. D. I liked her very much and am saddened by her sudden passing.

Patricia Mongelli

Patricia Mongelli - April 21 at 02:50 PM



Karen was helpful and kind to our whole family. Karen had a special relationship with my father. Who could sometimes be a difficult patient. I loved Karen as my primary health care provider. It is deeply shocking to hear of her sudden passing. Please accept my sincere condolences to her family and friends. It is heartbreaking not to know how she passed, when she was so vibrant at the last appointment in her office, recently. I am very sorry for her loved ones, to have lost such a wonderful person.

Michelle Nicoletti - April 24 at 09:06 PM