



Rev. Sherwood M. "Don" Frost

June 18, 2020

Sherwood Macdonald "Don" Frost, 88, of West Hartford, passed away unexpectedly on June 18, 2020. He was the beloved husband and best friend of Julie (Haugh) Frost. Born in New York, Don was the son of the late Ernest W. Frost and Frances (Macdonald) Frost. He served his country in the U.S. Coast Guard. Don was a graduate of Gordon College (Wenham, MA) and was an ordained Baptist minister. He was pastor for many years of the Evangelical Baptist Church of North Haven, and continued to perform weddings for friends and family at every opportunity. After completing graduate work (Masters and 6th year) at Southern CT State University, Don became the school psychologist at Hall High School where he worked for over 25 years, and was known as "Dr. Frost" and always had time to listen and a full bowl of candy on his desk. Don leaves his children Richard D. Frost (Lynette Turner), Sherwood "Donnie" Frost, Jr. and Cynthia (Frost) Walsh (Tom Walsh), as well as Julie's daughters Hilary Poriss (Christopher Bailey) and Sarah Poriss (Paul Spirito). He also leaves five grandchildren Brett Frost, Hannah, Sarah and Rebekah Walsh, and Lucas Bailey. Don was predeceased by his brother Ron Frost and sister Jeannie Hazen of Wallingford. He will also be mourned by Julie's six sisters and brothers and his many nieces and nephews. Don was loved by all who knew him and we will miss him every day.

Services for Don will be private. Donations in his name can be made to the West Hartford Food Pantry (checks payable to "The Town That Cares"), 50 South Main St., West Hartford, CT 06107. Taylor & Modeen Funeral Home of West Hartford is caring for the arrangements. To share a memory of Don, please visit www.taylorandmodeen.com.

Comments



“ Dear Julie,

I am so sorry to hear of Don's passing. We had so many wonderful times on our trips. The two of you were always smiling and so happy just to be together.

As Gary said you and Don were family not just travelers with Friendship Tours. We will miss his smiling face when our journeys begin again. I am sure that Don's journey in heaven will be an amazing one! From all these wonderful tributes it is clear that he was a man who brought great joy and comfort to many.

Please continue to travel with us we will all take good care of you!

Eve Magoon

Eve Magoon - June 24 at 09:48 AM



“ My sincere condolences to Don's family. My most vivid memory of Don is that of his smile. He was an optimistic and thoughtful person who had time for both students and teachers at Hall High School. He was a wonderful advocate for students who needed someone on their side. May your family take comfort in knowing that Don made a difference in many lives.

Lorraine Mara Burokas
Business Education Department (Retired)

Lorraine Mara Burokas - June 23 at 11:29 PM



“ Dr. Frost was such a great, kind, patient man! I spent so much time with him in his office at Hall! I don't think I could've gotten through high school without him! He was such an amazing advocate for me! My utmost condolences to all of his family!

Cassie (Goodrick) Turner

Cassie Turner - June 23 at 04:12 PM



“ Julie -

Hearing the news about Don's passing was absolutely a shock to me. I have been with Friendship Tours for 22 years as a Tour Director and you both traveled with me about the same amount of time. Don was such a wonderful guest to have traveled with me to many wonderful places in the world. Not only was Don a guest on my trips but also a real true friend to have. We talked and shared so many memorable things

together. Julie you are as well a great friend and I hope that you will still continue to travel with us. I will look out for you while Don watches us from heaven.

Gary & Joy Berman

Gary & Joy Berman - June 22 at 11:06 PM



“ Julie -

I just read about Don's passing, and want to extend my condolences. Don was a fine man and it is obvious he had a positive impact on many lives. Certainly something to be proud of.

I wish you all the best as you move through this difficult time.

Sincerely,

Poppy Bufford

Poppy K Bufford - June 21 at 01:48 PM



“ I first met “Pastor Don” in about 1964 When he was the pastor of the Evangelical Baptist Church. I was a troubled youth and he took me under his wing and made me apart of his home. He was responsible for going form an all F student to being able to go to College and grad school. He gave all us kids boundaries, with love, that we so desperately wanted.

He was a wonderful man. I will never forget him.

Sandy Sanford - June 21 at 01:23 PM



“ Don was a man of the highest integrity. Always available for everyone, his counsel was a genuine blend of nurturing, care, authentic concern, wisdom, and the perfect blend of humor and wit. When I arrived at Hall H.S. as a newbie school counselor from NY in 1987, he was just the person I needed to induct me into this new way of counseling and teaching. I had never attended a PPT and he knew exactly how to walk me through the process. He was welcoming, kind, insightful, and his door was always open, no matter what the reason, for the person standing at it. His smile was ever-present, and had the power to make everyone feel damn good. Please know that he and his family will remain in my thoughts and prayers.

Nancy DePalma

Dr. Nancy DePalma - June 21 at 12:33 PM



“ To the family of Don Frost:

I am so sorry for your loss. Your husband/father/grandfather was such a beautiful person.

Don Frost was my colleague at Hall High School for many years. I was always glad to see his smiling face anywhere in the building. He helped so many students over the years, and he was always just a pleasure to talk to for me and many others on the faculty.

One time, I had dream in which Dr. Frost gave some very meaningful advice to my husband (who had just suffered a heart attack at age 35 in 1980). I woke up from the dream and quickly wrote down the advice because it seemed so important. The next morning, my husband and I were both amused by the advice from the wise man. It was a silly jingle but actually conveyed important information about diet, exercise and stress. Naturally, I told Don about it at a later date, and we had a good laugh about it.

I was not suprised to learn about Don's work as a pastor; in fact, I thought he might be one before he told me about his training and work. He had such a kind manner.

I imagine that his death has been a shock to all of you. I hope that you can support each other and take comfort in the many good memories you must have of this wonderful man.

Sincerely,

Simone Vrabel le Coutre
(retired English teacher)

Simone le Coutre - June 20 at 11:34 PM



“ My uncle was amazing. I was always in awe of him as a person and as a man of God. He made an impact in so many lives. My Dad and whole family looked up to him. Whenever we needed family advice we went to him. He was our peace maker. We have so many wonderful memories to hold tight. He will always be in my heart. My deepest condolences to Julie, Sarah and Hilary. Julie thank you for taking such good care of him and going on so many fun adventures with him. He loved those times. To my cousins Rick, Don and Cindy hold tight your memories. He will always be with us. Love Deb

Debbie Frost Markiewicz - June 20 at 10:04 AM



“ Tom and I fondly remember Don. We were both social studies teachers at Hall when Don worked there. He always had a kind word and was insightful for both students and teachers. We are sorry for your loss. Liz and Tom Devine

Liz Devine - June 20 at 07:15 AM