



Mrs. Rita B. Trainor

December 29, 1930 - December 16, 2014

Rita B. Trainor

Loving Mother and Grandmother

CHELMSFORD—Rita Beatrice (Pope) Trainor, 83, a Chelmsford resident passed away peacefully with her daughter by her side, on Tuesday, December 16, 2014 at the Fairhaven Health Care Center. She was the devoted wife of the late Robert M. Trainor, Sr. who died on September 17, 2010.

Rita was born in Chelmsford on December 29, 1930, a daughter of the late Harry R. and Blanche E. (Hayes) Pope. She attended Chelmsford Schools and was a graduate of Chelmsford High School.

Rita received Nurse's Training from Tewksbury State Hospital and received her L.P.N. license, however she did not practice nursing as her profession. She was the family nurse for everybody and took exceptional care of everyone she came in contact with.

Rita was employed as a switchboard operator, first at P. F. Avery and later at Loral Frequency Sources.

An outgoing and extremely sociable personality, Rita loved people and loved being with people. At her core, she was family oriented. She was always there to help out and lend a hand.

The Holidays were some of Rita's most favorite times. It was being around and with her family that made her most happy.

Her husband Bob, which she spent 58 years of marriage with, was always the

love of her life. They were best friends and fiercely loyal to each other. In her leisure time, Rita enjoyed writing Poetry and had a family book of Poetry published. At her home in Chelmsford, she always kept a beautiful perennial garden. She will be deeply missed by her children and grandchildren.

Surviving Rita are her daughter, Susan Parent and her husband Paul of Dracut; her son Robert M. Trainor, Jr. of Lowell; her grandchildren, Alison Parent of Everett, Bryan Parent and his wife Meaghan of Chelmsford, Matthew Joseph, Stephen Joseph, Karin Joseph, and John Joseph; several great grandchildren;

her sister-in-law, Rosemary Trainor of Chelmsford; several nieces, nephews, cousins, and all of her extended family at Fairhaven Health Care Center in Lowell.

Rita was the sister of the late George Pope, Harry Pope (WWII), and Mildred Trainor.

FUNERAL NOTICE

TRAINOR—In Lowell, December 16 , 2014 at Fairhaven Health Care Center, Rita B. (Pope) Trainor, 83, a Chelmsford resident.

Family and friends may call at the FAY McCABE FUNERAL HOME, 105 MOORE STREET, LOWELL, on FRIDAY, from 4 until 8 P.M. Rita's Funeral will begin on SATURDAY MORNING at 10 o'clock from the Funeral Home, followed by her Funeral Mass at 11 o'clock at HOLY FAMILY PARISH – ST. MARIE'S CHURCH, corner of Chamberlain & Grafton Sts. Lowell. As an expression of sympathy, donations in Rita's memory may be made to the Alzheimer's Association, 480 Pleasant Street, Watertown, MA 02472. ARRANGEMENTS BY THE FAY McCABE FUNERAL DIRECTORS, 978-459-9222. www.faymccabe.com

Cemetery Details

A Private Burial Will Take Place With The Family

Previous Events

Calling Hours

DEC **19**. 4:00 PM - 8:00 PM (ET)

Fay McCabe Funeral Home
105 Moore Street
Lowell, MA 01852
(978) 459-9222
sean@faymccabe.com
<https://www.faymccabe.com>

Funeral Mass

DEC **20**. 11:00 AM (ET)

Holy Family Parish – St. Marie's Church
75 Chamberlain Street
at the corner of Grafton Street
Lowell, MA 01852
(978) 453-2134

Tribute Wall



“ *Mrs. Rita B. Trainor*

January 28, 2023 at 03:09 PM



“ *Susan Parent lit a candle in memory of Mrs. Rita B. Trainor*



Susan Parent - December 21, 2014 at 02:25 PM



“ *Cindy Rocheleau lit a candle in memory of Mrs. Rita B. Trainor*



Cindy Rocheleau - December 18, 2014 at 09:58 PM