



Dr. Michelle Koury, Chief Operating Officer, Crystal Run Healthcare

Why did you join the Community Foundation of Orange and Sullivan’s (CFOS) Board of Directors?

I joined the CFOS Board because I had a lot of respect for members of the Board and the work the organization does. I like the fact that CFOS touches so many different important charitable causes. That is probably my favorite aspect of this organization.

What do you enjoy doing when you aren’t working or volunteering?

I love to spend time with my family and friends. I am a fitness enthusiast and love running most of all. I also love great food and wine, especially when it is prepared by others.

What is one quote that you try to live by?

I really do not live by one quote or another. But recent life events brought this quote into my life and I reflect on it often:

Fate whispers to the warrior

“You cannot withstand the storm”

and the warrior whispers back

‘I am the storm.’

What are your favorite worthy charitable causes?

I do not have one favorite, that would not be fair. My family and I try to donate to causes where dollars stay local, may help feed or clothe those less fortunate, may support education or the arts, or may fund medical research for a few select diseases.

What is one thing that people don't know about you?

I was valedictorian of my High School class. I have started and completed 5 marathons. ___ I know that is two things.

What are two things that make you the happiest?

Spending time with my husband and kids and running road races with my sister and running buddies.