



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.

Susanna Post falleció el 2 de junio de 2026, pocos días después de acompañar a su

querida hija al altar en su boda, en un último acto de amor, determinación y fortaleza que

reflejo una vida definida por su devoción incondicional hacia la familia. Su vida fue

trágicamente interrumpida tras una valiente lucha contra un cáncer incurable.

Nacida en Caracas, Venezuela, Susanna creció junto a su hermano Roberto,

hijos de

Francisco Cravero y Lorenzina Galuppo, quienes habían emigrado del norte de Italia. Ellos

cultivaron una comunidad muy unida de expatriados, donde Susanna formó amistades

con lazos tan fuertes como los de una familia. Fue allí donde nació su amor por las

telenovelas, la música latina y los días de playa.

Su mayor pasión era trabajar con niños. Estudió educación especial y llegó a ser jefa de su

departamento en el Colegio Internacional de Caracas, donde impactó innumerables vidas

a través de su dedicación y cariño.

Su compromiso con la meditación y un estilo de vida vegetariano la llevó a conocer a su

esposo, Gary Post, y a su hija Laurel. En el verano del año 2000, valientemente empacó 19

maletas y se mudó con sus tres hijos – Marco, Andres y Carla Aveledo – desde la gran

ciudad de Caracas a la pequeña y tranquila isla de Jamestown, Rhode Island, para unir a

sus familias y comenzar un nuevo capítulo de su vida. Con el paso de los años, Susanna

convirtió su hogar en un verdadero refugio: sus paredes, testigos a la forma más pura de

amor familiar. Su risa resonaba constantemente en cada rincón de la casa.

Cambiando de carrera por el bienestar de su familia, asumió con gran habilidad la

administración del consultorio quiropráctico de su esposo, Center for Health, y se certificó

como nutricionista especializada en pérdida de peso. Durante casi 20 años,

formó

conexiones genuinas con innumerables pacientes. En casa, cuidaba de su familia de una

manera profundamente amorosa y generosa, expresando su cariño a través de sus

increíbles comidas caseras, su calidez, su humor y sabiduría. Hizo muchos sacrificios y

superó numerosas adversidades por el bienestar de sus hijos y, más adelante, de sus

adorados nietos: Diego, Felix, Jaco, Julian y Lyra.

Amaba profundamente viajar, y junto a Gary recorrió gran parte del mundo, incluyendo un

inolvidable crucero alrededor del globo. Al igual que su padre, era una talentosa pintora,

encontrando en el arte una fuente de paz y alegría.

Susanna transformó el sótano de su hogar en una guardería para sus nietos, dedicando

incontables horas a crear actividades y guiando su crecimiento con ternura y dedicación.

Fueron precisamente sus nietos quienes la inspiraron a regresar al trabajo con niños,

iniciando una nueva carrera en Intervención Temprana. Sin dejar nunca de aprender, crecer

y aportar. Susanna también se convirtió en hipnoterapeuta certificada y aficionada a la

numerología.

Estar con Susanna era sentirse verdaderamente visto, escuchado y amado.

Incluso frente

a la adversidad, ella y su sonrisa radiante aportaban alegría, risas y luz a quienes la rodeaban.

Su capacidad para enfrentar cada desafío con optimismo

inquebrantable,
gratitud y una determinación que pocas personas poseen es un legado que todos aspiramos a mantener vivo en nuestras propias vidas. Se llevará a cabo una celebración de su vida este verano. Se compartirán más detalles una vez que los arreglos estén finalizados, y todos están invitados a reunirse para honrar la hermosa vida de Susanna. En lugar de flores, se agradece considerar una donación a St. Jude Children's Hospital en su nombre.

Tribute Wall

“ *In Loving Memory of Susanna Cravero*

Today, I say goodbye to my oldest and dearest friend, Susanna Cravero with a heart full of gratitude, love, and memories that span a lifetime.

Susanna was my very first friend. We met in preschool, when the world was still new and full of wonder, and from that moment on, our lives became intertwined. Together we navigated childhood, sharing games, dreams, laughter, and all the little discoveries that come with growing up.

As teenagers, we stood beside each other through every milestone. We shared our first crushes, our secrets, our fears, and our hopes. There was never a confidence too small or a dream too big to entrust to one another. We learned together what friendship, loyalty, and trust truly meant.

Life eventually carried us to different places. The years brought physical distance, different paths, and separate lives. Yet no matter how much time passed or how many miles lay between us, whenever we reunited, it was as if no time had passed at all. We would find ourselves exactly where we had always been: in that safe and sacred place of friendship, secure in one another's affection, understanding, and unwavering love.

What made our friendship so extraordinary was its foundation: sincerity, love, and light. Susanna possessed a beautiful spirit, one that illuminated the lives of those fortunate enough to know her. She was honest, generous, loyal, and deeply loving. Her presence brought comfort, her laughter brought joy, and her friendship was one of life's greatest gifts.

Though I grieve her loss, I am profoundly thankful for the privilege of having walked through so much of life's journey with her. The memories we created, the conversations we shared, and the love

we carried for one another will remain with me always.

Goodbye, my beloved friend. Thank you for a lifetime of friendship, for every secret, every laugh, every embrace, and every moment of light. Distance never separated us, and neither will death. You will forever remain in my heart, in my memories, and in the story of my life.

Rest in peace, dear Susanna.

Flor (Catira) Anzola - June 09 at 04:31 PM