



## Regina Eileen Kalitsis Mead

October 15, 1946 - November 17, 2024

Portsmouth- Regina Eileen Kalitsis Mead, 78, of Portsmouth, NH passed away peacefully on Sunday November 17, 2024, at home surrounded by her loving family. She was born on October 15, 1946, in Malden, Massachusetts. She is predeceased by her parents, the late Peter and Sydnea Slater Kalitsis and her sister Susan.

She graduated from Randolph High School in 1964. She went on to marriage, children and a successful career with the IRS and its union until she retired.

She enjoyed volunteering at the Epsom Public Library in Epsom, NH where she lived for many years. Staying active and helping others was always her priority.

Regina lived with her brother Peter Kalitsis in Albuquerque, NM for 10 years, where she enjoyed volunteering at the Highland Senior Center and meeting many new friends.

She returned to NH to live with her daughter Shana, and her son-in-law Norman, and to be closer to her son Paul and her daughter-in-law Audrey, as well as her grandchildren Joshua and wife Lindsay, Michael, Brian and girlfriend Brannigan, Meagan and husband Dave, Ryan and wife Jacqueline, and Paul. She is also survived by her 5 great grandsons, Jacob, Jason,

Kameron, Cole and Caleb.

Regina had a personality and a voice that would fill up the room. Family was more than blood to her, she always welcomed anyone and everyone into her life as if they had always been a part of it. Her kind and spunky spirit will be missed by all who knew her.

In lieu of flowers please make donations to the Portsmouth Senior Center, where in the short time she was here she made many friends. Donations may also be made to the Portsmouth Oncology Radiation Dept at Portsmouth Hospital.

A celebration of Regina's life will be held on December 8th from 12pm-4pm, at the Urban Forestry Center in the Learning Center, 45 Elwyn Rd, Portsmouth, NH 03801

# Previous Events

## Celebration of Life

DEC 8. 12:00 PM - 4:00 PM (ET)

Urban Forestry Center, Learning Center  
45 Elwyn Road  
Portsmouth, NH 03801

# Tribute Wall

“*Regina Eileen Kalitsis Mead, how do you begin to describe the impact of someone as special, as radiant, and as deeply cherished as you? Words alone seem so small in the face of such a monumental loss, and yet, I find myself struggling to find the right ones to honor you. It’s incredibly difficult to wrap my mind around the fact that you’re no longer here, but as I sit with this grief, I realize that the moments we shared together, no matter how fleeting, are forever etched in my heart.*

*From the very first time we met, I could tell you were different. You had this undeniable warmth about you—an energy that seemed to envelop everything and everyone around you. Your presence was calming, like a safe haven in a world that can often be chaotic. Whether we were simply sitting together in silence or sharing stories about our lives, every moment felt important, as if time slowed down when we were together. I can still hear your laugh, so genuine and infectious, filling the space around us with joy. I can still see the way your eyes lit up when you spoke about something you loved or cared about. You had a way of making everyone feel seen, heard, and truly understood, and that is a gift I will forever treasure.*

*You were someone who always put others first. Your kindness was immeasurable, and your compassion knew no bounds. There wasn’t a person you wouldn’t go out of your way to help, a situation you wouldn’t offer a listening ear or a comforting word. You gave of yourself without hesitation, always looking for ways to lift others up. I can’t tell you how many times you showed me that kind of selflessness, and it made me strive to be a better person. You taught me what it truly meant to be compassionate, to show love without conditions, and to always be there for the people who mattered most.*

*The times we spent together are memories I will carry with me for the rest of my life. I think of the long conversations we had, where we shared our hopes, our dreams, and even our fears. You always had a way of making those vulnerable moments feel safe, of*

*assuring me that everything would be okay. You had an incredible strength about you, a quiet resilience that I admired deeply. It was the kind of strength that didn't need to be loud or boastful; it was simply felt in the way you lived your life with grace, dignity, and unwavering love for the people around you.*

*And then, of course, there were the small moments—the ones that seemed insignificant at the time but have since become some of my most cherished memories. The way you smiled when you were excited about something, the way your eyes would soften when you spoke about someone you cared about, or even just the comfort of sitting next to you when the world felt too overwhelming. Those are the moments I will never forget. It's these quiet, intimate times that showed me just how deeply you loved life and how much you valued the people in it.*

*Now, as I sit with the reality that you are no longer here with us, I find myself in a place of deep sorrow. I miss you more than I ever thought possible. The world feels a little dimmer without your light in it, and I know I will never encounter another soul quite like yours. You were a rare and beautiful spirit, and it hurts to think that I can no longer call you, to share in the laughter, to ask for advice, or to simply be in your presence. Yet, even as I grieve, I try to remind myself that the impact you made on my life and the lives of others cannot be taken away. You live on in the love you gave, in the lessons you taught, and in the memories we will always hold dear.*

