

**From:** noreply@civicplus.com  
**Sent:** Thursday, August 02, 2018 10:28 AM  
**To:** Sheri Hartz; Lorraine Leong; Thai Nam Pham; Kim Burrowes; Brad Helfenberger  
**Subject:** Online Form Submittal: Board / Committee / Commission Application

## Board / Committee / Commission Application

### PERSONAL INFORMATION

**Full Name:\*** Kaylah Sterling  
**Email Address:\*** [REDACTED]  
**Gender:** F

**Please specify the Board, Commission or Committee you are applying for:\***

[Commission on Aging V]

**Which position(s) on the Advisory Body are you applying for?**

- |   |  |
|---|--|
| <input type="checkbox"/> Business Representative            | <input type="checkbox"/> Planning Commissioner         |
| <input type="checkbox"/> City Labor Representative          | <input checked="" type="checkbox"/> Resident           |
| <input checked="" type="checkbox"/> Community Member        | <input type="checkbox"/> Resident (Dog Owner)          |
| <input type="checkbox"/> Large Business Representative      | <input type="checkbox"/> Senior Community Member       |
| <input type="checkbox"/> Non-Profit Business Representative | <input type="checkbox"/> Small Business Representative |

**I am currently a member of the above Committee, and am seeking reappointment.\***

Yes  No

**If you are seeking re-appointment, has any of your information changed within the last 12 months?**

Yes  No

*If your answer is yes, please complete the rest of this form.*

*If your information has not changed within the past 12 months, please only enter your name and email information above. You do not need to complete the remainder of this form.*

### RESIDENCY / EMPLOYMENT INFORMATION

**Home Address:** [REDACTED]  
**City:** [REDACTED] **State:** [REDACTED] **Zip Code:** [REDACTED]

**Phone Number:** [REDACTED] **How long have you lived in Emeryville?**  
4 years

**Place of Employment:** Holistic Veterinary Care + American College of Traditional Chinese Medicine  
**Occupation:** Acupuncturist for humans and animals

**Business Address:** [REDACTED]  
**City:** [REDACTED] **State:** [REDACTED] **Zip Code:** [REDACTED]

**Phone Number:** [REDACTED] **How long have you worked in Emeryville?**

### EDUCATION / EXTRACURRICULAR INTERESTS

**High School:** Northeast High School **College:**

**Trade or Business School(s):**

**Other Interests:**

My interests in the health field include nutrition/diet, exercise. I care deeply about the environment and its inhabitants...My personal interests include reading, biking, hiking, and the arts including music, theatre and dance.

#### ADVISORY BODY EXPERIENCE / INFORMATION

**Are you currently serving on other Boards, Commissions or Committees?**

Yes  No

**Have you served on a Board, Commission or Committee before?**

Yes  No

**Please list all past and current City of Emeryville advisory boards.**

**Please list any past and current board, commission or committee memberships outside of Emeryville.**

**Please list all organization memberships and positions held.**

HOA Board Member: Emeryville Warehouse Lofts

**Please list any relevant work and volunteer experience.**

My relevant work experience includes: Director of Integrative Medicine at the Home for the Aged - for nearly a decade I treated seniors with acupuncture, herbs/nutrition, tai qi and qi gong. I worked on the long term care clinic, the acute psych unit, and in the rehabilitation unit. Working with seniors and their physicians, psychiatrists, physical therapists, nurses, social workers, etc, I developed a deep understanding of the physical, emotional and psychological issues that seniors face. Clinic Dean: American College of Traditional Chinese Medicine: As clinic dean, I managed front desk operations, hired faculty, established community clinics throughout the bay area, and also served as professor and clinic supervisor. Acupuncturist: I have been in the medical field since 1996.

**Why are you interested in serving on this Board, Commission or Committee?**

It is with an open heart that I apply to be a community member on the Commission on Aging. Beginning at my middle aged years, I ventured into the world of seniors, first volunteering in hospice work at both the Zen and Maitri Hospice, then working for nearly a decade as Director of Integrative Medicine at the Jewish Home for the Aged in San Francisco ( a 500 bed facility). As a clinician, I worked with medical doctors, psychiatrists, social workers, artists, musicians to expand the life, health, fitness and activity level of our residents. As a clinician, I provided acupuncture, herbs, tui na, tai qi and qi gong exercises to seniors in residential units, psychiatric units and physical rehabilitation units. These years of service were intimate ones as my patients shared their perspectives detailing what thoughts, emotions and behaviors contribute to both the beauty and the difficulty of the aging process. I came to understand - through my patients' lives - the myriad of decisions facing seniors, the long and arduous process of making transitions, until ultimately the final decision to let go. I am filled with stories and faces, experiences, knowledge and wisdom from thousands of lives that I would like to share, hoping that their contribution thru me wil benefit the seniors in our community.

