



Charles W. Trainor Sr.

October 10, 1944 - March 5, 2026

Charles “Chuck” W. Trainor, Sr., 81, passed away peacefully on March 5, 2026. Born on October 10, 1944 in Boston, he was the son of Edward and Marion Trainor.

Chuck married the love of his life, Stephanie “Penny” Gustafson, on June 4, 1967. They shared nearly 45 wonderful years together before Penny’s passing in 2012. Together they raised two children, Charles “Chuck” W. Trainor, Jr. (Alyse) and Stacey Poulsen (Bill).

Chuck earned his associate’s degree in accounting from Bentley University and spent most of his professional life working in the accounting field. Later in life, he found great fulfillment working as a groundskeeper at St. Thomas Aquinas Church, where he took great pride in maintaining the cemetery and keeping it beautiful for those who had passed. He also generously gave his time volunteering at the St. Vincent de Paul Food Pantry and then at the Cairo Food Pantry.

After retirement, Chuck and Penny moved from Massachusetts to Cairo, New York, to be closer to their grandchildren. The countless hours spent with family brought them both immense joy and left their hearts full.

Chuck is survived by his children, Chuck and Stacey; his beloved

grandchildren, Jonathan Poulsen, Jenna Poulsen (Jose), Jolie Poulsen, Chloe Trainor, and Charley Trainor; and many cherished nieces and nephews.

He was predeceased by his loving wife, Penny; his parents, Edward and Marion Trainor; his sister, Barbara Dobrowolski; and his brother, Edward Trainor.

A time to remember Chuck will be offered at Resurrection Lutheran Church Cairo, NY beginning at 10:00 am on Tuesday March 10, 2026 with a memorial service to begin approximately 11:15 am.

Chuck's burial will be held at 12:00 pm on March 11, 2026 at St. Thomas Aquinas Cemetery in Bridgewater, MA.

Arrangements have been entrusted to the Richards Funeral Home in Cairo.

To leave condolences for the family please visit the tribute wall above.

Previous Events

Celebration of Life

MAR 10. 10:00 AM - 11:15 AM (ET)

Resurrection Lutheran Church
186 Main Street
Cairo, NY 12413

Memorial Service

MAR 10. 11:15 AM (ET)

Resurrection Lutheran Church
186 Main Street
Cairo, NY 12413

Tribute Wall



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Charles W. Trainor Sr..

March 07 at 02:08 PM



“ Jeff G. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Charles W. Trainor Sr..

Jeff G. - March 06 at 09:31 PM