



MFAN Welcomes 2023-2025 Advisory Board

Military and veteran spouses selected from nationwide search to provide insight into the lived experiences of today's military-connected families

WASHINGTON (July 13, 2023) – The Military Family Advisory Network (MFAN) has named 14 members to serve on its sixth advisory board, effective immediately.

MFAN's Advisory Board, presented by CVS Health, is organized as a peer-influencer model and is comprised of military and veteran spouse volunteers. Individually, each advisor offers a unique perspective on military life and brings a diverse network to the organization. Collectively, they provide a fuller understanding of what military families truly need and value and extend the reach of information-sharing that is vital to service members, veterans, and their loved ones.

"Military families know better than anyone exactly where they require support and how to best connect with the families MFAN serves. Over our 10-year history, MFAN's Advisory Board has been foundational to everything we do — serving as a launchpad for our research and programs and our mechanism for peer-to-peer engagement in military communities across the nation," said **Shannon Rzasadin, President and Executive Director of the Military Family Advisory Network**. "We're thrilled to welcome our new advisors. I look forward to learning from them and working together to better our incredible community."

Following a rigorous application and interview process, 14 advisors were selected from over 440 total applicants — a program record. MFAN's sixth cohort represents 11 states and includes spouses of active duty service members, veterans, and retirees from all six branches of service and the National Guard. The group will serve a two-year term from July 2023 to July 2025.

2023-2025 ADVISORY BOARD MEMBERS INCLUDE:

- **Keita Brock** (Air Force Veteran Spouse, Texas)
- **Megan Brown** (Army Spouse, Georgia)
- **Ginger Gerrish** (Coast Guard Spouse, California)
- **Lizann Lightfoot** (Marine Corps Spouse, Pennsylvania)
- **Katie Lopez** (Army Retiree Spouse, Florida)
- **Isa Marie McIntyre** (Army Veteran, Army Veteran Spouse, California)
- **Cindy Meili** (Air National Guard Spouse, New York)*
- **Jessie Nash** (Army Veteran Spouse, New Jersey)
- **Joanna Nicoletti** (Army Spouse, Tennessee)
- **Roteshia Sanders** (Army Veteran, Army Retiree Spouse, Texas)
- **Melissa Shaw** (Space Force Spouse, Colorado)
- **Amy Shick** (Army Spouse, Washington)
- **Carla Vasquez Angeles, Ph.D.** (Navy Veteran Spouse, Texas)

- **Mychael Willon** (Army Spouse, Virginia)*

**Served on 2021-2023 Advisory Board*

Historically, advisors have allowed MFAN to stay ahead of the curve on issues impacting military and veteran families like child care, food insecurity, affordable and safe housing, financial readiness, education, health care, spouse employment, caregiving, military-to-civilian transition, LGBTQIA+ rights, and more.

The work of the advisory board not only informs MFAN's work, but directly connects leaders across the public, private, and nonprofit sectors with military households.

"We are honored to announce our sponsorship of the Advisory Board for Military Family Advisory Network," said **David Lee, Director, Military Community Initiatives for CVS Health**. "It is a testament to our unwavering commitment to supporting and championing our military families. By joining forces with MFAN, we are determined to remain connected and responsive to the unique challenges and needs affecting our military families. Together, we strive to make a meaningful difference in the lives of those who selflessly serve our nation."

MFAN would also like to acknowledge the following outgoing members of the 2021-2023 cohort for their service and dedication over the past two years: Joanne Coddington, Heidi Dindial, Jennifer Goodale, Joanna Guldin-Noll, Lauren Hope, Kyra Mailki, Mary Monroe, Rachel Moyers, Hana Romer, Alexandra Simon, and Margaret Van Lieshout.

Learn more about each advisor at mfan.org/advisory-board.

If you are interested in scheduling an interview with a 2023-2025 advisory board member or with an MFAN spokesperson, please contact media@mfan.org.

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About MFAN: The Military Family Advisory Network envisions a world where all military-connected families are empowered to thrive. MFAN's mission is to understand and amplify the needs of military-connected families and inspire data-informed change. Visit [MFAN.org](https://mfan.org).

About CVS Health: CVS Health is the leading health solutions company that delivers care like no one else can. They help people navigate the health care system —and their personal health care —by improving access, lowering costs, and being a trusted partner for every meaningful moment of health. And they do it all with heart, each and every day. Visit cvshealth.com.