



Karenina Nadira Houppert

July 29, 1971 - August 29, 2015

Karenina Nadira Houppert died August 29, 2015 at her parents' home in Newburg, MD.

Karenina, who went by the name Nadira, grew up in the Washington, DC area. The only exception was four years spent in Wichita Falls, TX where her father served as a physician in the United States Air Force. While growing up, Nadira enjoyed a number of sports and excelled in soccer which became her favorite. This interest stayed with her into her college years where she participated in a number of intermural leagues. She attended La Reine High School in Suitland, MD and completed her undergraduate education at the College of William and Mary in Williamsburg, VA graduating with a Bachelor of Arts degree in Anthropology. Shortly thereafter Nadira enrolled in the Howard University School of Law where she graduated with a Juris Doctorate degree. Nadira used her education and training in a number of professional positions in the Washington, DC area. Most recently she worked at the Food and Drug Administration's Center for Drug Evaluation and Research. She enjoyed gardening, baking, cooking and spending time with her family and her two dogs. Nadira also enjoyed making sure that those around her were in good health and spirits. Her nurturing heart extended to all of those she loved whether they were family or friends.

She is survived by her husband, David L. Houppert; her parents Dr. and Mrs.

Joel Sewchand of Newburg, MD; her siblings, Nerissa Altman of Boyds, MD, Joey Sewchand of La Plata, MD, Romain Sewchand of Newburg, MD, and Natalya Baer of Rockville, MD.

Friends received on Thursday, September 3, 2015 from 1PM until time of Funeral Service at 3PM at the Raymond Funeral Service Chapel, 5635 Washington Avenue, La Plata, MD 20646.

Memorial contributions may be made to Children's Inn at N.I.H., 7 West Drive, Bethesda, MD 20814-1509.

Previous Events

Friends Received

SEP 3. 1:00 PM - 3:00 PM (ET)

Raymond Funeral Chapel
5635 Washington Ave.
La Plata, MD
business.office@raymondfuneral.com
<http://www.raymondfuneralservice.com>

Service

SEP 3. 3:00 PM (ET)

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Tribute Wall



“ *Karenina Nadira Houppert*

October 08, 2023 at 10:45 PM



“ *Karenina Nadira Houppert*

October 04, 2023 at 03:12 PM



“ *Nadira, I miss you so much.....love "Yo-Yo"*

yolanda - August 29, 2016 at 10:10 AM



“ *1 file added to the album New Album Name*



LaRissa Foster - September 16, 2015 at 10:51 AM



“ *I am truly sorry for your loss. Nadie will be missed and she will never be forgotten. My heartfelt sympathy goes out to the Sewchand family.*

Brandon Chan - September 08, 2015 at 03:16 PM

TL

“ *My deepest sympathy and heartfelt thoughts to David, the Sewchand family, Maureen and daughters in the loss of beautiful and kind-hearted Nadira (Nadie)*

With Love -Tom Locraft

Tom Locraft - September 05, 2015 at 07:31 PM



“ *Arrive in Style was purchased for the family of Karenina Nadira Houppert.*



September 03, 2015 at 12:07 PM

NM

“ *We personally didn't know Mrs.Houppert but she was a guest at our hotel she and her family stayed at the Best Western in La Plata MD for her wedding. Our thoghts and prayers go out to the family*

*All the team members at
Best Western Plus La Plata MD*

nicole montgomery - September 03, 2015 at 10:11 AM

JB

“ Although we have only ever met Joey, who is a wonderful friend and neighbor to our son, daughter-in-law and grandson, we know that Nadira had the love of a close knit and caring family. Our heart felt condolences go out to all of her family, friends and colleagues whose lives she touched.

Terry and Joanne Blass

Joanne Blass - September 03, 2015 at 08:48 AM



“ Rainbow Of Remembrance Spray was purchased for the family of Karenina Nadira Houppert.



September 02, 2015 at 05:20 PM

AT

“ David,
I am so sorry for your loss. Your colleagues at NIH are thinking of you during this very difficult time. You and Nadira's family are in our thoughts and prayers.

Anne Tatem

Anne Tatem - September 02, 2015 at 04:11 PM

AJ

“ Adam & Kathy Johnson purchased the Lily and Rose Tribute Spray for the family of Karenina Nadira Houppert.



Adam & Kathy Johnson - September 02, 2015 at 12:52 PM



“ *Grande Gourmet Fruit Basket was purchased for the family of Karenina Nadira Houppert.*



September 02, 2015 at 10:28 AM



“ *Dr. & Mrs. Sewchand and Family, words cannot express the how deeply sorry I am for your loss. Your Family are in our prayers and thoughts.*



Sharon Thomas

Sharon Thomas - September 02, 2015 at 08:52 AM



“ *Lucy Donkor lit a candle in memory of Karenina Nadira Houppert*



Lucy Donkor - September 02, 2015 at 08:23 AM



You lit up the hallways with your smile. You were always warm and welcoming. You taught us so much and you held your team to very high standards. A rare gem in the work place. You will be dearly missed.

Lucy Donkor - September 02, 2015 at 08:27 AM

YP

Missing you. Love Yolanda

Yolanda Phillips - January 27, 2016 at 04:39 PM

NI

“ 1 file added to the album *New Album Name*



Nidra - September 01, 2015 at 05:59 PM

NI

“ 1 file added to the tribute wall



Nidra - September 01, 2015 at 05:55 PM

FM

“ *From Same Day Surgery and PACU at Charles Regional Medical purchased the Garden of Memories for the family of Karenina Nadira Houppert.*



From Same Day Surgery and PACU at Charles Regional Medical - September 01, 2015 at 01:00 PM

LF

“ *LaRissa Foster lit a candle in memory of Karenina Nadira Houppert*



LaRissa Foster - September 01, 2015 at 12:06 PM

LF

There aren't many people in this world like you. Truly kind, giving and selfless. I'm sure you were one of the few people that everyone looked forward to seeing every week, just to brighten up their day. I miss you so much and I will hold you in my heart forever.

LaRissa Foster - September 01, 2015 at 12:19 PM

DN

“ *Diderot Nicolas lit a candle in memory of Karenina Nadira Houppert*



Diderot Nicolas - September 01, 2015 at 11:51 AM

FF

“ *From your OAO family. purchased the Florist Choice Bouquet for the family of Karenina Nadira Houppert.*



From your OAO family. - September 01, 2015 at 11:31 AM

KB

“ *Kia Bazemore lit a candle in memory of Karenina Nadira Houppert*



Kia Bazemore - September 01, 2015 at 08:41 AM

KB

There are no words that can explain how much I will miss you. You are one of the kindest, sweetest and most caring people I have ever known. I love you forever:)

Kia Bazemore - September 01, 2015 at 08:45 AM

MH

“ *Mo (Vicky) Hanif lit a candle in memory of Karenina Nadira Houppert*



Mo (Vicky) Hanif - September 01, 2015 at 08:11 AM



“ *Serenity Wreath was purchased for the family of Karenina Nadira Houppert.*



August 31, 2015 at 10:12 PM

TH

“ *Tia Harper-Velazquez lit a candle in memory of Karenina Nadira Houppert*



Tia Harper-Velazquez - August 31, 2015 at 07:40 PM

TH

I'm going to miss you, Girlfriend!

Tia Harper-Velazquez - August 31, 2015 at 07:50 PM

YO

Nadira, I miss you so much....

yolanda - December 22, 2015 at 07:57 PM

NK

“ *Nidra Khemraj lit a candle in memory of Karenina Nadira Houppert*



Nidra Khemraj - August 31, 2015 at 06:11 PM