



L. Kirsten Hartman

July 6, 1949 - March 31, 2026

We are writing to tell you about the unexpected passing of Lynda (L.) Kirsten Hartman. She suffered a hemorrhagic stroke on Thursday, March 26th at home. She passed on Tuesday, March 31st, 2026, at the age of 76. Her daughter Hannah, husband Ed, and sister Nancy gave Kirsten loving care during her final days in the hospital. It's hard to express how deeply she will be missed.

Kirsten was born on July 6, 1949, in New Jersey. She was raised Roman Catholic, like her dad. Her mother was protestant. As a teenager, she began to doubt her Catholic faith. Then, in her twenties, she started to explore other faith traditions.

She attended Vail-Deane School in Elizabeth, NJ and graduated from Cushing Academy in Massachusetts, a college preparatory high school. She graduated from Pine Manor Junior College in Massachusetts with an Associate's Degree. She completed her BA at the University of Missouri in Columbia, Missouri.

After college she moved to Denver in 1972, She made many life-long friends, worked in the oil industry, supported a Denver city council member as a legislative aide, and attended the Boulder School of Massage where she became a certified massage therapist. During the 1970s she helped start the underground Denver-based newspaper called Big Mama Rag.

In 1980, she moved to Santa Fe to pursue massage therapy and healing art. She also worked in real estate and, twice, was awarded Realtor of the Year in Santa Fe! She participated in the Big Brother/ Big Sister program and remained a Big Sister to Little Sister, Sahra Bliss. She made more life-long friends and fell in love.

In October 1990 she married Ed Meek, her love and companion until the end of her life. Four years later, on April 1, 1994, her daughter Hannah was born. Hannah was the joy of her life. Mother and daughter were best friends and enjoyed laughter and adventure regularly. Kirsten, Ed, and Hannah moved to Fort Collins in 1998, and established a home for their family in the community and became active and highly valued members of Foothills Unitarian Church.

Kirsten created her own business, Seniors in Transition, LLC and for 18 years she helped our seniors and their families navigate the final stages of aging. Simultaneously she was the main lead creating the Elder Care Network and Senior Law Day organizations. She was an active member of Partnership for Age-Friendly Communities; a local non-profit whose mission is to enable seniors to age in place safely and comfortably.

Kirsten loved the magic of open-hearted sharing and deep personal reflection that takes place in small groups. She facilitated many Journey groups and Wellspring groups with enjoyment at her church. Through her personality she fostered connections and meaningful sharing between many people who wouldn't have known each other otherwise.

Kirsten was instrumental in introducing the book Share the Care to Foothills Unitarian Church. The principles of this book have led to the care groups we form whenever someone was experiencing loss, trauma, illness or pain

When someone in Foothills and our larger community experienced a complex or intense health crisis, Kirsten was often the person called to help coordinate, train, and support a team of other members. This team became a small village that could be there both for the individual and for their family during the time of crisis. It is difficult to quantify the number of lives she touched, and the ways she helped us care for each other with steadiness and commitment, especially in times that felt shaky and unclear.

Earth based spirituality meant a great deal to Kirsten. At Foothills Unitarian Church she faithfully participated in rituals and in the Earth Based Path group and has served as a coordinator and leader of the group off and on for many years. She has led and coordinated rituals and helped support new leaders in taking up new ideas. That same creative spark found expression in her spiritual practice of Soul Collage. Spiritual practice, ritual and time in nature fulfilled her life.

For the last 76 years Kirsten's light shone brightly for her community. A vital and loving person, Kirsten created community wherever she went and welcomed people into the warm embrace of friendship and belonging. Kirsten leaves her husband, Ed Meek, her daughter, Hannah Meek, sister, Nancy Ruddle, and five nieces and three nephews. She was predeceased by her sister, Josephine Chaplin, and her parents David Hartman and Josephine Odell Hartman.

In lieu of flowers gifts may be made to one or more of the following:

Partnership for Age-Friendly Communities at this link: <https://www.pafclarimer.org/donate>. Foothills Unitarian Church at this link:

<https://foothillsuu.org/giving/>. Cushing Academy at this link: <https://www.cushing.org/giving/giving-overview>. Elderhaus Adult Day Program at this link: <https://elderhaus.org/home/get-involved/giving/>.

A Celebration of Life, open to the community, will be held at Foothills Unitarian Church in Fort Collins, Colorado on May 10, at 3pm. Zoom attendance will be provided by the church.

Previous Events

Celebration of Life Service

MAY 10. 3:00 PM (MT)

Foothills Unitarian Church
1815 Yorktown Ave
Fort Collins, CO 80525

Tribute Wall

DB

“ *Debbie Brown lit a candle in memory of L. Hartman*



Debbie Brown - May 09 at 04:11 PM

TE

“ *I was very fond of Kirsten, although I barely knew her. I will however always remember her as the Duck mom, when a duck decided Kirsten could share her front porch with her duck family. I laughed really hard how her family could no longer go out the front door, but had to go through the garage to leave the house. Ducks rule.*

Thank you for being who you were Kirsten. I know you are busy watching over all of us. You were a tremendous gift, to us all. May peace be with your family.

Terra Eyl

Terra Eyl - May 06 at 05:53 PM