

# Making an Impact Breakfast



## Biographies

**Keynote Speaker: Sandra Lindsay, DHSc, MBA, MSN, RN, CCRN-K, NE-BC**  
*Vice President of Public Health Advocacy Northwell Health Queens, New York*



Dr. Lindsay has more than 28 years of nursing experience, most of which have been in critical care. On December 14, 2020, she became the first person in the United States to receive the COVID-19 vaccine.

Raised in Jamaica by their grandparents, Dr. Lindsay and her siblings moved to the United States in 1986 to pursue her dream of becoming a registered nurse. Dr. Lindsay graduated from Borough of Manhattan Community College as valedictorian of her nursing program and joined Northwell Health's Lenox Hill Hospital in 1994. There, she worked as a clinical nurse in various critical care units before being offered leadership roles.

Dr. Lindsay's educational accomplishments include a Baccalaureate degree in nursing from St. Joseph's College and a Master of Science in Nursing from Herbert Lehman College, where she was the 2022 commencement speaker. She also earned a Master of Business Administration from Hofstra University and, in May 2021, completed a Doctor of Health Sciences degree with a concentration in global health and leadership and organizational behavior from A. T. Still University. Dr. Lindsay recently published her first leadership research study in Nursing Management titled, "Authentic Leadership: Does It Relate to Job Satisfaction and Engagement?"

Since becoming recognized as the first person to be vaccinated against COVID-19, she has become a vocal advocate in support of vaccinations, dispelling misinformation, and a supporter of medical research and global equity. She has been recognized by President Joseph Biden at the White House, has met with the President of the United Nations and the Prime Minister of Jamaica, and served as Grand Marshall in New York's Hometown Heroes Parade. On July 7th, 2022, Dr. Lindsay was awarded the Presidential Medal of Freedom, the highest civilian honor, by President Joe Biden during a special ceremony at the White House among 16 other outstanding individuals. On August 6th, 2022, His Excellency, The Governor General of Jamaica, conferred the honor of The Order of Distinction in The Rank of Commander (CD) on Dr. Lindsay for her contribution to public health and the campaign against COVID-19 vaccine hesitancy.

Several organizations have recognized Dr. Lindsay for her work. The Caribbean Heritage Organization awarded her with the 2021 Robert Nesta Marley Humanitarian Award, the Jamaican Cultural Alliance Trailblazer Award. Dr. Lindsay was honored in February 2022 at the Greater New York Chamber of Commerce's Black History Legends Breakfast and the Little Flower Children and Family Services of New York has recognized her as a Corporate Ambassador of Hope. She was a panelist at the 2022 Aspen Ideas Festival, where thought leaders from around the globe discuss issues that shape the world and challenges of our times.

Dr. Lindsay was promoted to Northwell's Vice President of Public Health Advocacy in November 2022. In this role, she will serve as Northwell's ambassador to raise health locally, nationally, and globally. She will lead the health system in expanding knowledge of issues that affect community health, public policy, and other aspects of health care.

When Dr. Lindsay is not engaging in lifelong learning or working, she enjoys adventurous traveling, visiting family and friends in her homeland, Jamaica, reading leadership books and articles, and gardening.

# Making an Impact Breakfast

## Biographies



**Panelist: Catherine Canadeo**

*Board-Certified Holistic Health Coach, CEO of Catherine Canadeo Health and Wellness Corp.*



She is a Board-Certified Holistic Health Coach and Integrative Nutritionist certified by the Institute for Integrative Nutrition, a member of the American Association of Drugless Practitioners, and an allied health professional of the American Academy of Anti-Aging Medicine. She is also a Certified Workplace Wellness Ambassador.

Catherine has coached and consulted with hundreds of private clients, groups, and corporations; she teaches workshops and is a sought-after keynote speaker for corporate and not-for-profit events and conferences. She offers concierge executive wellness coaching for C-level managers and corporations. She is the official Health and Wellness Consultant for The Hemophilia B Coalition.

Catherine has developed a proven method of helping her clients make lifestyle changes that produce real and lasting results.

Her customized plans are designed for weight loss, food sensitivities, detox programs, autoimmune disease, diabetes, hormonal imbalances, stress management, and more. Her holistic, weight-neutral, non-diet approach focuses on developing life-enhancing, pleasurable, and sustainable self-care practices.

She is part of an empowering integrative collaborative movement that approaches food, mind, and body from a place of compassion, curiosity, nourishment, and innate wisdom.

As Catherine says, it's not what you're eating, it's what's eating you.

