



Lisa Kowalski Watts

November 25, 1965 - March 12, 2026

Lisa Kowalski Watts, 60, of Porter Corners, passed away peacefully after a long illness on March 12, 2026.

Lisa was born in Troy on November 25, 1965 to her parents Richard and Lorraine Kowalski. She grew up in Lansingburgh and graduated from Lansingburgh High School in 1983 where she loved playing softball and basketball.

Lisa later attended Hudson Valley Community College and became a registered nurse. She worked at the Eddy in Cohoes for many years and later continued sharing her vast knowledge while working at Anthem Blue Cross and Blue Shield. She was very proud of her nursing background and continued to utilize it in her final days.

Growing up, Lisa loved camping, volleyball games, trips to Grafton, and road trips with her family. She LOVED shopping with her mom, aunt, and sister as a child. Her love for shopping continued throughout life and she even loved spending the weekends shopping at Tractor Supply. Lisa also spent countless hours with her grandmother perfecting the families Polish recipes.

Lisa loved visiting her sister and niece and nephews in California. She was always there when people needed her, even despite their physical distance.

Lisa looked forward to celebrating the 4th of July with her family and friends at the farm every year. The farm was a special place and she adored all of the animals that they homed over the years and she enjoyed having large garden that she attended to. Further, she faithfully attended the United Church of God where she made many life long friends.

Lisa is survived by her children Sean (Trisha) Mahoney of Gansevoort and Alec (Chelsea) LaFleur of Corinth; her siblings Richard Kowalski Jr. of Troy, Laura Lin of Rowland Heights, CA, and Michael (Stephennie) Kowalski of Scotia; and her six grandchildren Cassandra, Mackenzie, Addison, Noah, Marley, and Ethan. Other survivors include her former husband Steve Watts who remained a supportive presence in her life during her final days; her aunts and uncles Linda LeBeau and Fred (Carol) Bestle; her honorary son Robert Spain Jr.; several nieces, nephews, and friends. She was predeceased by her parents Richard and Lorraine Kowalski, step-daughter MaryEllen McGonigle, nephew Trevor Lin, and her adorable dog Bella.

Services will be held on Friday, March 20, 2026 at 3:30PM at Marra's Funeral Home in Cohoes. Friends and family are invited to attend calling hours at the funeral home from 1PM to 3:30PM. In lieu of flowers, donations may be made in Lisa's name to the American Cancer Society.

Previous Events

Visitation

MAR **20**. 1:30 PM - 3:30 PM (ET)

Marra Funeral Home
246 Remsen Street
Cohoes, NY 12047
(518) 237-0206

Funeral Service

MAR **20**. 3:30 PM (ET)

Marra Funeral Home
246 Remsen Street
Cohoes, NY 12047
(518) 237-0206

Tribute Wall

TF

“ *The Young Family purchased the Blue Caribbean Bouquet for the family of Lisa Kowalski Watts.*



The Young Family - March 19 at 06:37 PM

TF

“ *The Young Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Lisa Kowalski Watts.*

The Young Family - March 19 at 06:37 PM

SF

“ *Sean, Trisha & Marley - Alex Family purchased the Magnificent Life Spray for the family of Lisa Kowalski Watts.*



Sean, Trisha & Marley - Alex Family - March 19 at 10:56 AM

DB

“ *Delainey Brown purchased the Full Of Love Bouquet for the family of Lisa Kowalski Watts.*



Delainey Brown - March 18 at 09:14 PM



“ Arrive in Style was purchased for the family of Lisa Kowalski Watts.



March 18 at 04:45 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Lisa Kowalski Watts.

March 18 at 04:45 PM



“ Steve Cassandra and Mackenzie purchased the Strength & Solace Spray for the family of Lisa Kowalski Watts.



Steve Cassandra and Mackenzie - March 18 at 03:17 PM



“ Leslie Pratico&Family purchased the Love's Journey for the family of Lisa Kowalski Watts.



Leslie Pratico&Family - March 18 at 11:42 AM

LP

“ Leslie Pratico&Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Lisa Kowalski Watts.

Leslie Pratico&Family - March 18 at 11:42 AM

HL

“ To honor Lisa's life and legacy, a memorial gift has been made to the American Cancer Society.

From: Mrs. Mary Lin, Henry & Lori Lin,
Howard & Patricia Fu, Wil & Elizabeth Lin, and Ron & Wendy Lin



Henry Lin - March 18 at 11:25 AM

FF

“ From the Rousselle family purchased the Pink Tribute Spray for the family of Lisa Kowalski Watts.



From the Rousselle family - March 17 at 08:43 PM

FF

“ From the Rousselle family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Lisa Kowalski Watts.

From the Rousselle family - March 17 at 08:43 PM

NH

“ *Capital Region Nurses Honor Guard extends our condolences on the passing of a devoted nurse whose life was defined by service, kindness, and care. Lisa's legacy lives on through the many lives she touched.*



NHG - March 17 at 08:07 PM

LC

“ *The world has become a lesser place -having lost our sweet Lisa. Always, I will treasure her heart, her laugh, her love, and friendship....and her perogies!! The time our families spent together was and will remain golden!, and the road trips - legendary!! LOLOL*



Even though we know this is not the end, our hearts are broken, but I will REJOICE knowing she is no longer in pain and that God is holding her in His merciful arms! Our happy reunion will be pure joy!, and I look soooo forward to seeing her restored to perfection, joined with her loved ones, and waiting for, and watching over, those still to come!

Lisa will forever be in our hearts, memories will continue to flow, and you will all remain in my prayers. Please know my heart is with you, and I love you, each and every one. ❤️💔❤️💔❤️

Libbi Young Compton

Libbi Young Compton - March 17 at 01:43 PM