

Ruth A. (Nash) Frigon

April 21, 1945 ~ December 11, 2020 (age 75)



Ruth A. (Nash) Frigon, 75, of Gardner, died Friday, December 11, 2020, in Berkshire Medical Center, Pittsfield of complications from COVID-19.

Ruth was born to Paul and Stella Nash on April 21, 1945 in Winchendon. She graduated from Murdock High School and earned her LPN from Gardner State Hospital. She spent her nursing career working in nursing homes in the area.

A lifelong devout Catholic, Ruth met her husband, John, at a Catholic social group in 1964. They were married in 1967. She dedicated much of her life to raising her two children, instilling in them her values of kindness and compassion for all things. She was passionate about gardening, nature, and documenting the history of her family in scrapbook form. In her later years she cherished spending time with her grandchildren.

Ruth is survived by her husband of 53-years, John W. Frigon; her son, Armand J. Frigon; her daughter, Michelle M. Frigon, and their families. She also leaves behind her siblings, Harry, Rolf, and Delia; several nieces, nephews, and cousins,

A Funeral Mass in Ruth's memory will be held in January of 2021 at Annunciation Parish at Our Lady of the Holy Rosary Church, 135 Nichols Street, Gardner, MA.

Memorial Contributions may be made to Annunciation Parish, 135 Nichols Street, Gardner, MA 01440. Please reference in memory of Ruth A. Frigon.