



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

Board/Commission/Committee: Health Needs and Human Services

Name: Holly Marban Preferred Phone: [REDACTED]

Address: [REDACTED] Alternate Phone: [REDACTED]

Email Address: [REDACTED] Fax Number: N/A

Length of Residence in Sitka: 8 years (minus 1 year away in the middle for school) Registered to vote in Sitka? ☒ Yes ☐ No

Employer: SEAPHC

Organizations you belong to or participate in:

• SEAPHC

Explain your main reason for applying:

I am interested in being involved in discussions & action related to making Sitka a healthier place to live. I believe policy change is one of the most impactful ways of addressing public health.

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

In my work as a Health Educator at SEAPHC, I have gained experience creating and implementing policy, systems, and environmental changes to support public health. I have work experience in the fields of nutrition and mental health as well.

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.

No conflicts of interest exist at this time.

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: 12/18/18 Signature: [Signature]

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

## Holly K. Marban

### HIGHLIGHTS

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- Over five years of experience providing wellness services to individuals and families
- Strong skills in health coaching, food relationship coaching, creative recipe development, nutritional assessment, and community outreach
- Professionally trained as a Certified Holistic Health Coach
- Professionally trained as a Postpartum Doula

### EDUCATION

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**Master of Science in Nutrition** June 2016  
National University of Natural Medicine Portland, OR

**Bachelor of Arts in Human Services, *magna cum laude*** May 2010  
Minors: Psychology, Sociology, and Business Villanova, PA  
Villanova University

### EXPERIENCE

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**Health Educator** June 2017-present  
SEARHC Sitka, AK

- Manages the action plan and \$100,000 annual budget of a grant by planning and implementing policy, systems, and environmental changes to prevent chronic disease in Southeast Alaska
- Supervises one employee and oversees SEARHC fitness center
- Organizes community health events, such as Doc Talks and other health promotion campaigns
- Effectively builds relationships with community partners in order to collaborate together to meet grant objectives

**Owner and Nutrition Coach** November 2016-June 2017  
Holly Marban Wellness, LLC Sitka, AK

- Performed nutritional assessment, listened to each client's nutritional health concerns, and supported clients in creating and implementing holistic plans for achieving their health goals
- Offered a safe, empathetic, nonjudgmental space for clients to be open and honest about their health concerns, eating habits, and emotions regarding their relationship with food
- Taught culinary nutrition classes in the community and as a guest teacher at Pacific High School

**Assistant Manager** October 2016-October 2017  
Sitka Food Co-op Sitka, AK

- Organized, managed, and trained volunteers for each co-op delivery day, ensuring the co-op had enough help to operate in all capacities
- Organized, managed, and submitted the fresh produce order twice per month for 100-200 co-op members for over \$3000 worth of produce
- Organized and deposited all cash and checks from members immediately following delivery days, sometimes totaling over \$15,000

**Baker/Barista** November 2016-June 2017  
Backdoor Cafe Sitka, AK

- Responsibly opened and closed the café in accordance with opening and closing protocol
- Kindly and personably waited on customers by filling their food order, making espresso drinks, and accurately operating the cash register and electronic point-of-sale system
- Attentively baked treats and lunch items from scratch for the current or following day

- Communicated effectively and respectfully with co-workers in order to efficiently operate together within a very small shared workspace

#### **Nutrition Intern**

April 2016-June 2016

Earth Source Medicine with Carolyn Nygaard, ND, Midwife

Portland, OR

- Completed over 50 hours of clinical observation with a focus on prenatal and postnatal maternal health, infancy, hormonal balance, and primary care for women and families
- Created individualized meal plans for clients
- Crafted several herbal monographs related to women's health for use as educational materials

#### **Cooking Class Assistant**

January 2016-March 2016

Food As Medicine Institute/National University of Natural Medicine

Portland, OR

- In collaboration with a Naturopathic Doctor, taught cooking skills to community class participants in 12-week Food As Medicine Everyday cooking class series
- Offered supplemental nutrition information regarding the recipes when appropriate
- Organized and completed the *mis en place*, prep work, and cleanup of the cooking class
- Tended to class participants' needs during class

#### **Nutrition Intern**

January 2016-March 2016

Snow Crane Healing Arts

Portland, OR

- Created and tested recipes that integrated western nutrition science with Traditional Chinese Medicine
- Wrote blog posts for the business' website regarding nutrition and women's health
- Supported Snow Crane Healing Arts' owner in creating an online program for blood sugar regulation using nutritional interventions

#### **Owner and Holistic Health Coach**

October 2014 – October 2015

Holly Marban Health Coaching

Sitka, AK

- Conducted one-on-one holistic health and wellness coaching sessions to empower client toward behavior change
- Supported client in working toward individualized health goals, integrating information about nutrition, exercise, cooking, relationships, career, and spirituality
- Employed active listening skills and motivational interviewing skills

#### **Case Manager/Therapeutic Program Coordinator**

January 2015-June 2015

Brave Heart Volunteers

Sitka, AK

- Communicated effectively with community members seeking volunteer visiting, respite, and/or grief and bereavement services and facilitated intake process to begin services at Brave Heart
- Supported Therapeutic Care Manager in care coordination for multiple care receivers

