



**Application for Appointment to Boards, Committees, and Commissions
City and Borough of Sitka**

Board/Commission/Committee: HEALTH NEEDS COMMISSION
 Name: JEFF ARNDT Daytime Phone: 738-2025
 Address: 207 CEDAR HEIGHTS Evening Phone: 738 2025
 Email Address: QUEENMAB@GCI.NET Fax Number: ---
 Length of Residence in Sitka: 4 YEARS Registered to vote in Sitka? Yes No
 Employer: SELF - MENTAL HEALTH + SUBSTANCE ABUSE COUNSELOR
 Organizations you belong to or participate in: SEE ATTACHED

Explain your main reason for applying:

What background, experience or credentials will you bring to the board, commission, or committee membership?

Please disclose any potential conflicts of interest that may arise from your appointment. These may include but are not limited to:

- A substantial financial interest of \$1000 annually that could be influenced by your appointment.
 - An immediate family member employed within the scope of this appointment.
- NONE

Please attach a letter of interest, outline, or resume which includes your education, work, and volunteer experience that will enhance your membership.

→ (To be considered, your application must be complete AND be accompanied by one of the above supporting documents.)

Date: 11-2-15 Signature: Jeff Arndt

Your complete application and resume should be returned to the Municipal Clerk's Office by noon on the Wednesday prior to an advertised Assembly meeting.

Please note: all information submitted will be made public and published online. Appointments are normally made during open session of an Assembly meeting, however, Assembly members may vote to discuss applicant(s) in closed executive session. In this case, do you wish to be present when your application is discussed? Yes No

Return to:
 Melissa Henshaw, Deputy Clerk/Records Specialist, 100 Lincoln Street
 Fax: 907-747-7403 Email: melissa.henshaw@cityofsitka.org

Organizations I belong to and participate in:

Recently elected to service as interim board member with Sitka Trailworks. Play tenor sax and flute in Sitka Big Band.

What is your main reason for applying?

Most of my working life has been devoted to enhancing or rebuilding the physical or mental health of individuals. I worked for many years as a Respiratory Therapist in various hospital settings. I witnessed firsthand how lifestyle choices eroded individual health and had siphoned vitality from family members, which resulted in less engagement in the greater community. It rendered the community less able to focus on community enhancement activities as much time, energy and money were expended to address the ramifications of illness.

The mental health of the sick and their loved ones also erodes and can lead to behaviors that start out as palliative but ultimately enhance the cycle of further eroding physical and mental health.

Of course physical illness is not the only source of mental and emotional distress. Whatever the origins of distress that lead to reduced mental (and usually physical) health, my goal as a mental health therapist has been to help folks address what is distressing them.

Through the years I have come to believe that mental and physical health are in many ways inseparable. Healthy people will always have these habits in their lifestyle: A healthy diet, fairly low stress levels, adequate sleep, regular exercise, feelings of safety and security, a purpose in life, others who love them and who they love, and engagement in the community.

My desire to be on the Health Needs Commission is an extension of what I have been doing much of my life. The difference for me is that the focus of the Commission is more of a lifting up of community well being than the individual work I do. I find this exciting, as the community focus benefits individuals who will then be better positioned to contribute to the community. It is a complete process that I believe in wholeheartedly.

I am very interested in being a contributor to what the Commission is working on now and what they may work on going forward. As a bike commuter, I am personally invested in the "Safe Streets-Focused Drivers" policy the Commission is working on. I understand a possible enhancement is being considered which involves developing safe car to bike distances based on polices developed in other communities.

I understand that the Assembly might ask the Commission to research items such as third hand smoke, various health policies. Also I find this an opportune time to join the Commission as Doug Osborne informed me that in December the Commission will choose new goals. I would love to be a part of that.

