



Alicia L. Orlow, of Lunenburg

October 23, 1975 - December 22, 2024

Lunenburg – Alicia L. Orlow, 49, passed away on December 22, 2024, surrounded by her loving family in Brigham and Women’s Hospital.

Alicia was born in Fitchburg on October 23, 1975, a daughter of the late Betty-Fay (Chartrand) Orlow and Walt Orlow of Lunenburg. After graduating from Lunenburg High School, she went on to further her education at UMass Lowell, where she earned her Bachelor’s Degree in Exercise Physiology in 1997. Two years later Alicia completed her Masters Degree in Health Service Administration. In addition to physical health and wellness Alicia’s other passion was education, and in 2004 she earned her second Master’s Degree from Fitchburg State University in Elementary Education.

She genuinely immersed herself in her careers, always wanting to learn more and be able to effectively educate others. She studied at the Institute for Integrative Nutrition, and became a certified instructor of both the National Academy of Sports Medicine (NASM) as well as the International Sports Science Association (ISSA). Enjoying the many facets of exercise, Alicia also became a certified Pilates Instructor along with other affiliated health and fitness models.

She spent her career as a teacher at the Lura A. White Elementary School in Shirley. Alicia also taught Basic Education to incarcerated adults for the

Commonwealth of Massachusetts as well as Adult Education at Mt. Wachusett Community College.

Alicia always enjoyed physical exercise and body sculpting, however she also appreciated the harmonious balance of mind and body through yoga, meditation and mindfulness. Her happy place was the beach; she always looked forward to family vacations to Cape Cod and Disney World. Whether hiking through the New England mountains or simply sitting down to read a good book, Alicia found the joy and beauty in everything she did. There was nothing more beautiful in this world to Alicia than her family; she loved every second she was able to spend with them.

Alicia is survived by her life partner, Dwayne Flowers; two daughters, Maya Flowers and Sophia Flowers all of Lunenburg; father, Walt Orlow of Lunenburg; siblings, Kristina Caissie and her husband Daniel of Brooklyn, CT and Stephanie Orlow of Gardner; niece and nephews, Kaylin Caissie, Corey Caissie, Timothy Caissie. She also leaves those extending to both the Orlow and Flowers families whom she touched so profoundly, many dear friends, and Ms. Buzz, the beloved family dog.

She was predeceased by her mother, Betty-Fay Orlow on October 17, 2024.

Calling hours will be held in the Anderson Funeral Home, 250 Main St., Townsend on Tuesday, January 7th, from 11:00am to 1:00pm. A service will begin at 1:00pm in the funeral home. Burial will be held privately at a later date.

In lieu of flowers, gifts may be made to Dana-Farber Cancer Institute in memory of Alicia Orlow to support cancer research and patient care at: Dana-Farber Cancer Institute P.O. Box 849168 Boston, MA 02284 or via dana-farber.org/gift.

Previous Events

Calling Hours

JAN 7. 11:00 AM - 1:00 PM (ET)

Anderson Funeral Home - Townsend
250 Main Street ~ Route 119
Townsend, MA 01469
(978) 597-2692

Funeral Service

JAN 7. 1:00 PM (ET)

Anderson Funeral Home - Townsend
250 Main Street ~ Route 119
Townsend, MA 01469
(978) 597-2692

Tribute Wall



“ Amy H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Alicia L. Orlow, of Lunenburg.

Amy H. - January 06, 2025 at 11:17 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Alicia L. Orlow.

January 06, 2025 at 11:28 AM



“ Enchanted Cottage was purchased for the family of Alicia L. Orlow, of Lunenburg.



January 06, 2025 at 11:28 AM



“ Arrive in Style was purchased for the family of Alicia L. Orlow, of Lunenburg.



January 03, 2025 at 10:24 AM

JP

“ *In loving memory of Alicia,*

I want to express my deepest condolences during this incredibly difficult time. Alicia was such a light in my mom Kassie Pinard's life during their shared cancer journey. She was a true friend, always offering support, encouragement, and warmth when it was needed most. Through the highs and lows, she stood by my mom with kindness and grace, and I will forever be grateful for the love and strength she gave.

Thinking of you both and sending my heartfelt prayers to all those who are grieving. Alicia's memory will always be cherished.

Jillian Pinard - January 01, 2025 at 05:20 PM

 Cara
Castañer

“ *1 file added to the tribute wall*



Cara Castañer - December 31, 2024 at 12:11 PM

RW

“ *I took exercise classes with Alicia at Bodylines - she had so much joy and energy - it was a real pleasure to be with her. And she loved that 80s pop music! I am very sorry to hear of her passing - she will be missed. - Rebecca Wright*

Rebecca Wright - December 30, 2024 at 04:49 PM

JF

“ Alicia was one of the kindest people I’ve ever met. Always welcoming our family into her home with open arms. She did an incredible job of raising two young ladies that I’m very proud of. We will miss you, and love you always Alicia.

Jordan Flowers - December 29, 2024 at 11:34 AM

DF

Thank you nephew. She loved you back because you share the same compassionate soul.

Dwayne Flowers - January 06, 2025 at 08:24 PM

TK

“ Tracy K. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Alicia L. Orlow.

Tracy K. - December 28, 2024 at 01:29 PM

TK

“ Tracy Knight lit a candle in memory of Alicia L. Orlow, of Lunenburg



Tracy Knight - December 28, 2024 at 01:27 PM

DF

Thank you Tracy. Your friendship is everlasting ❤️

Dwayne Flowers - January 06, 2025 at 08:29 PM

Cara Castañer

“ There's no words for loss I feel. Alicia took a piece of all of our hearts. If you knew her, you loved her, end of story. She was a beautiful force and a positive light. She can be pain free now and I will see her again. Until then I'll laugh at all of our funny memories through the tears. She would want us to keep laughing.



Cara Castañer - December 28, 2024 at 08:48 AM

DF

Thank you Cara you have always been there and welcome here ❤️

Dwayne Flowers - January 06, 2025 at 08:28 PM



“ Florist Choice Bouquet was purchased for the family of Alicia L. Orlow, of Lunenburg.



December 27, 2024 at 11:36 PM

LP

“ Love you, Keri Perreault purchased the Full Of Love Bouquet for the family of Alicia L. Orlow, of Lunenburg.



Love you, Keri Perreault - December 27, 2024 at 08:36 PM

SF

“ So glad to have told her that she was one of the nicest people ever met, a very giving and caring woman. Boy how much she will be missed. May you RIP.

Sherry Flowers - December 27, 2024 at 06:11 PM

DF

Thank you big sis ❤️

Dwayne Flowers - January 06, 2025 at 08:26 PM

TG

“ This is my favorite picture of you holding August! Your warm bright smile will give me comfort. Forever in our hearts!



The Greenbergs - December 27, 2024 at 04:55 PM

 Cara Castañe

This is beautiful.

Cara Castañer - December 31, 2024 at 12:09 PM