

Meet the Members of the Menopause Equity Collective!

Yvonne Alston, Founder & CEO of *Indelible Impressions Consulting, LLC*



Yvonne Alston (she/her/hers) is the Chief Culture Architect, CEO & Founder of Indelible Impressions Consulting, LLC—a values-driven firm that strengthens leaders, equips workforces, and transforms organization cultures across sectors. Yvonne is a graduate of Quinnipiac University, certified in Diversity, Equity and Inclusion from South Florida MUMA College, and sits on various boards, including Interval House, Quinnipiac University's CAS Alumni Council and CAS Alumni Board. She is also a member of WISE Women's Network and the West Hartford Chamber of Commerce. A sought-after thought leader and speaker, Yvonne is regularly engaged by media and podcasters on topics related to workforce culture, plus education forums such as Boston University and Quinnipiac's M&T Center for Women & Business.

Caitlin Caspi, PhD, UConn's *Institute for Collaboration on Health, Intervention, and Policy (InCHIP)*



Dr. Caitlin Caspi is the Associate Director of UConn's Institute for Collaboration on Health, Intervention and Policy, Director of Food Security Initiatives at the Rudd Center for Food Policy and Health, and Professor of Allied Health Sciences. She uses a community-engaged approach in her research, which focuses on policies and interventions to address food access and nutrition.

Kyra Dorsey, Farmington Valley (CT) Chapter of *The Links, Incorporated*



Dr. Kyra Dorsey represents the Farmington Valley (CT) Chapter of The Links, Incorporated, where she champions community service and community impact. She is also a board member of the Aurora Foundation, advancing education and economic opportunities for women and girls, and the founder of Glory Group LLC, a consultancy serving the nonwoven industry—engineered materials found in products such as wipes, filters, feminine care, and medical masks. A chemical engineer by education and training, Kyra blends technical expertise with a passion for equity, helping create products and programs that improve everyday lives.

Malia Hunt, *UConn Health Disparities Institute*



Malia Hunt is a recent graduate of Central Connecticut State University and is currently pursuing her Master's in Social Work with a concentration in Policy at the University of Connecticut. As a graduate assistant with the UConn Health Disparities Institute and UConn Husky Nutrition and Sport, Malia is deeply committed to advancing health equity and eliminating health disparities through advocacy and community engagement.



Sana Latrease, Founder & CEO of *Unashamed, Inc.*



Sana Latrease is a transformational speaker, consultant, and author who transforms lived experience into powerful advocacy for change. As Founder and CEO of Unashamed, Inc., a Connecticut-based nonprofit, she empowers foster teens and young adults to overcome shame and embrace their inherent value and has been featured on the Jennifer Hudson Show and CBN's The 700 Club. Known for creating transformative spaces where authentic dialogue leads to meaningful change, Sana brings her expertise in navigating life's pivotal transitions to discussions about celebration, community, and empowerment.

Sharon Lawrence, Farmington Valley (CT) Chapter of *The Links, Incorporated*



Sharon Lawrence is deeply committed to community service, demonstrated by her active participation in the Farmington Valley Chapter of the Links, Incorporated. She extends her impact by serving on the boards of Sisters' Journey, an organization dedicated to supporting individuals affected by breast cancer, and Diane's Helping Hands, which focuses on promoting ovarian cancer awareness. Through her experiences, Sharon emphasizes the critical importance of making health information accessible, especially for women who face barriers to healthcare. She advocates for ensuring that all women have the resources and support they need to navigate their health journeys.

Tricia Leahey, PhD, UConn's *Institute for Collaboration on Health, Intervention, and Policy (InCHIP)*



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Dr. Tricia Leahey is Director of UConn's Institute for Collaboration on Health, Intervention and Policy, Co-Director of the UConn Weight Management Research Group, and Professor of Allied Health Sciences. She completed her clinical psychology internship and post-doctoral fellowship at Brown Medical School with specializations in lifestyle interventions for obesity treatment and prevention of chronic disease (e.g., diabetes, cardiovascular disease) in diverse populations.

