



Mrs. Kerriann Cowan

December 15, 1967 - March 29, 2018

Kerriann Cowan, 50, of Paul Smith's passed away on March 29th after a courageous and lengthy battle with cancer. She was surrounded by her loving family. Kerriann was born in Plattsburgh on December 15, 1967. She was the daughter of Marjorie Lagree Spellman and Henry Spellman.

After attending Chateaugay Central School, Kerriann received her Bachelor's Degree in Occupational Therapy from Keuka College. She worked as an Occupational Therapist in a variety of settings, concluding with work at Mercy Health Care, a place that remained near and dear to her to the very end. Her passion and love for her profession was cut short due to the onset of cancer. Kerriann's knowledge and dedication to her field was appreciated by all who knew her. She was a member of NYSOTA.

Aside from her profession, Kerriann had many other interests. First and foremost was the love for her family. She was an avid supporter of her children's academic and athletic endeavors, and rarely missed an event. She enjoyed cooking, and her food was the highlight of many holiday dinners. Kerriann will be missed by her community. She was a strong supporter of Saranac Lake Youth Soccer. Her delicious cooking was enjoyed at numerous fundraisers for Paul Smiths/Gabriels Fire Dept.

Survivors include her husband, Gary, of 26 years and her beloved children Devin and Eliza. Also surviving are her brother Bill and his wife Donna Spellman of Chateaugay, and her sister Helen and her husband Ron Boyea of Chateaugay. Kerriann will be missed by her many nieces and nephews. She

was predeceased by her parents.

At Kerriann's request there will be no calling hours. A private service will be at the Chateaugay Funeral Home.

Kerriann was and will continue to be an inspiration for those fighting cancer.

She therefore requested that any donations be sent to the following:

Dr. Beth Overmoyer, Research

Dana Farber

Jimmy Fund Way

Boston, MA 02215

Please make a note on the donation in memory of Kerriann Cowan. All money goes directly to breast cancer research.

Tribute Wall

CF

“ Dear Gary, Devin and Eliza,
Kerriann always had a smile on her face and showed how much she loved the children she worked with daily. We are very sorry for your loss, sending hugs and prayers for your family.
Take care,
Cheri and Joe Fisher

Cheri Fisher - April 06, 2018 at 09:59 AM

EM

“ My deepest condolences to Gary and kids. -Esteban Muñoz

Esteban Munoz - April 05, 2018 at 06:23 PM

JH

“ We are thinking of you in this deepest time of sorrow. Please accept our condolences.

Jim and Dianne Hardy

Jim and Dianne Hardy - April 05, 2018 at 09:06 AM

TW

“ We were so very very sorry to hear of Kerriann's passing . She was a wonderful sister, wife and mother. Todd can still remember her warmth - and calm demeanor - when he would stop to share a few Labatt 50s with Gary on his way home from work in Saranac Lake, often mildly disrupting whatever family activity was going on at the moment without phasing Kerriann in the least.

Todd and Babs Weber

Todd Weber - April 04, 2018 at 01:21 PM

IM

“ *My thoughts and prayers are with all of you. My fondest memories of Kerriann are as one of my 4-H "kids". Even then, in her quiet unassuming way, she was a dependable, dedicated and strong young lady. I am just so sad that she didn't win her courageous fight against cancer. May she rest in peace and may the happy memories that you all have help you through this difficult time.*

Irene McDonald

Irene McDonald - April 03, 2018 at 06:50 PM

BI

“ *Our condolences and prayers for You, Gary, Devin and Eliza. We know you are all going through some tough times, but rest assured, we are here for you should you call upon us! Kerriann is now in a better place and peaceful, Rest in Peace. Bruce and Mia*

bruce irvine - April 03, 2018 at 05:12 PM



“ *Gary & Family:
My thoughts and prayers are with all of you during this difficult time. I have many fond memories of Kerriann, as a classmate and a fellow medical professional..... I first meet her via her mother, who was my teacher..... Kerriann will be deeply missed by all who knew her. Her positive outlook on life, even during the difficult times, is truly an inspiration for all to strive for. R.I.P. Kerriann for your suffering has now ended.*

Carmon Rust - April 03, 2018 at 03:20 AM

PK

“ I have fond memories of Kerriann in our youth. Her mom was my teacher and I always looked forward to Kerriann stopping by her room. As we grew older we played sports together and were in different school groups. She was always the sweetest, kindest person. My condolences to her family.



