



Kristina Daina Grassl DPT.

August 12, 1984 - November 2, 2022

Kristina D. (nee: Prochaska) Grassl DPT., 38, resident of Racine passed away on Wednesday, November 2, 2022.

Kristina was born August 12, 1984, in Racine, WI to Stephen and Viktorija (nee: Kleinotas) Prochaska.

She was a graduate of the University of Minnesota as a Doctor of Physical Therapy. Kristina completed her fellowship in Boise, Idaho where she was brought together with her spirit animal, Kaja; and her fondness for the outdoors flourished.

She moved back to Wisconsin to be closer to family where she met her husband Beau, the love of her life. They shared a wonderful life together in Racine with their two dogs Remle & Kaja and found great enjoyment in spending time with her family. Kristina took pride in her Lithuanian culture, as well as being active in many outdoor hobbies, including camping, hiking, and gardening (she had quite the green thumb). Helping people heal was her greatest passion, as she lived for being a physical therapist and valued her patients more than anything.

Kristina will be deeply missed by her loving husband, Beau; her parents, Steve and Vikki; her brother, Michael "Mikey"; her sister, Alisa O'Neill (Michael); niece and nephew, Jack and Nora; brother-in-law, Brent; (Lindsey); niece, Adalia; sister-in-law, Brittney; mother and father-in-law, Paul and Barb, and countless family and friends.

She goes on to be reunited with Kaja, her grandparents, Michael and Gloria

Prochaska, and Peter and Emilija Kleinotas.

The family would like to extend a special thank you to her cousin, Matt Prochaska.

Visitation will be held at Sturino Funeral Home on Tuesday November 8, 2022, from 4 until 7 p.m.

Mass of Christian Burial will be held at St. Lucy's Catholic Church on Wednesday November 9, 2022, at 11 a.m. Visitation will be at church from 10 a.m. until mass time.

Kristina will be laid to rest in a private ceremony.

In lieu of flowers, monetary donations may be made in honor of Kristina to the family to be used towards a living tribute and bench along the Racine beachwalk.

Previous Events

Visitation

NOV 8. 4:00 PM - 7:00 PM (CT)

Sturino Funeral Home
3014 Northwestern Avenue
Racine, WI 53404
(262) 632-4479
info@sturinofuneralhome.com

Visitation

NOV 9. 10:00 AM - 11:00 AM (CT)

St. Lucy Catholic Church
3101 Drexel Avenue
Racine, WI

Funeral Service

NOV 9. 11:00 AM (CT)

St. Lucy Catholic Church
3101 Drexel Avenue
Racine, WI

Tribute Wall



“ *Sturino Funeral Home created a Tribute Video in memory of Kristina Daina Grassl DPT.*



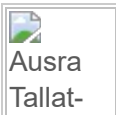
Sturino Funeral Home - November 05, 2022 at 03:31 PM

CP

A beautiful soul and a life well lived. May your memories bring you Peace. By God's grace you shall see her again. I will forever remember her smile and hugs. I wouldn't be walking today without her. Forever grateful to have been a part of her life and for her sharing a piece of herself with me. I'll be praying Beau that God stay steadfast in his love for you. His loving arms will hold you and support you in all the days ahead until you can again be in the arms of your beautiful bride. To Steve and Vikki, may god heal your hearts and souls in this tragic time. His love is never ending and he's got your daughter in his care until your place is ready for you.

*Love you all,
Crystal Potrikus*

Crystal Potrikus - November 06, 2022 at 01:46 AM



Ausra
Tallat-

A beautiful tribute to a lovely woman.

Ausra Tallat-Kelpsa - November 06, 2022 at 04:19 PM

TL

I will truly miss Kristina. She was an amazing physical therapist. My thoughts and prayers are with her entire family.

Tracy L.

Tracy Lee-Dorsey - November 08, 2022 at 07:04 PM

RR

I don't know if anyone will see this; but, I'm heartbroken and sad I did not know about Kristina until yesterday when I stopped in to say hi. Kristina helped me recuperate quickly from my hip replacement and always had faith in my capabilities. I am only sorry I didn't get to tell her again in person how much I appreciated her help and wonderful physical therapy. She truly was an amazing person. My deepest sympathy and condolences to her husband and family.

Renee R.

Renee Riesselmann - January 07, 2023 at 10:38 PM



I know this is an unimaginably difficult day for the family, I am sending prayers for healing and for peace. I knew Krisi many years ago in college for only a short while. However, her friendship and being part of a team with her is something I will never forget. She was an absolute ray of light, and a joy to interact with. Her energy was something everyone looked forward to sharing, and made others around her better. My most sincere sympathies are with you all.

