

# Basic Detail Report



## Title Interview with Caroline (Cali) Salafia

Date 4 November 2024

Primary Maker Caroline Salafia

Medium born digital audio file

Description (a) Audio file of interview with Caroline Salafia. She was interviewed

by Erica Dewey on 4 November 2024 over Zoom. (b) Photograph of Caroline

Salafia provided by interviewee. (c) Video file of interview with Caroline Salafia.

Caroline (Cali) Salafia was interviewed as part of the Connecticut Museum of

Culture and History's Community History Project discussing moments of change

in her life. Cali described change in the context of development, including

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change in daily activities, but also going off to college or getting a job. She

described getting diagnosed with an autoimmune disease during her time as an

undergraduate student as her significant moment of change. Her diagnosis

influenced her academic and career trajectory as she became more interested in

chronic illness research. In her current position as a Ph.D. student at the

University of Connecticut, she mentioned that her chronic illness keeps her

“grounded” and drives her to help others and be more grateful in her daily life.

She also mentioned how the diagnosis positively impacted her daily routine

because she became more “intentional” with her time. For instance, she

prioritized her health, including better fitness and diet choices, and focused on

higher-quality relationships. Outside of her autoimmune disease and

researching chronic illnesses, Cali explained her motivation for pursuing her Ph.

D., including her love for learning, research methods, and ambition to lead her

own research lab. She emphasized that “education is power” and is most

excited about discovering new information about women’s health. Ultimately,

the biggest lesson Cali learned from her moment of change was that things will

get better, so when negative experiences occur, you have to remind yourself

that it is not necessarily how you are always going to feel.

Dimensions Duration: 28 Minutes, 27 Seconds