In our relatively small community, if one is alert it possible to get a sense of the vitality, of the the morale, of how the community perceives itself and how individuals perceive their community. The work I do in my professional life and the contribution I would endeavor to make on the Health Needs Commission can be positively influential and noticeable. A bit selfishly, I would like to enhance my own satisfaction for having further contributed to raising the level of individual and community health.

What background, experience or credentials will you bring to the board, commission or committee membership?

I recently applied to the Marijuana Commission and included my resume and other relevant information. If you could reference that I will keep this part short.

In summary, I was on the board for a citizen's group (in the Matsu Valley) that formed to stop an ill advised intertie from being developed. In the end we prevailed and the state judged the project not worthy to proceed.

I worked for a non profit organization called Friends of Matsu to ensure responsible development of Coalbed Methane in the Matsu Valley. We developed ordinances that the Borough adopted to address responsible development. The company involved was not willing to develop responsibly and abandoned the project. In the process we and an associated citizen's group led a campaign to recall a corrupt senator who was taking money from the company to smooth their way. We succeeded in getting him to resign.

What I learned from these experiences is how much a group of citizens can accomplish in this state if their cause is just, even in the face of well moneyed powerful opposition. I learned how to interact effectively and respectfully with all types of people and organizations, even with the opposition. Those projects were very activist, fighting against stopping a negative. I realize (and am relieved) that a seat on the Health Commission will be more about moving toward the positive, with far less opposition and more collaboration with various interested parties.

As I wrote recently in my application to Sitka Trailworks, "I work well in groups. I strongly believe in 'the group mind' as a powerful tool to discover the best ideas and putting them into effect. I also do well in leadership positions. I can make things happen. If I take on a task, I will follow it to its completion. I can be a leader or a follower."



Health Needs and Human Services Commission

Established by Ordinance 2013-23

NAME	CONTACT NUMBERS	TERM STARTS	EXPIRES	CATEGORY
DOUG OSBORNE 209 Moller Avenue	747-0373 dosborne@sitkahospital.org	1/27/15	10/14/17	CHAIR <i>Williams term</i>
LOYD PLATSON 805 Charles Street	747-3636 x226 w 623-7560 c lplatson@scpsak.org	8/25/15	10/28/17	VICE CHAIR <i>Zanuzoski's term</i>
MYRON FRIBUSH, MD PO Box 303	738-1489 c 747-5377 h rfribush3@gmail.com	10/22/13	10/22/16	
VICKI D'AMICO PO Box 2191	747-3370 w 747-4729 h vdamico@safv.org	10/22/13	10/22/16	
LAUREN HUGHEY 220 Lakeview Drive	541-740-4940 966-8797 w lauren.hughey@searhc.org	5/12/15	11/10/17	<i>Moore's term</i>
PAUL BAHNA, MD 600 DeGroot Street #A	747-3749 w 623-9945 h pbahna@scpsak.org	11/12/13	10/22/15	CHAIR <i>Resigned 10/22/15</i>
GALADRIEL MORALES 429 Katlian Street	747-7221 w 738-0630 c galadrielmorales@searhc.org	10/22/13	10/22/15	<i>Resigned 10/22/15</i>
Melissa Henshaw Deputy Clerk/Records Specialist	747-1826 melissa.henshaw@cityofsitka.org			Secretary
Tristan Guevin PO Box 6235	738-5415 c assemblyguevin@cityofsitka.org			Assembly Liaison

Established by Ordinance 2013-23

7 members 3-year terms (*except for first commission*): The first members appointed to the Commission shall, upon appointment, determine the length of the terms so that the terms of three (3) members shall be for one year, the terms of two (2) members shall be for two years, and the terms of two (2) members shall be for three years, resulting in staggered terms for members subsequently appointed. A vacancy on the commission shall be filled by appointment by the Assembly for any remainder of an unexpired term.

Meeting schedule: 2nd Tuesday of the month; noon at Sealing Cove Business Center at 601 Alice Loop – Meetings are to be held no less than four times per year.

Revised: November 3, 2015