#### PLANNING COMMISSION APPLICANTS ONLY

**Please provide a short (300 words or less) statement discussing your ideas and attitudes about planning in Emeryville. Please consider issues such as traffic, industrial and commercial development density, affordable housing, maintaining community diversity and jobs/housing balance.**



KAYLAH STERLING, L.Ac.



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**EDUCATION**

**Master of Traditional Oriental Medicine, Summa Cum Laude, 1995**  
Pacific College of Oriental Medicine, San Diego, CA

**Master of Education, Magna Cum Laude, 1979**  
Beaver College, Glenside, PA

**Bachelor of Science in Education, Magna Cum Laude, 1972**  
Temple University, Philadelphia, PA

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**LICENSES & CERTIFICATIONS**

**California Acupuncture License (includes Herbology)**  
NCCA Diplomat in Acupuncture & Herbology

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**TRADITIONAL CHINESE MEDICINE EMPLOYMENT**

**Acupuncturist in Private Practice**  
**Professor**

American College of Traditional Chinese Medicine, San Francisco, CA  
January 1996 - present

*Duties/Acupuncturist: Treatment of patients in private practice.*

*Duties/Professor: Didactic and clinical classes – Clinic Theatre, clinic supervision, clinic orientation, national and state licensing review class including TCM theory, diagnosis, treatment, point functions/location, herbs/formulas.*

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**Animal Acupuncturist**

Holistic Veterinary Center, Oakland CA  
April 2015 - present

*Duties: Treatment of cats and dogs with acupuncture, herbs and tui na (medical massage).*

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**In-House Acupuncturist**

Wikimedia Foundation, San Francisco, CA  
October 2013 - April 2014

*Duties: Treat employees and management team with acupuncture as an employee benefit.*

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**Director of Integrative Medicine**

Jewish Home for the Aged, San Francisco, CA  
February 2004 - May 2013

*Duties: Director of Integrative Medical Programs/Acupuncturist for residential geriatric population, palliative care, end of life/hospice care, short term rehabilitation and acute psychiatric services. Working in collaboration with allopathic/western doctors, appropriate treatment plans were created for the residents. Provided direct patient services to include acupuncture, tui na (medical massage), tai qi, qi gong and herbal therapy.*

(...continued...)

*Medical Specialty: Geriatrics/hospice care with a concentration in mental health, internal medicine and pain management*

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**Clinic Dean**

American College of Traditional Chinese Medicine, San Francisco, CA  
October 1996 – December 2004

*Duties: Supervision of Clinical education/training, Ryan White/HIV Program, performance and hiring of clinical faculty (licensed acupuncturists) and reception staff, fiscal management of clinic, clinic policies and procedures, patient care, scheduling and billing, quality assurance including OSHA compliance, liaison with community hospitals/medical centers in establishing integrated care services, community education, public relations and marketing of clinic. Develop and implement Community Acupuncture Programs (CAP sites) throughout the Bay area in diverse settings including public health sites, hospitals, nursing homes, hospices, centers for addiction, etc. Represented the clinic on the following college committees: Curriculum Advisory, Department Chair, Admissions, Strategic Planning and Core Administrative Group. Served as: Clinical Supervisor, Professor and Acupuncturist in the College Clinic*

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**Administrative Dean/Acupuncturist**

Emperor's College of Traditional Chinese Medicine, Santa Monica, CA  
August 1995 - August 1996

*Duties: Supervision of administrative staff to include reception staff, financial management, financial aid, intern clinic. Coordination with academic dean to implement educational programs/procedures; creation and dissemination of administrative policies; coordination of public relations, advertising, marketing, student recruitment; revision of college catalogs; organization of continuing education classes; negotiation of insurance policies and rental agreements. Served as liaison to NACSCAOM, CPPVE and DOE. Faculty teaching state board review class. Served as Acupuncturist/private practice*

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**PROFESSIONAL AFFILIATIONS**

