



Karen Valintas Doonan

October 29, 1957 - March 4, 2026

Karen (Valintas) Doonan passed away peacefully on March 4, 2026, following a long and courageous battle with cancer. She was 68.

Born in New Haven, Connecticut on October 29, 1957, Karen was proud of her Lithuanian heritage and carried that pride throughout her life. Known for her stubborn spirit and strong will, she faced life's challenges with determination and resilience. Karen was also known for her love of life's simple pleasures—especially good food, good wine, and cheering on her beloved Red Sox.

Karen was a loyal and dedicated employee of Unholtz-Dickie for many years, where she built lasting friendships and took great pride in her work.

She was predeceased by her parents, Mary-Nell and Lawrence (“Larry”) Valintas. She is survived by her children, Kelley (Chris), Meghan, and Greg (Kathryn), and by her cherished grandchildren: Kaiden, Kameron, Olivia, Lexie, and Claire. She is also survived by her siblings, Larry (Sarah) Valintas, Billy (Eileen) Valintas, and Mary-Nelle (David) Burgh, along with her beloved nieces and nephews

A Mass of Christian Burial will be Celebrated Monday at 11 a.m. in Our Lady of Mt. Carmel Church. Burial in St. Lawrence Cemetery. Visitation will be Monday from 9 - 10:30 a.m. in Sisk Brothers Funeral Home 3105 Whitney Ave. Hamden. In lieu of flowers, the family kindly requests that donations be made in Karen's memory to Breakthrough T1D to support research toward a cure for Type 1 diabetes.

Cemetery Details

St Lawrence Cemetery

280 Derby Avenue
West Haven, CT 06516
<http://ccacem.org>

Previous Events

Calling hours

MAR 9. 9:00 AM - 10:30 AM (ET)

Sisk Brothers Funeral Home
3105 Whitney Ave
PO Box 185066
Hamden, CT 06518

Funeral Mass

MAR 9. 11:00 AM (ET)

Our Lady of Mt. Carmel Church
2819 Whitney Ave.
Hamden, CT

Tribute Wall

NH

“ Karen was full of life and laughter as well as a very good friend. We spent many hours together raising our children. RIP, friend 💔

Nancy and Jerry Harrington

Nancy G. Harrington - March 08 at 08:07 PM

MV

“ Michael Valentas lit a candle in memory of Karen Doonan



Michael Valentas - March 08 at 08:06 PM

DS

“ Bill, Eileen,
We are sorry for the passing of your dear sister. Our prayers to your entire family.
Dar & Rick

Darlene Surato - March 08 at 12:01 PM

RG

“ Larry, Bill & Mary - Nelle,

Sending you my prayers & thoughts to all of you during this difficult time. I am sorry for your loss.

Rick Gentile

Rick Gentile - March 07 at 08:35 AM

CJ

“ Sue and I had a lot of good times together with Karen and the entire Valintas family at their home on Gaylord Mt Road . Nice memories of a loving family. Rest in peace Karen 🙏🙏

Carl and Sue Jordan - March 06 at 11:39 PM



“ Magnificent Life Spray was purchased for the family of Karen Valintas Doonan.



March 06 at 04:12 PM