*One of the greatest comforts I have is knowing that your legacy is one of love, compassion, and kindness. You touched so many lives in such a profound way, and your memory will continue to inspire us all. Your strength, your light, your capacity for love—they will never be forgotten. Even though you're no longer physically here, your spirit will continue to guide us. 🕊️❤️*

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**Margaret Hampton** - November 25, 2024 at 01:04 PM

JM

*Thank you so much for your wonderful kind words. My Nana was a wonderful woman and you captured it perfectly.*

**Joshua Mead** - November 25, 2024 at 01:35 PM



*Thank you so much for taking the time to write such a beautiful tribute, and thank you for loving her ❤️*

**Lindsay Mead** - November 25, 2024 at 02:20 PM

SD

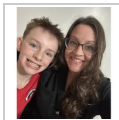
*“ I met Regina in Albuquerque, NM at Highland Senior Center. Through the center we went on adventures ( Bosque del Apache) she always helped me by coming to the movies every Friday’s and sometime on Saturday’s for the dances. It was a tradition for Sharon Greacen , Regina , and myself to go every other Sunday for breakfast , Village Inn day. After she moved back to NH, I would call her 5 am my time so we could chat before our favorite Sunday Morning with Willie Geist . I miss her she’ll always be in my heart*

**Stacie Davis** - November 24, 2024 at 02:57 PM

JM

*Thank you for sharing such a nice memory we heard a lot about your breakfast dates ❤️*

**Joshua Mead** - November 24, 2024 at 07:58 PM



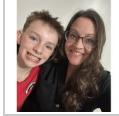
*Thank you for loving her Stacie ❤️*

**Lindsay Mead** - November 25, 2024 at 02:21 PM

JT

*I met Regina at the Highland Sr. Ctr. I had a table at the Mon. Flea Mkt & when she spoke, I said, "You're not from these parts. You sound like Boston!" We had an instant connection. She was wise, kind, generous, didn't mince words! Thanks to the gods for letting her grace the Land of Enchantment, for sharing her with us!!!*

Judy Throne - November 26, 2024 at 11:48 AM



*Thank you so much Judy ❤️*

Lindsay Mead - November 27, 2024 at 06:14 PM

SG

*Regina was like a  
Second mother to me... I miss her so much!*

Sharon greacen - December 05, 2024 at 05:10 PM

RF

*“ I met Regina at Randolph Jr. High. We were friends for those two years before I went off to another school. Despite the brevity of our friendship, she remained in my thoughts because of her distinctive voice and her wise (?) advice to me concerning the opposite sex. I also remember staying overnight and having Peter, who was maybe 5 years old but already outweighed me, come into bed to wrestle. It sounds like Regina had a happy life surrounded by people she loved and who loved her back. Rosemary Jablonski Ford*

Rosemary Ford - November 23, 2024 at 06:59 PM



*I love this so much! Thank you for sharing with us and thank you for loving her ❤️*

Lindsay Mead - November 24, 2024 at 01:46 PM

JM

“ *Regina and I went to high school together. She was a lovely lady. My deepest sympathy to her family.* ”

Jane Floyd Mason - November 23, 2024 at 08:30 AM



*Thank you Jane* ❤️

Lindsay Mead - November 24, 2024 at 01:46 PM

KD

“ *Regina and I started school together in the first grade and went all through high school together. She was a wonderful gal with a warm heart and a wonderful sense of humor. She will be missed.* ”

Kathy Driscoll-Ettinger - November 22, 2024 at 08:47 PM



*I love this story Kathy thank you for sharing with us and for loving her* ❤️

Lindsay Mead - November 24, 2024 at 01:47 PM

DG

“ I suppose it was about a year or more ago now while Regina was still here in Albuquerque that we met at an exercise class at the gym and became fast friends and decided to have lunch. I asked her if I could bring my aunt and she said well, of course like Regina would, and then it was us three against the world. We would have lunch as often as we could and it was Regina who introduced us to Thai food at our last lunch with her before she left for New Hampshire. We gave her a crown filled with pretty jewels that seemed the most fitting gift we could think of to give her And she absolutely loved it! We have been so blessed to have known Regina and had her in our lives and Been and hers



Deborah Gray - November 22, 2024 at 02:54 PM



She loved this crown and it will be put proudly on display, it fit her so well. We heard often about Thai food dates. Thank you for loving her



Lindsay Mead - November 23, 2024 at 08:40 AM

VA

“ Her Radiation Oncology Team deeply misses her!!! She was a special lady that made us laugh on the daily! Fly high sunshine ❤️



Vanessa - November 22, 2024 at 02:06 PM

CA

*Truly miss her sass. So happy I got to know her. She is missed*

**Candy** - November 22, 2024 at 02:11 PM



*You were all so important to her* ❤️

**Lindsay Mead** - November 22, 2024 at 02:44 PM