She was recently featured in a special segment about her practice on News 12 Long Island and writes a monthly column featured in Dan's Papers, Long Island Home, and Long Island Press. She was honored as a Power Woman of Long Island in 2021 and 2022. Honored Catholic Health Hero 2022, Businesswoman, Ivy collaborating with Edge leadership conference 2022, Herald Richner Communications Businesswoman of the Year 2022.

# Making an Impact Breakfast

## Biographies



Panelist: **Katie C. Fogarty**

*President & CEO of The Reboot Group*



Katie is the host of *A Certain Age*—an age-positive podcast that helps you live your best-evolving midlife and that celebrates women who are aging out loud. She is also the creator of the Instagram community AGE OUT LOUD (@letsageoutloud) that spotlights women reimagining midlife.

A former journalist turned career coach. Katie's day job helping executives create strong LinkedIn profiles has taught her that not everyone is up for owning their age. She created *A Certain Age* to shift the dated narrative that aging makes you irrelevant.

Katie launched *ACA* at age 50, and the show now has listeners in 5,998 cities across 113 countries and has a Listen Score ranking that puts the show in the top 2% of all global podcast downloads.

A superfan of second acts and career evolution. Katie has worked as a TV news writer, for global PR firms, on Capitol Hill, and as an English teacher in Japan. Her coaching company, *The Reboot Group*, has helped 2K+ executives from Fortune 500 companies grow through better career stories.

A New Yorker by birth. Katie now lives on Long Island with her husband, three kids, and pandemic puppy Lilah.

# Making an Impact Breakfast

## Biographies

**Panelist: Jaqueline Gordon**

*Lieutenant Colonel, US Army, Retired*



Jackie Gordon's commitment to service has always driven her to do more.

Jackie was born in Jamaica, West Indies and grew up here in New York after immigrating to the United States of America when she was seven years old. Jackie served as an educator for 30 years. She enlisted in the United States Army reserve while earning her degree at Hunter College. During her 29-year career in the Armed Forces, Jackie served our country in a wide range of capacities. She was a Platoon Leader in Germany during Operation Desert Storm, an Operations Officer at Guantanamo Bay during the Global War on Terror, a Battle Captain in Baghdad during the U.S.-led invasion of Iraq, and a Commander of the 310th Military Police Battalion in Afghanistan in 2012. In 2014 she retired from the Army Reserve with the rank of Lieutenant Colonel.

During her tenure in the Army Reserves, Jackie served as a proud NYSUT member and educator here in Suffolk County. As an educator and guidance counselor, Jackie mentored hundreds of young people, supporting students through the decision to attain higher education, complete an apprenticeship program, or enter the labor force. As a guidance counselor at Wilson Technological Center in Farmingdale, Jackie holds a unique perspective on apprenticeship programs and the importance of investing in our trades.

In 2007 Jackie became the first Black woman elected to the Babylon Town Council. As a council member, Jackie lowered the cost of living for hardworking families and directed essential resources to veterans and military families. As Chair of the Veterans Advisory Council, she pushed for the revitalization of Wyandanch Village and oversaw the annual Soldier Ride which raised over \$1 million dollars for the Wounded Warriors Project and invested thousands of dollars into local veterans services.

Jackie lives in Copiague with her son Augustus. Her daughter, Kerrienne, is a Captain in the United States Air Force.

# Making an Impact Breakfast

## Biographies



**Panelist: Kristin Thorne**

*Investigative Reporter, WABC-TV Eyewitness News*

Kristin Thorne is an investigative reporter for WABC-TV Eyewitness News. She was promoted to the 7 On Your Side Investigates team in January 2022 after serving 10 years as the station's Long Island Correspondent.



She is the creator, writer, and producer of WABC's true crime series "Missing," in which she investigates the disappearances of people from the New York City area. The episodes are available at [www.ABC7NY.com/missing](http://www.ABC7NY.com/missing).

Before joining the Eyewitness News team in January 2012, Kristin was a reporter at News 12 Westchester. Before that, she worked at WHTM-TV ABC 27 in Harrisburg, Pennsylvania.

Kristin graduated magna cum laude from Georgetown University in Washington, DC and earned her master's degree in broadcast journalism from the prestigious Medill School of Journalism at Northwestern University. She is an adjunct professor at Hofstra University teaching journalism in the Lawrence Herbert School of Communication.

She is the recipient of an Emmy Award and has received numerous Emmy nominations. She has also been honored with two regional Edward R. Murrow Awards and has received several Folio awards, which honor the best of Long Island journalism. She was honored with the "Excellence in Newscasting Award" at the 2021 Long Island International Film Expo.

Kristin competes in triathlons and is training for an Ironman. She enjoys reading, studying Spanish and traveling around the U.S and Europe. She loves exploring new places and has rarely visited the same place twice.

Kristin lives on Long Island with her husband, three children, and their Corgi, Max.

