Frank Shoulders was born on May 15, 1890, in Dale, Indiana to Henry W Shoulders and Margaret Poth Shoulders. They were both born in America. Frank was the second youngest of seven children born to older parents. On the 1910 census, living separately, both parents claim that they are widowed. Margaret, however dies in 1919 before they can divorce and they are buried together. In 1910 he is living with his father and youngest sister in Dale, Indiana. His Dad is a coal miner. By the time he registered for the draft on June 5, 1917, he had been working in the healthcare field for a number of years and was currently working at the Hastings State Hospital where he had worked for four years.

He joined the National Guard at age 23 and he reported at Camp Dodge, Iowa on September 23, 1917 for training. He was first assigned to the Sanitary Detachment, 109th Ammunition Train, 34th Division. The purpose of the sanitary train was to provide medical care to the division through its units. He left for France on the USS Olympia, from New York, arriving in South Hampton, England on October 24, 1918. At the end of the war, he was assigned to the 163rd Depot Brigade. He returned home on June 22, 1919, arriving in Philadelphia. He was discharged from Camp Dodge, Iowa, as a Private on June 28th and immediately went to Norwalk, California where he had secured a job at the Norwalk State Hospital. He applied for and received a Tuition Bonus in the amount of $330.

He married Marie Rose Robillard (1902-1969) on 3 September 1921, in Los Angeles, Los Angeles, California but they divorced. They were the parents of at least two daughters. They both worked and lived at the Mendicino State Hospital in 1930. He then married Dorothy Leona Brooks (1912-1981) in 1939. He was 49 and she was 27. They also divorced sometime after 1940. He continued to work for the State of California until he retired as a Supervisor in the State Department of Mental Hygiene. He died on February 15, 1966 at the age of 75 in Sonoma County, California where he lived with his daughter. He is buried at the Golden Gate National Cemetery in San Bruno, San Mateo, California.

His daughters were Paulette Shoulders Buzzard and Eileen Shoulders Johnstone.