



## Mr. Frederick Arthur Frost

September 28, 1944 - February 25, 2021

Frederick (Fred)Arthur Frost ,a long time resident of Mobile, Ala passed away peacefully after a long battle with Alzheimer's.

He was born Sept. 28, 1944 age 76 to Arnold (Jack) Leroy Frost, and Frances Ewina Frost.

Frederick attended Kindley High-School in Bermuda.

Also, he was an active member of the National Guard for 7 years.

He was an Independent Insurance Adjuster for many years. Frederick was known for his funny personality and his many adventurous stories.

He was loved by many, and had a lot of friends and family.

He is survived by his long-time love Gwen Mathews, of 36 years, sons Christopher (Heather ) Frost, Ryan (Anna) Frost ,Step daughter Kimberly Miller, Sister Jacqueline Frost , Brother Ernest (Charlene) Frost. And 7 grandchildren Heather (Greg) Barnhill, Rachel Miller, Lochlann Frost, Olivia Frost, Sofia Frost Laney Frost, Ty Frost and 2 great grandchildren, Landon Barnhill and Aiden Barnhill and a host of nieces and nephews.

In lieu of flowers, the family ask if you would like to donate to the Alzheimer's Association.

Bob Barr is officiating.

# Previous Events

## Memorial Service

MAR 6. 4:00 PM - 6:00 PM (CT)

Cottage Hill Memorial Funeral Home  
7158 Cottage Hill Road  
Mobile, AL 36695  
(251) 380-6601

# Tribute Wall

PL

“ Our sincerest sympathy to Gwen and Ernie and all the family members of Fred. I can tell the years have just flown by and looking back it doesn't seem that long ago that we saw Fred here at the house or that Gwen and I worked together. Both Doug and I wish you all well and we will both remember the good memories. We are thinking of you all.

Love, Pat and Doug Lytle

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**Pat Lytle** - March 06, 2021 at 11:07 AM

BK

*I remember when Gwen, Fred, and I spent time in Gulf Shores at the Beach house. What great times. Prayers. Bill Kilborn*

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**Bill Kilborn** - March 09, 2022 at 04:56 PM



“ Beautiful in Blue was purchased for the family of Mr. Frederick Arthur Frost.



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March 02, 2021 at 10:38 PM