



## Karen Lee Frost

May 25, 1951 - August 25, 2025

Karen Lee Frost was born May 25, 1951, in Omaha, Nebraska to Dwight M. Frost, M.D. and Emily M. (Lehfeld) Frost. Karen grew up in Omaha where she attended Harrison Elementary school and graduated from Westside High school in 1969. She then earned her bachelor's degree in social work from UNO in 1973. Growing up, Karen played softball, enjoyed sewing and crocheting, taking part in fashion illustration and design, and loved going to the lake house in Iowa.

The most special day in Karen's life was April 25, 1986, the day her son Nicholas Ryan Frost was born. Karen and Nick made their home in Omaha, Waterloo, and finally Elkhorn, and Karen was extremely proud of the man Nick has become.

Karen worked for her father at the Immanuel Rehab Center, moved to a job with Inacom, and then worked with Hewlett Packard for many years, retiring as a Global Assets Manager. When she wasn't busy with her career, Karen could be found quilting, cooking, crafting, gardening, spending time with her family, or staying active at her church, St. Mark's Lutheran in Valley on various committees.

Karen will be remembered as a generous, caring, faithful, strong and loving woman. She was a woman strong in her faith, a true woman of God, and her faith guided her every step in her life. She lived in service to others-selfless, caring, kind and thoughtful. She was a beautiful person, inside and out, and she radiated love, joy and positivity. Her strength and bravery were

unmatched, and she embodied exactly what this world needs more of. She never hesitated to offer a helping hand and was always so proud of her family. No task or obstacle was ever too great; she faced everything with courage, grace, and the unwavering belief that "God's got her". Her laughter, hope and zest for life touched everyone around her.

The void Karen leaves here on earth can only be filled the day we are reunited with her in heaven. While we are grateful she is at peace and no longer must fight, our hearts ache for those of us left behind. Your family loves you so much, Karen-you will be forever missed.

Karen passed away on Monday, August 25, 2025, at Brookestone Meadows in Elkhorn at the age of 74 years and 3 months. She was preceded in death by her parents Dwight & Emily Frost, second mother Carol Frost, grandparents Frederick & Emma Hannah (Benzing) Frost, and William Dietrick & Sophie Mary (Krudich) Lehfeld. Karen is survived by her son Nick of Omaha, siblings: Paula J. Frost, Dwight M. Frost, Jr. (Kelly), Patrice A. Frost, DVM, and Andrew R. Frost (Vianne), many loving nieces, nephews and friends, and her cat, Tux.

Funeral service Friday, 10:30 AM at St. Mark's Lutheran Church, Valley. Interment Forest Lawn Cemetery in Omaha. Visitation Thursday 5-7 PM at Reichmuth Funeral Home, Elkhorn. Memorials to COPE or St. Mark's Lutheran Church.

# Cemetery Details

## Forest Lawn Memorial Park-Omaha

7909 Mormon Bridge Rd.  
Omaha, NE 68152

# Previous Events

## Visitation

**AUG 28.** 5:00 PM - 7:00 PM (CT)

Reichmuth Funeral Home - Omaha / Elkhorn  
21901 W. Maple Rd.  
P.O. Box 711  
Elkhorn, NE 68022  
402-289-2222  
services@reichmuthfuneralhomes.com  
<https://www.reichmuthfuneralhomes.com/>

## Funeral Service

**AUG 29.** 10:30 AM (CT)

St. Mark's Lutheran Church (Valley)  
115 W Meigs St  
Valley, NE 68064  
(402) 359-2315

*A lunch reception will immediately follow the funeral service at church before the burial*

# Tribute Wall

GS

“ Greg S. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen Lee Frost.

Greg S. - September 02, 2025 at 06:09 PM

JB

“ To Nick and the entire family members and friends of Karen, I extend hugs and prayers of support for you. I sure loved the incredible person that Karen was! I loved and admired her amazing grace; faith; love of her family and friends, and her capacity to give and receive love. Her body went through so much in dealing with all she did. I loved her smile and laugh and hearing about all the things she was doing and her ongoing passion and appreciation of life and all the blessings she had. Such a lovely and intelligent and kind person. She did not let her cancer define her. I miss her quick wit and spunk. What a gift she was, so thankful I met her in my lifetime.  
Jolene

Jolene Brezack - August 29, 2025 at 01:54 PM



“ Simply Elegant Spathiphyllum was purchased for the family of Karen Lee Frost.



August 27, 2025 at 05:05 PM

FC

“ Fred Weberg, Bill & Karen Socha, Kathy C purchased the Gracious Lavender Basket for the family of Karen Lee Frost.



Fred Weberg, Bill & Karen Socha, Kathy C - August 27, 2025 at 10:40 AM

FC

“ Fred Weberg, Bill & Karen Socha, Kathy C planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Karen Lee Frost.

Fred Weberg, Bill & Karen Socha, Kathy C - August 27, 2025 at 10:40 AM



“ Be My Love Bouquet with Red Roses was purchased for the family of Karen Lee Frost.



August 27, 2025 at 09:16 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Karen Lee Frost.

August 27, 2025 at 09:16 AM

JS

“ Karen was a leader in our Women’s Circle at St. Mark’s. She also was in charge of our Puppet Ministry. We have missed her these last months while fighting her illness. Now she is free of pain and united with her family. Fly, Karen, fly!



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**Joyce Snide** - August 26, 2025 at 12:13 PM

DH

“ What an awesome woman! I feel honored to call her a friend. Her strength and faith were things I truly looked up to. Peace Karen.....

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**Debbie hascall** - August 25, 2025 at 09:32 PM