



**REMEMBERING**  
**Molly Frost**

December 11, 1957 - July 6, 2020



Molly Ann Vera Frost

Molly Ann Vera Frost passed away peacefully with her family by her side on July 6, 2020, at Kootenay Lake Hospital in Nelson, BC, at the age of 62.

Molly Ann will be greatly missed by her mother Olga, siblings Peter (Dominique), Shirley (Ramin), and Alan. She also leaves behind her beloved nieces, nephews, aunts, uncles, cousins and plentiful friends. Molly Ann was predeceased by her father Alec, husband Gordon, niece Kourtney, grandparents Roman, Ann, Nicholas, Molly and lastly by her uncles, Cyril and Gus.

Molly Ann Was born on December 11, 1957, in Kitimat, BC. She lived in various parts of BC including Kitimat, Mission, Cranbrook, and Abbotsford. Molly Ann lived in Vancouver and Toronto in her early adult life before eventually returning to Nelson, settling down close to family.

Molly Ann had various hobbies throughout her life which included modelling, art, playing piano, swimming, sewing, designing her own clothes, and gardening. She always had a keen eye for detail.

Her passion was helping others in need which she did here in Nelson as well as in other communities throughout the West Kootenays. She was involved in multiple

outreach service centres, interacting with and touching the lives of many.

As a compassionate and caring person, Molly always went out of her way to do what was right in order to better serve both her companions and strangers.

The family would like to extend her deepest gratitude to Kootenay Lake Hospital, Kelowna Cancer Clinic, BC Ambulance and Nelson Community Health Support.

A cremation has taken place and, at Molly's request, there will be no formal funeral service besides a private ceremony for family. As an expression of sympathy, donations can be made to Kootenay Lake Hospital Foundation.