# Making an Impact Breakfast

## Biographies



**Moderator: Donna Smeland**

*Chair of the Board of Directors for Girl Scouts of Suffolk County*



Her professional career spans over 25 years of experience in the entertainment industry and has produced countless hours of television for network, cable and streaming platforms. Donna specializes in production management and although she has experience in both field and studio-based programming, her passion is live television events. Among her notable projects are NBC's Emmy Award-winning and critically acclaimed live musicals Jesus Christ Superstar: Live in Concert, Peter Pan Live! and The Wiz Live! She has also produced live New Year's Eve broadcasts in Times Square for FOX with Steve Harvey, and NBC with Carson Daly as well as events for the International Brotherhood of Teamsters, Microsoft, and Ty, Inc. She produced the Museum of the Moving Image's Annual Salute galas honoring Tom Cruise, Ben Stiller and Clint Eastwood. Since 2017, she is proud to be a Producer on the Annual Peabody Awards, which recognize excellence in all genres of electronic media. She is a member of the Paley Center for Media, as well as a voting member of the Television Academy (The Emmy's).

Donna started her career at Warner Music International under the VP of North American Operations, overseeing the creation and implementation of a worldwide directory of 65 affiliates, 23 licensees and domestic labels in the Time Warner family. Her love of music and desire to pursue a career in TV brought her to MTV International and then VH1. She excelled there quickly moving up the ranks from Associate, Coordinator and Production Manager on such network staples as The VH1/Vogue Fashion Awards, Divas, 100 Greatest and Storyteller

franchises. A love of learning and the need to be creatively challenged prompted her to enter the Freelance world 17 years ago and she has never looked back! This open approach has provided her the opportunity to work with the best talent in the industry across all departments. She is known to handle the complex relationship between networks/studios and creatives with ease and professionalism and without sacrificing budget or vision.

Beyond television, Donna is a lifetime member of the Girl Scouts of the USA and is currently the Chair of the Board of Directors of the Girl Scouts of Suffolk County. She holds a Bachelor of Arts degree in Communication Media with departmental honors, cum laude, from SUNY New Paltz and recently joined the Board of Directors of the SUNY New Paltz Foundation. Donna is also a member of the National Hot Rod Association (NHRA) and when not in production, travels the country as part of the pit crew for her husband, Val, a Pro Stock Driver in professional drag racing.

# Making an Impact Breakfast

## Biographies



### Moderator: Tammy Severino

*President & CEO of Girl Scouts of Suffolk County*



Tammy Severino is the President & CEO of Girl Scouts of Suffolk County, the largest girl-serving organization in the county. A former member of the Council's Board of Directors, troop leader, and Girl Scout herself, Tammy comes to her role with an understanding of the organization's strengths and a passion for the mission of serving the girls and adult volunteers of Suffolk County. Her pursuit of opportunities for girls to develop and grow is what Ms. Severino hopes will define her tenure with the Council.

Tammy is also President of RPC Development, a boutique consulting firm celebrating a dozen years in business and specializing in strategy, development, market research, and planning for start-up, small and mid-sized nonprofit organizations and businesses. She is a regular speaker on nonprofit trends, philanthropy, grant writing, small business, entrepreneurial skills, and marketing, as well as women's empowerment and work/life balance issues. She serves as a business mentor and coach for professionals, particularly those 'stuck' in their positions or looking for significant change. Tammy has served in leadership positions for nonprofit organizations, where her strategy, Board development, and fundraising skills resulted in ongoing growth.

For her efforts in the nonprofit and business communities, Tammy has been recognized as a two-time winner of Long Island Business News' Top 50 Women in Business, a recipient of the 2019 Angel Award winner from the Equity First Foundation, a two-time recipient of the President's Award from Girl Scouts of Suffolk County, winner of the Fortune 52 Award from Long Island Press, Top 40 Under 40 from Long Island Business News, and the Chairman's Award from the Association of Fundraising Professionals of Long Island. In 2022 Tammy was named to Long Island Press' Power List for her work with Girl Scouts of Suffolk County.

Tammy serves on several Board of Directors, including Michael Magro Foundation (for the families of children battling cancer and catastrophic illness) and Silver Hearts Sanctuary (a home for abandoned, homeless senior pets). Additionally, she serves as an advisor The Morgan Center Preschool for Children with Cancer and Career Day Inc. She has been an advisor for her daughter's Girl Scout troop as they pursued their Silver Award and Bronze Awards.

A frequent contributor to newspapers and magazines, Ms. Severino is penning her first book.

Tammy is married to her longtime love, Frederick. They have three children and reside in NY with a small, beloved menagerie. Tammy believes that everything she does roots in the love she gives and gets from her family.