



Donna F. Sterling

April 29, 2026

In Loving Memory of Donna Fricke Sterling

Donna F. Sterling, affectionately known to her family as "Nana," passed away peacefully on April 29, 2026, in Jaffrey, New Hampshire, at the age of 88.

Born and raised in West Hartford, Connecticut to Norman G. and Margaret Fricke (Curry), Donna was the middle daughter. Her older sister, Janet Targett, still resides with her family in Cape Cod, MA; their younger sister, Norma Chick, of Bolton, CT passed away in 2022. Donna's favorite childhood memory was spending vacations at the CT shore; sailing, swimming, and sunbathing with friends at her grandfather's cottage in Old Saybrook. Her father, Norman, built a sailboat for his daughters, naming it "Lively Lady." Decades later, Donna resumed the joyful beach vacations with her family and friends in Madison, CT.

Her heart was full of love for her family, especially when it came to her grandchildren. To them, she wasn't just a grandmother; she was a partner in fun and a creator of lifelong memories. Some of the family's most cherished moments with Nana were spent on special outings and vacations. She shared a wonderful spirit of adventure with her family, whether they were exploring the Dinosaur Park in Rocky Hill, discovering new things at the West Hartford Children's Museum, or taking a magical trip down to Florida to experience the joy of Disney World together. Nana possessed a rare ability to see the world through a child's eyes, making every outing feel like a grand adventure. Her laughter during those times is a sound her family will carry in their hearts

forever.

Donna's civic mindedness was evident in the numerous hours she dedicated for her community as a parent and professional. She lended her knowledge and support to the Montessori School of Greater Hartford, West Hartford PTA Council, the Charter Oak Figure Skating Club, The American National Red Cross, Veterans Nurse Association, Kappa Kappa Gamma Sorority, UCONN Nursing Alumna Association, and the West Hartford Senior Center. Her hobbies included gardening, sewing, baking, shopping, hostessing, and ornamenting her home during her favorite holiday, Christmas. She had a flair for writing poetry and a passion for figure skating. Above all, she was a tenacious nurse.

Her life's career started in the Hartford, CT area as a 1960 graduate of the University of Connecticut's Nursing program. Donna worked in many departments; her passion being infectious disease control and gerontology. Her family and friends appreciate her determination to keep those around her healthy, strong, and well fed. Her innate compassion, patience, and gentle spirit comforted countless patients over the years; qualities that naturally extended into her role as the heart and matriarch of her own family. She was the anchor of her family, always ready with a warm embrace, a listening ear, and a comforting presence. She loved to gather the family together for holiday meals and always made sure everyone was full. Her passing leaves a profound void, but her spirit lives on in the stories, the photos, and the deep love she instilled in her family.

Donna is survived by her loving daughter, Cynthia A. Sterling, and her son, Edward H. Sterling, Jr. and daughter-in-law Sharron Sterling. She is also survived by her cherished grandchildren, who were her pride and joy: her granddaughters, Kelsey and Holly Sterling; and her grandsons, Dylan, Duncan, and Henry Jones. Her legacy of healing and love will live on through the family she adored so completely.

Her memorial service will be on Tuesday, June 23, 2026 at 10:00AM at the

Fairview Cemetery in West Hartford, CT; where her parents and grandparents are buried. Donations to any of the aforementioned organizations would be greatly appreciated.

Cemetery Details

Fairview Cemetery

200 Whitman Ave
West Hartford, CT 06107
(860) 521-5270

Upcoming Events

Graveside Service

JUN 23. 10:00 AM (ET)

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