Patrick McLoughlin - November 02, 2023 at 11:12 AM

JN

“*My name is Joe Nosalik. I learned today of Kristina's death when I stopped in to DPT just to say hello. Just over a year ago I chose DPT for my post surgical rotator cuff therapy. A chance choice that introduced me to a person who I immediately knew was connected to the universe in a unique way. I only knew Kristina as my DPT; however, the soulful connections I witnessed her make with the people in her life was something that is rare in our world. Kristina's skill and compassion earned our trust to send our daughter to her for care. To Kristina's family and those who helped shape who she had become, thank you! Kristina's connection to this universe and those that wander in it, will always exist. I will always smile when I think of the days spent with a therapist who became...friend.*

Joe Nosalik - November 29, 2022 at 09:43 PM

MW

“*Kristina brought sunshine into class at SCHS; as I'm sure she did throughout her way too short life. So sorry for your loss.*”

Melissa Warner - November 10, 2022 at 07:02 PM

HK

“*I am so sorry to hear of your loss. My heart breaks for your family. Many thoughts and prayers are sent to you, Steve and the rest of your family. With much love. Harry*”

Harry Kline - November 09, 2022 at 07:44 PM



“*Peaceful White Lilies Basket was purchased for the family of Kristina Daina Grassl DPT..*”



November 08, 2022 at 12:40 PM



“*Delightful Dieffenbachia was purchased for the family of Kristina Daina Grassl DPT..*”



November 08, 2022 at 12:08 PM

FF

“ From Erika Kivenas-Norber and Family purchased the Strength & Solace Spray for the family of Kristina Daina Grassl DPT..



From Erika Kivenas-Norber and Family - November 08, 2022 at 11:15 AM



“ Sentiments of Serenity Spray was purchased for the family of Kristina Daina Grassl DPT..



November 08, 2022 at 06:53 AM

JN

“ Steve,
We are very sorry to learn about the loss of your daughter. On behalf of the Village of Somers Board of Trustees, you and your family have our most sincerest sympathy.
Jackie Nelson

Jackie Nelson - November 08, 2022 at 12:40 AM



“ Medium Dish Garden was purchased for the family of Kristina Daina Grassl DPT..



November 07, 2022 at 10:26 PM



“ *Divine Peace Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 08:28 PM



“ *Beautiful in Blue was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 08:06 PM



“ *Eliza Roffers purchased the Enchanted Cottage for the family of Kristina Daina Grassl DPT..*



Eliza Roffers - November 07, 2022 at 05:59 PM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 02:49 PM



“ *Enchanted Cottage was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 02:40 PM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 02:30 PM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 12:10 PM



Cheryl Stewart Carter

“ *She would light up every room she entered. She was an amazing woman. My family will always remember her smile and laughter! We will miss you greatly, Jason, Cheryl, Sofia & Gianna Carter*

Cheryl Stewart Carter - November 07, 2022 at 10:55 AM



“ *Basket of Memories was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 10:16 AM



“ *Brittney's MolsonCoors Team purchased the Days of Sunshine Bouquet for the family of Kristina Daina Grassl DPT..*



Brittney's MolsonCoors Team - November 07, 2022 at 10:13 AM



“ *Emerald Garden Basket was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 09:11 AM



“ *Sweet Tenderness was purchased for the family of Kristina Daina Grassl DPT..*



November 07, 2022 at 08:58 AM

HD

“ *My sincerest condolences for your loss. She was a beautiful soul.*

Heather Dycus - November 07, 2022 at 08:45 AM

VK

“ *Deepest sympathies to Vikki and Steve.*

Vyto Kapocius - November 07, 2022 at 08:31 AM



“ *Gracious Lavender Basket was purchased for the family of Kristina Daina Grassl DPT..*



November 06, 2022 at 08:26 PM

MS

“ *Mike and Chad, Mooney's Repair Service purchased the Sweet Tranquility Basket for the family of Kristina Daina Grassl DPT..*



Mike and Chad, Mooney's Repair Service - November 06, 2022 at 07:24 PM



“ *Strength & Solace Spray was purchased for the family of Kristina Daina Grassl DPT..*



November 06, 2022 at 05:49 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Kristina Daina Grassl DPT..*



November 06, 2022 at 01:17 PM



“ *Tony and Ann Carbajal purchased the Full Of Love Bouquet for the family of Kristina Daina Grassl DPT..*



Tony and Ann Carbajal - November 06, 2022 at 10:53 AM



“ *Sending much love to you, Vikki and Steve, at this devastating time. Praying that the love of friends brings you comfort, and the love of God gives you peace.*

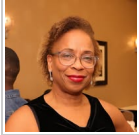
Marsha Connet - November 06, 2022 at 10:52 AM



“ *Arrive in Style was purchased for the family of Kristina Daina Grassl DPT..*



November 06, 2022 at 10:09 AM



“ We are going to miss you so much. It’s so hard to believe you’re no longer here. You cared so much for Aston and he loves you so much. The world has lost a beautiful awesome soul. We will miss that big smile and those wide eyes and the crazy things you used to do that brings a smile to my face even through the tears. We’ll miss you Kristi. Sleep well. Love you. Joe, Donna and Aston.