Rosemary Lopez, *The Commission on Women, Children, Seniors, Equity & Opportunity (CWCSEO)*



Rosemary López is the Women's Legislative Policy Analyst of the Connecticut Commission on Women, Children, Seniors, Equity and Opportunity (CWCSEO). She conducts research and analyzes policies and legislation for their effect on diverse populations of women, and works closely with policymakers, partner organizations and constituent groups to address the needs of, and enhance opportunities for, women and girls in the state.



Yukiyo Iida, *The Commission on Women, Children, Seniors, Equity & Opportunity (CWCSEO)*



Yukiyo Iida is the Associate Director of Parent Leadership and Family Engagement at the Commission on Women, Children, Seniors, Equity, and Opportunity. She leads statewide efforts to strengthen parent leadership and family civics through a multigenerational approach that supports better outcomes for children and families. Drawing on her background in education, youth development, parent leadership, and civic engagement, Yukiyo works to ensure families have meaningful opportunities to use their voices to shape the policies and systems that affect their lives.



Kayla O'Connor, UConn's *Institute for Collaboration on Health, Intervention, and Policy (InCHIP)*



Kayla O'Connor, M.S., is a PhD candidate in Health Promotion Sciences at UConn. She serves as a graduate assistant with the UConn's Institute for Collaboration on Health, Intervention and Policy and the UConn Weight Management Research Group, and teaches in Allied Health Sciences. Her dissertation applies a positive psychology lens to weight management, focusing on how barriers (e.g., stress) and facilitators (e.g., resilience) influence health behavior change.



Delita Rose-Daniels, *Change the Narrative Solutions*



Delita Rose-Daniels is the Ryan White Project Manager for the City of Hartford Department of Health and Human Services, where she manages HIV care contracts, funding nine sites providing services for individuals affected by HIV/AIDS. With over fifteen years of experience in public health, DeLita is deeply committed to social justice, health, and educational equity, using her voice to disrupt systemic barriers that impact underserved and marginalized communities. She is a Certified Community Health Worker and an Independent Insurance Broker providing services through her business Change the Narrative Solutions, helping clients both understand and navigate Access Health Plans, Medicare, dental, vision and life insurance options. DeLita's work spans critical public health, and she is both a community advocate committed to educating her community on issues including HIV/AIDS, Hepatitis C, COVID-19, and STIs, and other intersecting matters that affect the BIPOC community at large.

Alba Siharath Santiago, *UConn Health Center on Aging*



Alba Siharath Santiago is a Clinical Research Associate at the UConn Health Center on Aging with over 11 years of experience in geriatrics. She holds a Bachelor's degree in Psychology from Central Connecticut State University and specializes in clinical research, recruitment, and community engagement. Alba is passionate about advancing healthcare outcomes for older adults through evidence-based research and meaningful community partnerships.



Sophie Tulchinsky, *UConn Health Disparities Institute*



Sophie Tulchinsky is a recent graduate of Tulane University with a Bachelor of Science in Public Health, and is currently pursuing post-baccalaureate pre-dental studies at the University of Hartford. She serves as an intern with the Connecticut Oral Health Initiative, supporting efforts to expand access to oral health care. At the UConn Health Disparities Institute, she is a Health Equity Fellow, where she is gaining knowledge and experience in equity-focused approaches to eliminating health disparities and promoting community well-being.

Tiffany Young, *YWCA Hartford Region*



Driven by a personal passion to help others and motivated to develop greatness in those with whom she works, Tiffany has built a career reputation as a proverbial bridge builder, community change agent and certified life coach. She is a fast merging figure on the motivational speaking circuit through her works that help people turn personal pain into purpose by developing self worth, eliminating self doubt and taking concrete steps toward their destiny. She shares her journey to help others gracefully embrace theirs. Currently, Tiffany serves as Senior Director of Community Engagement & Impact for the YWCA Hartford Region, leading transformative initiatives that advance racial justice and gender equity, empower women, and promote systemic change across the Greater Hartford region.