National Alliance of Acupuncture and Oriental Medicine  
Society for Acupuncture Research  
Council of Colleges of Acupuncture & Oriental Medicine/Clinic Directors  
National Association of Teachers of Acupuncture and Oriental Medicine  
National Certification Commission for Acupuncture & Oriental Medicine

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**AWARDS**

Outstanding Service/Best professor, ACTCM 2012, 1998

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**RESEARCH**

Consultant: UCSF, Osher Center – NIH Study on Community Acupuncture for Diabetic Neuropathy, 2012-2013  
Co-Investigator: Acupuncture/TCM Outcome Study, 1/99  
Co-Investigator: Acupuncture and Asthma: Clinical Trial, 1/99  
Co-Investigator: A Registry to Study Traditional Chinese Medicine as related to the Treatment of Breast Cancer, 2/97

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**MEDIA**

Television: KRON4 TV "Career Tracks", 2012; ABC TV 20/20, 1998  
Print: Natural Health Magazine; S.F. Chronicle Newspaper

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**TRADITIONAL  
CHINESE MEDICINE  
GUEST SPEAKER  
(PARTIAL LISTING)**

UCSF Mount Zion Health Center & Osher Center for Integrative Medicine  
Stanford Health Care/Chaplains  
UC Berkeley Tang Health Center  
UC Davis Medical School  
UC Long Beach  
San Francisco City College  
Kaiser Hospital  
St. Francis Hospital  
Sequoias Sr. Citizen Center  
Bay Medical Center  
Zen Hospice  
Maitri Hospice  
Light House (Services for Blind Seniors)  
Alta Bates Rehabilitation Center  
Native American AIDS Project  
16th National AIDS/HIV Forum  
Catholic Healthcare West/WomanKind Health  
Samuel Merritt College  
Chinese Hospital  
Building Bridges of Integration/Chinese Medicine and Hospice Care  
Santa Teresita Hospital  
Daniel Freeman Hospital

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**ADMINISTRATIVE  
AND PUBLIC  
RELATIONS  
EMPLOYMENT**

**Director**  
Sylvan Learning Center, San Diego, CA  
June 1990 - March 1995

*Duties: Hiring and Supervision of Faculty and Administrative Staff, Supervision of Educational Programs, Budget Preparation, Financial Management, Tuition Collection Marketing/PR, and Student Recruitment*

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**Vice President, Marketing & Development**  
Alpha International Training/Employment Corporation, San Diego, CA  
September 1989 - June 1990

*Duties: Development of educational employment grant proposals for State Of California Unemployment Program for corporate/business management and staff; Development of budget, academic and vocational curricula, class scheduling; Supervision, hiring and training of educational vendors/staff*

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**Asst. National Director of Marketing/Advertising**  
Sporting Clubs of America, San Diego, CA  
May 1986 - August 1988

*Duties: Coordination and copy writing of national marketing campaigns to include membership sales/retention, client referral programs and special events for health/fitness facilities, nationwide*

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**Freelance Copywriter**

San Diego, CA  
October 1985 - May 1986

*Duties: Copy writing of newspaper, magazine, radio and TV advertisements, audio cassettes, billboards, brochures, catalogs, grant proposals, PR campaigns*

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**Lead Copywriter/Public Relations Coordinator**

Media Graphics Advertising Agency, Sarasota, FL  
October 1983 - October 1985

*Duties: Media buys, PR/Special Events, ad copy, print, radio, TV*

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**Public Relations Coordinator**

Nationalities Service Center, Philadelphia, PA  
September 1975 - September 1976

*Duties: Coordination of activities and publicity for school systems and the public for Folk Fair 1976, a convention devoted to ethnic diversity*

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**Marketing and Advertising Instructor**

National University, San Diego, CA  
September 1985 - August 1986

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**COMMUNICATIONS  
EDUCATOR  
EMPLOYMENT**

**English as a Second Language Teacher**

College Prep. English Language Institute, San Diego, CA  
English as a second language instructor/curriculum development  
September 1985 - May 1986

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**Communications Teacher**

Penn Center Academy, Philadelphia, PA  
January 1978 - June 1983

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**English Teacher**

Gratz High School, Philadelphia, PA  
September 1976 - June 1977

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**Language Arts Teacher**

Pied Piper School, Columbus, OH  
January 1973 - June 1975

