



Sharon Alger-Mayer M.D.

July 14, 1957 - January 19, 2026

Latham, NY-A gifted doctor, devoted wife and mother, and lover of adventure, Sharon Alger-Mayer died on January 19th, 2026.

Sharon was born in Plattsburgh, NY on July 14, 1957 to Ruth and Harrison “Sparky” Alger. Sharon graduated from St. John’s Academy in 1975. She graduated magna cum laude from the University of New York at Plattsburgh in 1979 with a B.A. in Biology. She graduated from the University of Buffalo Jacobs School of Medicine in 1983. She completed an internship in family medicine at the University of Rochester, a residency in family medicine at Strong Memorial Hospital, a fellowship in clinical nutrition at Albany Medical College, and a research fellowship with the National Institute of Health.

During her fellowship in Albany, Sharon met her future husband, Bill Mayer. Immediately bonded by their kindness, humor, and zest for life, Sharon and Bill married June 10th, 1989. They added two new little adventurers to the family, sons Chris and Dan.

Sharon was passionate in her role as a physician at Albany Medical Center and a much admired professor of medicine at Albany Medical College. She was the Medical Director of the Comprehensive Care Center for Eating Disorders at Albany Medical Center from 2006 until her

retirement. Dr. Alger-Mayer improved the lives of countless patients and families, inspired a new generation of doctors, and was revered by her colleagues. She received numerous awards throughout her career, including: American Society of Clinical Nutrition Physicians Foundation Mentorship Award, Jane Golub Leadership in Women's Health Award, Top Doc of the Hudson Valley, and Wall Street Journal Best Doctors of the Capital District. In addition, she authored more than 500 articles for magazines and health journals and provided expertise to multiple published medical books.

Sharon was an active member of St. Ambrose Parish, teaching Sunday school for several years and devoting her time and energy to the Catholic community.

Sharon loved the outdoors. Whether hiking, skiing, cycling or paddling, nature was where you could find her. She was an Adirondack mountain 46er. She began summiting Adirondack high peaks at 11 years old with Cascade Mountain on January 1st, 1969. She completed her 46th peak with Big Slide on April 9th, 1988 - 46er #2469. Those who hiked with Sharon knew a day on the trail with her likely meant rain clouds popping up sooner or later - it never dampened her spirit in the slightest.

Sharon will be remembered for her kind heart, passion and empathy. Our family jokes that we could find her anywhere by listening for her laugh. We couldn't have asked for a better mother, wife, sister, and aunt, and will miss her every day.

Sharon was preceded in death by her parents, her mother and father-in-law, Marilyn and William Mayer. She is survived by Bill Mayer, her husband of 36 years, sons Christopher (Ellie) and Daniel Mayer, brother Terrence Alger,

sisters Nancy Strack (Rick) and Janice Linnan (Mark), brothers-in-law Peter Mayer, Richard Mayer and Thomas Mayer, niece Grace Linnan, nephews Shawn and Timothy Strack, Harrison Linnan, Richard and Billy Mayer and Thomas Mayer Jr.

Funeral services Saturday, January 31, 2026 at 10:30 am at St. Ambrose Church, Latham, NY where her Funeral Mass will be celebrated.

The Rite of Committal will be held privately.

To leave a message for the family please visit www.McveighFuneralHome.com

In lieu of flowers, donations in her memory to St. Jude Children's Research Hospital <http://events.stjude.org/SharonAlgerMayer> would be greatly appreciated.

Cemetery Details

Most Holy Redeemer Cemetery

2501 Troy Road
Niskayuna, NY

Previous Events

Funeral Mass

JAN **31**. 10:30 AM (ET)

St. Ambrose Church
347 Old Loudon Road
Latham, NY

Tribute Wall

SS

“ *Dr. Algers was a compassionate and kind doctor, who I saw years ago when I struggled with anorexia. I just found out the other day she passed a way. My deepest condolences to her family.*

Sue S - April 01 at 09:45 PM

NL

“ *Sharon and Bill were our wonderful neighbors for 20 years. Although we haven't seen Sharon in several years, we have such fond memories of her bright, caring and giving spirit. She will be missed by so many.*

Nancy & Joey Lindsay - January 31 at 10:01 AM

AC

“ *I am so shocked to hear this. Bill I am so sorry for you and your family. While I haven't seen Sharon in 36 years I remember how much we all had when we used to go out. I know that I was the one that introduced the 2 of you! My thoughts are with you at this time.*

April Chartier - January 31 at 09:04 AM

SU

Wow!

Sue - February 09 at 03:42 PM

TO

“ Sharon was an amazing professor of medicine at Albany Medical College and her class for the medical students was incredibly popular. She was a triple board certified female doctor inspiring them to “listen and see their patient “. They were always inquisitive from her brilliant mind and wanted to learn more. Dr Alger won professor of the year multiple years and this was obvious if you ever heard her lectures and saw all the future doctors of the world stand up and applaud her gift, every time. I loved educating with her both at the college and the 26 counties she championed for the Comprehensive Care Center for Eating Disorders of NENY. It never felt repeated, I learned something new every time.
Tammy Ogden



Tammy Ogden - January 30 at 09:36 PM

JR

“ Dr. Alger was such a great and loving human being! Always smiling and bringing joy to work! She will be missed!



