



## Helene Marie Mouli

April 9, 1949 - February 17, 2026

Helene “Lena” Marie Mouli, 76, of La Plata, MD went home to be with the Lord on February 17, 2026. Lena was born on April 9th, 1949, in Mt. Holly, NJ to Walter and Helen Wilkins.

Lena was a beloved friend, daughter, sister, aunt, wife, mother, grandmother and great-grandmother. She is preceded in death by her devoted husband of 46 years, Chandra K. Mouli, her parents Walter and Helen Wilkins, and her brothers Harry and Glenn Wilkins. Lena is survived by her daughter, Robin Fiddes (husband Paul) of Flower Mound, TX and son, Nathan Mouli (wife Evelyn) of La Plata, MD. In addition to her children, Lena was blessed with four grandchildren: Wesley, Kyle and Lauren Fiddes and James Mouli as well as one great-granddaughter, Nadine Fiddes. Lena was also blessed with several nieces and nephews: Pratibha, Namrata, Ashwini, Tori, Jessica, Arjun, Nishant, and James.

Lena was a woman of strong faith and an active member of the La Plata Baptist Church. She was often heard listening to her favorite hymns and speaking about her trust and faith in the Lord. She lived a life focused on service to others as she started her career in 1974 in the budding field of cardiac testing while working at Deborah Heart and Lung Center, in Browns Mills, NJ. Lena would spend the next decades learning more about cardiac testing and imaging and would be on the cutting edge of working with doctors in the field which led to her being part of a study, published paper, and breakthrough, on the use of echocardiography in the heart transplant process.

Her work helped countless patients to live longer and healthier lives.

Though Lena was a focused and successful career woman, her greatest love was in raising and loving her children and grandchildren. She was immensely proud of her son Nathan's career as an educator as well as her daughter Robin's career in human resources. She knew both her children worked to make the world a better place. As for her grandchildren, whether it was watching Lauren dance, or watching James practice his taekwondo katas, or listening to Kyle share stories of his latest metal detecting find or speaking with Wesley about the joys of "adulting," or listening to Nadine saying 'Gigi-ma' for the first time, Lena was happiest when being with or speaking to her family...she loved Facetime!

A memorial and celebration of Life will be held on Saturday, March 7th. Visitation (10am-12pm) and funeral service (12pm) will be at Raymond Funeral home in La Plata, MD followed by a celebration of life (1pm) at the Washington Square Community Center in La Plata, MD.

In lieu of flowers, please consider a donation to the American Heart Association or the American Cancer Society.

# Previous Events

## Visitation

MAR 7. 10:00 AM - 12:00 PM (ET)

Raymond Funeral Service  
5635 Washington Avenue  
La Plata, MD 20646  
(301) 934-2920  
business.office@raymondfuneral.com  
<https://www.raymondfuneralservice.com>

## Funeral Service

MAR 7. 12:00 PM (ET)

Raymond Funeral Service  
5635 Washington Avenue  
La Plata, MD 20646  
(301) 934-2920  
business.office@raymondfuneral.com  
<https://www.raymondfuneralservice.com>

# Tribute Wall



“ Peaceful White Lilies Basket was purchased for the family of Helene Marie Mouli.



March 05 at 11:18 AM



“ Love Anu &Mohan Rao purchased the Full Of Love Bouquet for the family of Helene Marie Mouli.



Love Anu &Mohan Rao - February 27 at 07:03 PM



“ Very grateful for having her and Pop-Pop be my surrogate grandparents. Both were loved by all and will be tremendously missed. ❤️

Alexandrea Colaiuta - February 25 at 06:05 PM



Robin Fiddes - February 27 at 12:09 AM

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“ *Robin lit a candle in memory of Helene Marie Mouli*



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**Robin** - February 25 at 02:33 PM