



Susanna Post

June 2, 2026

Susanna Post passed away on June 2, 2026, just days after walking her beloved daughter down the aisle at her wedding, as a final act of love, perseverance, and strength that reflected a life defined by unwavering devotion to her family. A life tragically cut short after a strong battle with an incurable form of cancer. Born in sunny Caracas, Venezuela, Susanna was raised alongside her brother Roberto by her parents, Francisco Cravero and Lorenzina Galuppo, who had immigrated from Northern Italy. They fostered a tight knit community of expatriates, where Susanna formed friendships with bonds as strong as family. It was there that her love for telenovelas, Latin music, and lying in the sun at the beach began. Her greatest passion was working with children. She pursued a career in Special Education and rose to become Department Head at the Colegio Internacional de Caracas, where she touched countless lives through her dedication and care. She became dedicated to practicing meditation and a vegetarian lifestyle

which would ultimately lead her to her husband, Gary Post, and his daughter Laurel. In the summer of 2000, she bravely packed 19 suitcases and her 3 children - Marco, Andres, and Carla Aveledo - onto a plane and moved from the bustling city of Caracas to the quiet island of Jamestown, Rhode Island, to join their families and begin a new chapter in her life. Over the years, Susanna made their home an anchor. Its walls witness to the purest form of family love. Her laughter a constant that reverberated through every room. Pivoting careers for the benefit of her family, she skillfully took over managing administration of her husband's chiropractic practice, Center for Health, and became a certified nutritionist, building genuine connections with countless patients over nearly 20 years. At home, she cared for her family in a deeply supportive and nurturing way - expressing her love through her incredible home cooked meals, gentle warmth, humor, and wisdom. She made many sacrifices and overcame much adversity, all for her children and later her beloved grandchildren, Diego, Felix, Jaco, Julian, and Lyra. She had a deep love of travel and she and Gary traveled extensively, including a memorable round-the-world cruise. Like her father, she was a talented painter, finding peace and joy through her art. Susanna transformed her basement into a daycare for her grandchildren, spending endless

hours creating activities and nurturing their growth with her warm guidance. It was her

grandchildren who inspired her to return to working with children, and she began a new

career working in Early Intervention. Never ceasing to learn, grow, and give back, Susanna

also became a certified hypnotherapist and a numerology hobbyist.

To be with Susanna was to feel truly seen, heard, and loved. Even in the face of hardship,

she and her radiating smile brought joy, laughter, and light to those around her. Her ability

to face each challenge with unwavering positivity, an attitude of gratitude and a resilience

few possess, is something we all aspire to carry forward in our lives.

A celebration of life will be held later this summer. Additional details will be shared as

arrangements are finalized, and all are invited to come together to honor Susanna's

beautiful life.

In lieu of flower, please consider a donation to St. Jude's Children's Hospital in her name.