



Dr. James Charles Thige Ndungu

April 24, 2026

Dr. James Charles Thige Ndungu, DNP, 52, passed away on Friday, April 24, 2026. Born in Nairobi, Kenya, he was the son of William Thige and Benedicta Njeri.

James pursued his education with great dedication. He completed his undergraduate studies at both Slippery Rock University and Indiana University of Pennsylvania (IUP). He went on to earn a Post-Graduate APRN Certificate in Psychiatric/Mental Health Nurse Practitioner from Wilkes University. He continued his academic journey at Millersville University, where he earned both his Master of Science in Nursing (MSN) and his Doctor of Nursing Practice (DNP).

Following the completion of his education, James founded and established Primary Care of York, where he built a dedicated team and poured himself into caring for his patients. His entrepreneurial spirit and commitment to his patients were a true reflection of his passion for helping others.

Beyond his work, James was adventurous at heart — he had a deep love for traveling, hiking, and participating in marathons from time to time. He embraced every opportunity to explore the world around him. He was an active member of The Worship Center in Lancaster.

He is survived by his wife Grace Ndungu; his daughters, Lisa and Leila; his parents William and Benedicta; his three brothers, Stephen Kamau Thige, Fredrick Muhinja Thige, and Geoffrey Gathiru Thige; and his sister, Irene Murugi Thige.

A Funeral Service will be held at Rohrerstown Mennonite Church, 601 Rohrerstown Road, Lancaster, PA 17603, on Monday, May 4, 2026 at 11:30 a.m. Friends are welcome to greet the family starting at 10:00 a.m. until the time of service. Interment will immediately follow the service in the church cemetery.

Previous Events

Visitation

MAY 4. 10:00 AM - 11:00 AM (ET)

Rohrerstown Mennonite Church
601 Rohrerstown Road
Lancaster, PA 17603

Funeral Service

MAY 4. 11:30 AM (ET)

Rohrerstown Mennonite Church
601 Rohrerstown Road
Lancaster, PA 17603

Tribute Wall

DM

“ Deborah M. purchased the Peaceful White Lilies Basket for the family of Dr. James Charles Thige Ndungu.



Deborah M. - June 03 at 07:11 PM

DM

“ Deborah M. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Dr. James Charles Thige Ndungu.

Deborah M. - June 03 at 07:11 PM

HR

“ Dr James has been my doctor since east side opened he cared for my whole family he became like family to us! He always went above and beyond to help all of us no matter the time of day! He truly was the only doctor that understood all of us and how to provide the care we needed! He made sure we always had a way to contact him anytime of day even when he was on vacation he helped us through so much! You will forever be missed I'm not sure I will ever find another doctor who understands us and knows exactly how to provide the care needed 🥹 this new truly broke us all

Heather Ruiz - May 29 at 07:16 PM

BO

“ Still unbelievable ! I hope you are at rest and at peace James .. you went out of your way to help everyone ! Bobo

bobo - May 29 at 03:27 AM

TB

“ I've been with Dr James for 5 years he helped me so much. I'm so sad to hear this he was a great doctor and helped me stay sober. Ty dr james for all your advice and help. Rip dr james

traci bouder - May 22 at 10:37 AM

SS

RIP James 🙏🙏🙏

sofia sadi - May 29 at 10:27 PM

RS

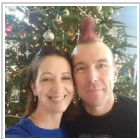
“ It was a pleasure working with James in Lancaster. Loved his compassion and positive energy. We both moved on from the job but I remember him fondly and am so glad that he went onto better things to help those in need. My heart aches that he passed too soon but in his life he touched so many. We need more people like James.

Rebecca Singer - May 11 at 04:17 PM

AK

“ I spent quite a bit of time in my career working with Dr. James. He had the silliest laugh I will never forget. I am so sad to hear of his passing and hope he is at peace. <3

Ash Koltenback - May 10 at 08:15 PM



“ I worked with him at East Side Health Center in York, PA. He was a great person to work with and showed a great passion and caring for the people who needed his care. He will be missed greatly.

