Dr. Clements is a historical preservationist, specializing in Florida political history. Wife and mother of two adult daughters, she is a native Floridian born in Miami. She is a self-employed businesswoman, author and former assistant professor at The University of New Orleans (1977-1979) and professor at El Instituto Tecnologico de Monterrey (1975-1976). For over thirty years, she has partnered with the Florida Department of State on various projects emphasizing the accomplishments of women in the state of Florida.

In 1996, Dr. Clements founded the Florida First Ladies’ Gown Collection, which is permanently housed at the Museum of Florida History in Tallahassee. Donating her research, intellectual property, personal time and private resources, she collaborated with the Florida Department of State to assemble a collection of historical textiles as well as over 100 significant artifacts pertaining to the evolving role of women as political partners during the span of two centuries. The collection has now expanded to include the twenty first century. In 2005, Dr. Clements authored A legacy of leadership: Florida governors and their inaugural speeches. This book is Florida’s oldest oral history project. In addition to providing the historical context in which each speech was presented, A legacy of leadership preserves the exact words of each governor beginning in 1845 and continuing into the 21st century.

Popularly known as Trish, she served as a founding member of the Women’s Park in her hometown of Miami, Florida. Along with fellow community leaders, Trish helped develop the first women’s park in the United States, which has now become part of Dade Country’s Park and Recreation system. Trish also partnered with Barry University and Tallahassee Community College to lead financial conferences focused on teaching women fundamental skills necessary for independent financial success. Paralleling this financial education theme, Clements convened an international women's leadership conference at The University of Florida in partnership with the College of Arts and Sciences.

Trish served as Chair of the Florida Commission on the Status of Women as well as Chair of the Florida Women’s Hall of Fame (1997-2005). She was responsible for taking the Women’s Hall of Fame annual ceremony from a small gathering of nominees and their loved ones to a statewide televised program. She worked with the Sunshine Network to ensure each event was aired a minimum of 20 times at no cost to the Commission. Trish also negotiated the production and post-production of the program with WFSU on a no cost basis. Broadcasting these programs gave the honorees and the Commission the opportunity to educate thousands of individuals about the previously unknown accomplishments of many outstanding women.

Trish’s research includes two major oral history projects. The first collection, Florida Women of Distinction, is housed at the Florida Bureau of Archives and Records Management. The second collection, 1961 Survivors of Cuba’s Bay of Pigs, has been accepted for accession and will be released at a future date. These interviews were conducted in Spanish, the survivors’ native language.

Recognized for her accomplishments in the political sphere, Dr. Clements is a recipient of a U.S. Senate Tribute as well as a Cabinet Resolution from the State of Florida and was named Honorary Emeritus Curator by The Museum of Florida History. She was also recognized in the academic sphere by Barry University, receiving the President’s Distinguished Alumni Award. She received the Sustaining the American Spirit Award from Tallahassee Community College. Currently, she is working on a book project focused on Florida’s First Ladies and their roles as political partners.