Donna Langley - November 05, 2022 at 10:14 PM

VP

She loved caring for him.... She didn’t mention names but now I see who she stated she loved caring for. She is watching over him and will help guide whoever takes over. Tell him that !!!!

vikki Prochaska - November 17, 2022 at 11:52 PM



“ Beautiful Dreams was purchased for the family of Kristina Daina Grassl DPT..



November 05, 2022 at 10:09 PM



“ Lavender Reflections Spray was purchased for the family of Kristina Daina Grassl DPT..



November 05, 2022 at 08:43 PM



“ Peaceful White Lilies Basket was purchased for the family of Kristina Daina Grassl DPT..



November 05, 2022 at 08:19 PM



“ I wish I knew you needed someone to talk to. I wish I realized your pain. I wish I could have helped you. I wish I knew, as I am sure we all do. My heart hurts for your family & friends 🙏 I was once where you were. I will miss your smile and our conversations. I'm glad we got to spend time together while you all were camping. God will hold you close until we all meet again. God bless you always. 🙏💕🙏
Fly high on Angels Wings



Stephanie Forrer-Harbridge - November 05, 2022 at 07:41 PM



vikki Prochaska - November 17, 2022 at 11:53 PM

WH

“ *With Love, Scott & Stephanie Harbridge purchased the Emerald Garden Basket for the family of Kristina Daina Grassl DPT..*



With Love, Scott & Stephanie Harbridge - November 05, 2022
at 07:37 PM

JA

“ *Kristina was a wonderful physical therapist and because of her insight, caring and knowledge of some of the best practices, she referred me to the only doctor who eventually determined that I had hip issues and needed surgery. I was able to have the surgery and see her for post-surgery rehabilitation. She always had a contagious smile when I worked with her, she wanted to get to the root cause of issues, and make sure I was getting the best care. She was professional, friendly and truly cared about her patients. I am truly heart-broken and send my prayers and condolences to her family and friends. She will be greatly missed by so many who knew and loved her. Jamie E.*

Jamie - November 05, 2022 at 05:35 PM

VP

I wish she could see these comments and how she helped people. That was her passion .

vikki Prochaska - November 17, 2022 at 11:55 PM



“ *Divine Peace Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 05, 2022 at 05:33 PM



“ *199 files added to the album Life Tributes*



Sturino Funeral Home - November 05, 2022 at 03:25 PM



“ *Oh my! I am so sorry and broken-hearted for all of you. Please know that you are all in my prayers.*

Ann Barry - November 05, 2022 at 02:18 PM



Thank you

vikki Prochaska - November 17, 2022 at 11:56 PM



“ *Peaceful White Lilies Basket was purchased for the family of Kristina Daina Grassl DPT..*



November 05, 2022 at 01:01 PM



“ *Your family is surrounded by love and prayers. Krisi made this world a better place. She had the world's best smile. God bless you precious friends.*
Chris and Sue Gorman

Sue Gorman - November 05, 2022 at 12:04 PM



We are sincerely fractured but are blessed with such good friends

vikki Prochaska - November 17, 2022 at 11:57 PM



“ *Enduring Grace was purchased for the family of Kristina Daina Grassl DPT..*



November 05, 2022 at 11:51 AM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 05, 2022 at 10:06 AM



“ *Small Garden Dish was purchased for the family of Kristina Daina Grassl DPT..*



November 05, 2022 at 08:05 AM



“ *Kristina, you will forever be in my prayers. Without you I would not have raced in my National Championship Triathlon. Your healing, guidance and friendship will always be with me.*

DEBBIE A NUTTING - November 05, 2022 at 07:57 AM



She will forever be there for you in spirit. When you run next... look up and say "this one's for you Krisi"

vikki Prochaska - November 17, 2022 at 11:58 PM



“ Arrive in Style was purchased for the family of Kristina Daina Grassl DPT..



November 05, 2022 at 07:55 AM



“ Blue Caribbean Bouquet was purchased for the family of Kristina Daina Grassl DPT..



November 05, 2022 at 07:39 AM



“ We are so very sorry about your loss. We are sending our deepest condolences. We are praying that God will give you the strength that you will need during this difficult time.
Mark and Joan St. Martin

Mark and Joan St. Martin - November 05, 2022 at 06:38 AM



Thank you

vikki Prochaska - November 17, 2022 at 11:59 PM



“ *Strength & Solace Spray was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 11:24 PM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 08:50 PM



“ *Peaceful White Lilies Basket was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 07:13 PM



“ *Love Everlasting Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 05:56 PM



“ *Full Of Love Bouquet was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 05:46 PM



“ *Our most sincere condolences for the loss of your beloved Kristina. She was a shining light in this world and will always be remembered. Tom and Therese Andersen*

Therese Andersen - November 04, 2022 at 04:41 PM



Thank you

vikki Prochaska - November 18, 2022 at 12:00 AM



“ *Arrive in Style was purchased for the family of Kristina Daina Grassl DPT..*



November 04, 2022 at 04:25 PM