Jesus Rosario - January 28 at 07:45 AM

KS

“ Kim Sanderl lit a candle in memory of Sharon Alger-Mayer M.D.



Kim Sanderl - January 27 at 09:36 AM

MP

“ *Maribeth Gunner Pulliam lit a candle in memory of Sharon Alger-Mayer M.D.*



Maribeth Gunner Pulliam - January 27 at 09:35 AM

CH

“ *Dr. Algeria was the most caring and compassionate doctor I have ever known. She didn't just see me as a patient, she saw me as a person who was dealing with a lot of stuff that had nothing to do with her practice but she listened to me and held my hand when I cried and hugged me upon leaving the room. Not too many doctors are like Dr. Alger. I loved her style and she allowed me to gift her with a few items that she "rocked" and that made us both feel good. I missed her when she left her practice, but I knew that there had to be a good reason for her to do so. I'm just so sorry that she was ill. My thoughts and prayers are with her family. 🙏❤️*

Cathy Hanczaryk - January 26 at 06:38 PM

MT

“ *Dr. Alger was an amazing doctor and incredible human being. She had great bedside manner and was always interested in what was going on in my life outside of the medical stuff. She truly cared about her patients and did whatever she could to help, always sharing additional resources that she thought would be useful. She was a titan of her field. Dr. Alger has influenced so many lives. I am thankful to have been a patient of hers. May she rest in peace. Sending love to her family and friends.*

Meghan Tompkins - January 25 at 02:41 PM

RD

“ Bill, I was sad to hear of Sharon’s passing. She will be in my prayers as will you. Sharon was a kind sharing person who was a bright light at St. Ambrose. I have been blessed to have had the privilege of knowing her.
Fr. DuBois

Rev. Francis j. DuBois - January 25 at 12:23 PM

AS

“ I am so sorry to hear the loss of your wife and mother. I was a patient of Dr. Alger for many years and owe her a great debt of gratitude for helping me lose 120 lbs through surgery, diet and exercise. I'd probably be dead if it wasn't for her and her counsel, knowledge and encouragement. She was a great lady that I admired and are saddened to hear of her passing. Please know that her memory will live on by many of us who were fortunate enough to have her as our physician. Thank you. Anthony Scardillo

Anthony Scardillo - January 25 at 08:57 AM

DS

“ So many fond, fun memories! Sharon's laugh was contagious! She love life, loved adventure. She danced all night on one leg at her wedding after knee surgery on her other leg! She laughed and splashed on our rafting trip down the Colorado River! RIP Sharon!

Deb Stacey - January 23 at 06:18 PM

MT

Sharon's joyful approach to life was inspiring. Marti Townley

Marti Townley - January 23 at 07:20 PM

BB

Sharon was such a kind and fun loving person, as well as incredibly smart. I am so sorry for this tremendous loss.

Barbara Burgess - January 23 at 07:31 PM

LB

My deepest condolences to all of Sharon's family and friends. I always enjoyed running into her on my walks through the neighborhood. With her warmth, friendliness, and beaming smile, she was such a day brightener!

Laura Bulatao - January 24 at 11:01 AM

CK

My sincerest sympathy to the Mayer and Alger family. Sharon was one in a million and made a difference in this world with her kindness and happy disposition. She was a bright light to all who knew her. I will always treasure our childhood memories. The Alger house was full of love and laughter which left a big impact in my heart. I believe she will be watching over all of you. ❤️ Charlene Alger King

Charlene King - January 24 at 07:52 PM

RK

Sharon was the anchor and life-line for patients and families affected by an eating disorder. Her compassion, competence and confidence was palpable by all who were treated by--or knew-her. Peace

Richard E. Kreipe - January 26 at 08:27 AM

MP

My sincerest condolences to Sharon's family. I am so very sorry for your loss. You were very blessed to have her. Dr. Alger was a wonderful doctor who was very instrumental in saving my daughter's life. She was steadfast but kind. Wise. A bright star on a dark night. Our North Star when we were lost. The eating disorder was winning, but Dr. Alger helped us turn it around. A doctor who truly cared. I am forever grateful for her guidance and knowledge. And yes, her laugh. Fly with the angels, Sharon, and know that you are eternally loved and revered.
Maribeth Gunner Pulliam

Maribeth Gunner Pulliam - January 27 at 09:32 AM

JC

I met Sharon and her entire family on our rafting trip through the Grand Canyon. They designated me as the photographer for our trip. What a happy group. My grandson Carter and Harry were the same age at that time and Mark and I had the same birthday so we have stayed in contact for the past 16 years.

*My condolences to the family and may Sharon rest in piece.
Poochie and Carter*

John "Poochie" Demars and Carter - January 30 at 01:35 PM