



Nadia Farah Ingram

February 10, 1955 - September 2, 2026

Raleigh, North Carolina

Nadia Farah Ingram died in Raleigh on September 2, 2026. She was 71. Born on February 10, 1955, with Lebanese-American roots that shaped the table more than the flag. She learned early that a day is something you finish, not something you wait for.

She counted, labeled, and double-checked with a care that kept wards safe. A pill-count tray polished smooth was her quiet instrument. Colleagues still mention a pill-count tray polished smooth.

She married Omar in 1977. They kept a house that stayed modest when the neighborhood did not. They raised two sons through public schools and ordinary weather. After Omar died in 2019, she kept the routines that still made sense: the walk, the garden, the Sunday call.

Neighbors remember someone who swept the sidewalk past the property line when weather had been unfair. She liked early mornings before the heat or the noise. She died in Raleigh, among streets she never needed to explain. The garden will come up next spring without being told.

Services

A memorial gathering in Raleigh with coffee afterward. In lieu of flowers, a gift to a local workers' fund, clinic, or neighborhood library is welcome.

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