



Janet Lorraine Sheppard Doucette

January 9, 1964 - August 8, 2019

Janet Lorraine Sheppard Doucette, age 55 of Waldorf, Maryland, entered eternal life on August 8, 2019.

Jan was born on January 9, 1964 in Bethesda, Maryland, the first child of Joyce and Ernest Sheppard. Her childhood and adolescence were spent in Olney, Maryland in the company of her sister Chrissie, her brother Charlie, and an array of foster children who lived with the family over the years.

She began her education at Pleasant View Elementary School in Kensington, Maryland and loved every minute of her time there. She always had a special love for her teachers and never forgot them or their names. The remainder of her elementary education was at Greenwood Elementary School in Olney, Maryland followed by Farquhar Middle School in Sandy Spring, Maryland and Sherwood High School.

She began her nursing education at Montgomery College in Rockville, Maryland and after a year-or-so break to have her son Todd, she returned to complete her Associates Degree in Nursing. Jan's first nursing job was at Montgomery General Hospital in Olney, Maryland. After a move to Waldorf, Maryland, Jan worked at Physicians Memorial Hospital in La Plata and later transferring to Southern Maryland Hospital specializing in Cardiac Critical Care.

After a head injury, Jan retired from her nursing career.

Jan was raised in the Lutheran Church and attended throughout her lifetime. She attended The Lutheran Church of the Good Shepherd in Olney Maryland until her move to Waldorf when she transferred to Grace Lutheran in La Plata Maryland, where she and Paul were married. They enjoyed travelling for vacations to places as far as Nova Scotia to visit Paul's family and to Italy in the company of both of their mothers.

Jan leaves behind so many who love her: her husband, Paul Doucette; her son, Todd Anthony Sheppard; her daughter, Aubrey Marie Prince; her parents, Joyce Theresa and Ernest Sheppard; her sister, Christine Joanne Frederickson; her brother-in-law, Jon Frederickson; her nephews, Nicholas, David, Timothy; and her niece, Sarah Frederickson.

May you be at peace in the arms of Our Lord.

Visitation on Thursday, August 15, 2019 from 9:30AM until time of Funeral Service at 10:30AM at Grace Lutheran Church, 1200 Charles Street, La Plata, Maryland 20646. Interment at 2:30PM at Gate of Heaven Cemetery, 13801 Georgia Avenue, Silver Spring, Maryland 20906.

Memorial contributions in Jan's name are asked to Anxiety and Depression Association of America, 8701 Georgia Avenue #412, Silver Spring, Maryland 20810.

Cemetery Details

Gate of Heaven Cemetery

13801 Georgia Avenue
Silver Spring, MD 20906

Previous Events

Visitation

AUG 15. 9:30 AM - 10:30 AM (ET)

Grace Lutheran Church
1200 Charles Street
La Plata, MD 20646

Service

AUG 15. 10:30 AM (ET)

Grace Lutheran Church
1200 Charles Street
La Plata, MD 20646

Tribute Wall



“ Janet Lorraine Sheppard Doucette

October 08, 2023 at 10:45 PM



“ Janet Lorraine Sheppard Doucette

October 04, 2023 at 03:12 PM



“ *I knew Jan very briefly in the early 80's. It's strange because we lost touch shortly after and I was thinking about her just yesterday and was drawn to look on the Internet to see how she's doing, and sadly found this notice. Yes, she definitely knew her music and as I remember was a huge David Lee Roth fan! I remember her as somewhat shy at first, but after she started her nursing career, she became very confident. She was a very sweet person and I'm sure she'll be missed. - Jack Dolan*

Jack Dolan - August 17, 2019 at 06:22 PM



“ *Bob, Cathy, Collin and Marlana Hand purchased the Beautiful Dreams for the family of Janet Lorraine Sheppard Doucette.*



Bob, Cathy, Collin and Marlana Hand - August 13, 2019 at 06:01 PM

BS

“ *bobbie potts,tommy gattis,suzanne gray, tami smith purchased the Beautiful Heart Bouquet for the family of Janet Lorraine Sheppard Doucette.*



bobbie potts,tommy gattis,suzanne gray, tami smith - August 13, 2019 at 04:19 PM

TS

“ *I used to work with jan on night shift at somd hospital.she was a very good nurse nurse.she was kind and gentle with her patients.she always made me smile because she could remember the names of all the artists and the songs of music from the 70s and and 80s. I was saddened when I couldnt work with her anymore.Bless you Paul and the rest of the family for you tremendous loss!! Tami Smith*

tami smith - August 13, 2019 at 03:58 PM