



Dana D. Trainor

August 8, 1951 - January 24, 2025

Born to the late John and Geraldine (nee Mingin) on August 8th, 1951, in Toms River, NJ. Dana is the eldest sister of Maureen D'Arcy, John (Kellie) D'Arcy, Catherine (Dan) Fellona, and Mark (Maria) D'Arcy.

Dana grew up in a log cabin in rustic Medford Lakes where she swam, played in the Pines, picked blueberries and made life-long friends. She and her family also loved spending summers at the shore in Beach Haven. The family were devoted members of St. Mary of the Lakes R.C. Church. After being named to the National Honor Society, Dana was a member of the Holy Cross High School's 1969 graduating class. Dana was fortunate enough to meet her soulmate, Vincent Trainor, early in life at a college function. Vincent especially remembers being drawn to Dana's warm and engaging smile and gentle nature. They were married on August 7, 1971, just one day shy of Dana's 20th birthday. That began a loving partnership of 53 years that included traveling, attending music festivals and concerts and just spending quality time together.

Dana's world came into full bloom when she became the loving and beloved mom of Christopher Vincent Trainor and Meghan Clare (Rowland) Adamoli. Dana was fully engaged in being their mom, volunteering at their school events, attending all their activities and cheering loudly at all of their games. When her children had grown, Dana was blessed with becoming the grandmom of Jude Vincent Adamoli, who she spoiled as much as she could.

They spent many hours together reading stories and singing songs.

When Dana was not tending to family matters, she could be found nurturing the flower gardens that surrounded her home, volunteering in her community, or reading her favorite romance and historical novels. Dana graduated from Allegheny Community College in 1975 with a degree in Nursing. During her career, she specialized in nursing spinal cord and brain injured patients, achieving professional certification in both rehabilitation nursing and in nursing case management. Her expertise resulted in her serving as Director of the Day Hospital at McGee Rehabilitation Hospital in Philadelphia. Over the course of her career, she received multiple awards for nursing excellence and community service.

Dana's family plans to hold a Life Celebration event for Dana at a date to be determined sometime in the Spring.

Donations may be made in Dana's name to:

<https://donate.nationalmssociety.org/campaign/In-Memory-of-Dana-Trainor>

Tribute Wall

PE

“ I clearly remember Dana from our class at Holy Cross High School class of 1969. Dana was so kind, sweet and so beautiful. I'm sure she will be greatly missed. My condolences to the entire family. Peg Bociulis Gollnick

Peg - February 05, 2025 at 11:26 PM

MF

“ I always saw Dana as the most beautiful and sweetest girl in our class. God bless Dana and her family.

MT ((McDevitt) Flynn - February 01, 2025 at 10:48 AM



“ Sweetest Sunrise Bouquet was purchased for the family of Dana D. Trainor.



January 29, 2025 at 08:16 PM

MD

“ Oh, sister, where are you now? I still feel you, and you remain close in my heart. The laughter and tears continue with every picture and memory of our growing up and growing old, together with our families. Thank you for being my big sister. Thank you for bringing Vince, Chris, Meghan, and Jude into my world. Rest easy.

Maureen D'Arcy - January 27, 2025 at 01:08 PM

CT

Beautiful thoughts and words. Thank Aunt Maureen.

Chris Trainor

Christopher Trainor - January 29, 2025 at 10:11 AM

JF

cherish the memories of our time together, from autumn visits to the park to afternoons making memories with the kids in the yard. Hanging out on the porch drinking Sleepytime tea. The annual Father's Day weekend getaways to Clearwater, where we'd enjoy Pete Seeger's music was my favorite. You made sure we knew where to find you. Under the tree with your flowered sheet, our 'home.' Though I'll miss our marathon phone conversations, I'm forever grateful for the memories our families enjoyed. I will miss you my dear friend. Love The Flynn's

Joann Flynn - January 29, 2025 at 12:34 PM

GW

Of course my heart goes out to the family, I went to St. Joseph's grade school in Medford with Dana. What a wonderful girl to have known with many others from the area.

Glenn R Webb - January 29, 2025 at 08:41 PM