#### **Personnel and Client Intake Coordinator**

March 2013-October 2014

Youth Advocates of Sitka

Sitka, AK

- Promoted from Case Manager after over two years of work at Youth Advocates of Sitka
- Communicated effectively with interested employment applicants and client referral sources, including parents and community partners
- Facilitated client referral process for admission into Youth Advocates of Sitka services with efficiency, attention to detail, and great sensitivity to clients and their families
- Coordinated and oversaw the hiring, orientation, and training for new employees, as well as the exiting process for employees leaving the agency
- Served as member of the organization's Management Team

#### **Case Manager**

February 2011-March 2013

Youth Advocates of Sitka

Sitka, AK

- Promoted from Skills Trainer after one year of full-time volunteer work at same agency
- Coordinated the timely flow of mental health treatment services for youth ages five through 21
- Ensured prompt completion of treatment documentation, in compliance with State regulations
- Scheduled, organized, and facilitated quarterly treatment team meetings for up to 19 clients

#### **Skills Trainer**

August 2010-July 2011

Youth Advocates of Sitka/Jesuit Volunteer Corps Northwest/AmeriCorps

Sitka, AK

- Provided over 1700 volunteer hours of direct client care
- Taught social, emotional, and behavioral skills to teens with severe emotional disturbances, in school setting and at Level III Inpatient Residential Facility
- Built rapport, actively listened to, and employed therapeutic interventions with clients while maintaining unconditional positive regard for all clients and their family members
- Completed required confidential documentation of mental health services in expected time frame

#### **Nutrition and Client Services Intern**

January 2010 - May 2010

Metropolitan Area Neighborhood Nutrition Alliance (MANNA)

Philadelphia, PA

- Surveyed and interviewed clients receiving meals and nutrition therapy services to assess their level of satisfaction and overall impact of the service
- Created video for community outreach to express how MANNA has impacted its clients
- Supported kitchen staff and volunteers in cooking condition-specific meals for clients, offering 11 different dietary modifications

#### **Cooking Class Assistant**

November 2009 - June 2010

Viking Culinary Center

Bryn Mawr, PA

- Assisted cooking class instructors with preparation, *mis en place*, facilitation, and cleanup of weekend and evening cooking and baking classes for adults and children
- Welcomed class participants to the Culinary Center and gave introductory presentation to class

#### **ADDITIONAL TRAINING/CERTIFICATION**

##### **Postpartum Doula Training**

July 2016

Mother Tree Doula Services, DONA International

Portland, OR

##### **Certification as Holistic Health Coach**

December 2013

Institute for Integrative Nutrition

New York, NY



## Health Needs and Human Services Commission

| NAME  | CONTACT NUMBERS   | TERM STARTS | EXPIRES              | CATEGORY              |
|---|---|-------------|----------------------|-----------------------|
| DOUG OSBORNE<br>209 Moller Avenue                     | 747-0373<br>dosborne@sitkahospital.org                      | 1/27/15     | 10/14/17<br>10/24/20 | <b>CHAIR</b>          |
| LOYD PLATSON<br>805 Charles Street                    | 747-3636 x226 w<br>623-7560 c<br>lplatson@scpsak.org        | 8/25/15     | 10/28/17<br>11/7/20  | <b>VICE CHAIR</b>     |
| JEFF ARNDT<br>207 Cedar Heights                       | 738-2025<br>queenmab@gci.net                                | 11/11/15    | 11/11/18<br>10/23/21 |                       |
| BARBARA KENDALL<br>206 Park Street                    | 738-1808<br>bekendall40@yahoo.com                           | 8/23/16     | 8/23/19              |                       |
| VERA GIBSON<br>107 Rudolph Walton Circle              | 747-3636 x224 w<br>738-0812 c<br>vgibson@scpsak.org         | 10/24/17    | 11/22/19             | <i>Treas term</i>     |
| MARTHA PEARSON<br>814 Charles Street                  | 738-2534<br>marthap@searhc.org                              | 11/7/17     | 12/8/18              | <i>Gray's term</i>    |
| CHARLIE WOODCOCK<br>PO Box 115                        | 747-2910<br>606-224-9958<br>charlie.woodcock@sitkayouth.org | 9/25/18     | 9/13/19              | <i>Herrera's term</i> |
|   |   |             |                      |                       |
| Melissa Henshaw<br>Deputy Clerk/Records<br>Specialist | 747-1826<br>melissa.henshaw@cityofsitka.org                 |             |                      | Secretary             |
| Richard Wein<br>PO Box 2424                           | 738-0577<br>assemblywein@cityofsitka.org                    |             |                      | Assembly<br>Liaison   |

Established by Ordinance 2013-23

7 members, 3-year terms. A vacancy on the commission shall be filled by appointment by the Assembly for any remainder of an unexpired term.

Meeting schedule: 2<sup>nd</sup> Thursday of the month; 1:30 p.m. at Harrigan Centennial Hall, 330 Harbor Drive  
– Meetings are to be held no less than four times per year.

Revised: December 19, 2018