Trond Harman - May 09 at 11:52 AM

TF

“ Truly, one of the most selfless souls I've ever met. Willing to help anybody, even in the middle of the night, believed in people that needed hope.. it was a privilege working next to you boss! My prayers are with everybody who knew and loved you. My heart is truly sad....

Tanya Felix - May 07 at 11:01 PM

MA

“ I cannot believe you are gone. You always said you'd have my back :(when other doctors wouldn't believe my way of being, my sensitivity . I wish this wasn't so. I know you helped so many. Maybe God needed you to help from up in heaven 🙏

Madelyn Ayende - May 07 at 11:49 AM

BB

“ Dr.james lead me on a 6 year long road of recovery was my favorite doctor and he helped me become who I am today. Thank you brother ill meet you one day again to rejoice and dance on the golden streets of heaven.



Bradley Brown - May 06 at 11:09 AM

AN

“ Dr. James NDUNGU has been my doctor for the last five years. He’s a wonderful man and he did help. Save my life. I’m so very sad that he has gone on. He was a wonderful man and he spent his time caring and helping other people, even though it was frustrating sometimes being in his office are just frustrating with him himself. He will be missed and he never will be forgotten he was a great man. Great man at heart.
Anonymous



Anonymous - May 05 at 10:14 PM

AG

“ James Ndyungu was my primary care doctor. I was deeply saddened to hear of his passing. I had been going to Dr James for over 10 years and he meant something to me. He literally saved my life and saved a lot of my friend’s lives. Like a close friend of mine said “He saved us all, but couldn’t be saved himself” and Im saying that with the utmost respect & compassion. You will be missed by so many people. You touched all of our lives ever so graciously. May you rest in everlasting peace.



Adam G - May 05 at 08:25 PM

JR

“ James was one of the best men I ever met! Loved his daughters. He talked about them both often!! He loved longhorn steak house and now I Will always ask for my second side to be mushrooms at longhorn lol .. James was selfless he helped a lot of the under privileged ppl .. he understood. He will be missed. It’s never good bye it’s always see u later



Janelle Robinson - May 05 at 05:55 AM

JE

“ *Rest in peace dear brother. You will be missed.*

Jeff - May 04 at 09:11 PM

JS

“ *He was a great guy and he will be missed by me and my kids*

Jessica Stough - May 04 at 08:44 PM

RO

“ *A wonderful soul gone too soon. You will be missed Ndung'u. RIP friend.*

Rosemary - May 02 at 07:03 AM

CA

“ *James Ndungu, was an amazing provider who cared for his patients and his staff. I had the privilege of working along side him. Such a caring, intelligent and compassionate man. He will truly be missed.*

Carmen - May 01 at 10:36 PM

SB

“ *He was a fine practitioner and showed true caring for my welfare as his patient. He was very concerned about my health issues- probably more than I was concerned--just so terribly ironic and said he goes first*

Scott Baugher - May 01 at 08:43 PM



“ *Beautiful in Blue was purchased for the family of Dr. James Charles Thige Ndungu.*



May 01 at 07:11 PM



“ *Doc James was a major part of my recovery journey. I remember walking into his old of 7yrs ago broken and he didnt see a low life junkie like everyone else. He saw a broken man that needed help. I have 7yrs clean and I owe alot of that to Doc James. He never judged me or treated me like I was a low life. I am so thankful to have had him as my doctor and as a friend. I will forever be grateful for having you in my life. Thank you for believing in me and helping me grow in my recovery. You will be missed by alot of people and I hope you know how much you have impacted my life and probably 100s more.*

Sean Engle - April 30 at 06:22 PM

DM

*Dr. James Ngundu will be missed. We are so sorry to hear of his sudden passing. As a colleague, we always admired the thorough care he gave to his patients and his display of kindness and respect for everyone he treated.. We extend our deepest sympathy to his family,. God truely cares for you and will help you during this time of grief.
Pastor Leighton and Dr. Deborah McMillan, York*

Deborah McMillan - June 03 at 06:58 PM