

Biography
of
Michelle Frost

I am passionate about serving others, and in this passion, I end up helping myself. One of my greatest joys is inviting others to join on a self-discovery journey and equipping them with proper tools whenever I can. I have enjoyed coaching my children and friends with struggles they have had and freely share insights I've learned on my journey.

I am the daughter of a Vietnam Veteran, granddaughter of two World War II veterans, and an active member of the Starfish Foundation Board of Directors since 2018, and the Fundraising Committee since 2016. I became involved with the Foundation after completing the Successful Living Basic Training in August 2016. I was a volunteer for the Dare to be Aware Fair in 2017 and 2018, as well as the 2017 Veteran's Ball.

I continued my self-improvement journey by Taking It Lightly in May 2018 and Walking In The Light in November 2018. I had the privilege of staffing a Taking It Lightly weekend in August 2018, and I am enthusiastically looking forward to more staffing opportunities.

After serving on the Board for the last two years, I have grown leaps and bounds. I desire to be a continued supporting member of the team we have and help it to grow. I want to learn and grow; therefore, I am pursuing the renewal of my at-large board position. I have the support of my loving husband, Robert, and he is also an active member of the Center and the Fundraising Committee.

Since we moved to Pennsylvania in 2018, my husband and I continued our support and participation within the Foundation and its supporting activities. The distance has not hindered our presence or desire to be a part of such a magnificent organization. My husband and I continue serving the people of the Center as well as anyone else we meet.

I am currently pursuing a bachelor's degree in Human Resource Management and Business Administration from Marian University in Fond du Lac, Wisconsin. I am on target to graduate in May with highest honors. I currently do not work outside of the home as I am a designated caregiver for my father, helping him recover after a brain stem stroke.

I wish to serve on the Starfish Foundation Board of Directors for the 2021-2022 term.