Patti Kavanaugh - April 02, 2018 at 06:41 PM

EG

“ Kerriann was an amazing person. She was intelligent and passionate about her work, and very proud of her family. I enjoyed working with her at Lake Clear School. I learned so much from her that has helped me be a better teacher. She had a positive impact on many young lives and on mine. I will be thinking of her. My condolences to her family.

Elizabeth Guglielmi - April 02, 2018 at 06:29 PM

LP

“ Kerriann was one of the kindest people I have ever known. She truly listened to what you said and made you feel special. She was an angel on earth and surely has her wings. Prayers and hugs to Gary, Devin and Eliza.

Linda Piro - April 02, 2018 at 05:07 PM

JS

“ I am heartbroken to read of Kerrianns passing. She was one of my favorite people when she was a young OT and I was the head of volunteers at AMC. We did get into some mischief together especially when her office was reduced to the size of a closet and I suggested to the CEO that we have an Open House for the new OT unit. Oops! I often encouraged her to take her talents elsewhere so that she could be appreciated for the kind caring and talented person she was. I know she will be missed by all who loved her and by all the lives she touched. Peace to her loving family.

JoAnn Swick - April 02, 2018 at 04:47 PM

KJ

“ Kristine Jermano lit a candle in memory of Mrs. Kerriann Cowan



Kristine Jermano - April 02, 2018 at 04:00 PM

HL

“ We are so very sorry to hear of your loss. We have many fond memories of summer time soccer. A poem to your family:
Do not stand at my grave and weep

*Do not stand at my grave and weep,
I am not there, I do not sleep.
I am in a thousand winds that blow,
I am the softly falling snow.
I am the gentle showers of rain,
I am the fields of ripening grain.
I am in the morning hush,
I am in the graceful rush
Of beautiful birds in circling flight,
I am the starshine of the night.
I am in the flowers that bloom,
I am in a quiet room.
I am in the birds that sing,
I am in each lovely thing.
Do not stand at my grave and cry,
I am not there. ♦ I do not die.*

By: Mary Frye

Heidi, Rick and Tim Lyon - April 02, 2018 at 02:27 PM

TT

“ Our sincere condolences to the family and friends of Kerriann! May all of your memories comfort you during this most difficult time!

Much Love: Chuck and Terri (Curtin) Thienpont

Terri Thienpont - April 02, 2018 at 02:21 PM

BK

“ *My thoughts and prayers to all the family, may happy memories give you comfort in your time of sorrow. Heaven has gained a beautiful angel.*



Barbara Kent - April 02, 2018 at 02:13 PM

DP

“ *My thoughts and prayers are with Kerriann's family. She will always be remembered for her bright smile and engaging conversations. RIP my dear friend... <3*

Donna Pond - April 02, 2018 at 01:33 PM

JJ

“ *Julie Jarvis lit a candle in memory of Mrs. Kerriann Cowan*



Julie Jarvis - April 02, 2018 at 09:29 AM

DJ

“ *Dear Gary, Helen, Bill and families, Our thoughts and prayers are with all of you during this very difficult time! You will have many memories to help get you thru the weeks and months ahead! Kerriann is now able to rest in peace and have no more suffering. She was lucky to have such wonderful caregivers and many times told me that! We are thinking of you* ❤️

Dick & Julie Jarvis - April 02, 2018 at 09:28 AM

Andrea
Boon

“ I feel so thankful to have known the Cowan family for so long. Eliza and I have been best friends since the 3rd grade, I will always remember how kind Mrs. Cowan was to me. She never gave up and is an inspiration to all she comes in contact with. I'll also always remember how excited everyone was, including myself, when she would make “garbage bread” for everyone to eat! She was such a great person and I feel honored to have met her. I am so deeply sorry for your loss.



Andrea Boon - April 01, 2018 at 03:40 PM

FJ

“ Eliza , Bill , Gary and family. I am so sorry for you loss. Her legacy will live on. You will keep her in your life everyday forever.
Frank and Sara Johns

frank johns - April 01, 2018 at 10:38 AM

CL

“ I well remember that sweet little face both at St. Patrick's, and on the corridors at CCS! I admired her during these past several years, as she so bravely accepted her challenges with her cancer battle. Blessings and peace to the families 🙏

Christine LaDuke - March 31, 2018 at 02:17 PM

JH

Our thoughts and prayers are with your family at this difficult time.
Ron and Jan Henderson

janice henderson - April 02, 2018 at 04:49 PM