

# Application Form

## Profile

Nicole

First Name

LeRoy

Last Name

Email Address

Valdez Mailing Address (PO BOX # or HCI BOX #)

136 Foraker Street

Home Address

City

Primary Phone

Alternate Phone

Suite or Apt  
State

Postal Code

City of Valdez

Employer

Administrator

Occupation

## Which Boards would you like to apply for?

Providence Valdez Medical Center Health Advisory Council: Submitted

## How did you learn about this vacancy? \*

☒ City Newsflash or Email

## Interests & Experience

## Why are you interested in serving on a City of Valdez board or commission?

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I am passionate about fostering health and wellness in the Valdez community. I care about making Valdez a healthier place and would be honored to be an advocate for residents. I am looking forward to the opportunity to help shape more efficient, effective, and compassionate medical care in our city. I would very much enjoy the chance to serve the public in this capacity and I am prepared to represent the needs of Valdez residents to the best of my ability.

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## Please outline your education, work, and volunteer experience which will assist you in serving on a City of Valdez board/commission.

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I have a Bachelor's degree in Environmental and Urban Studies with a concentration in social policy. As an undergraduate, I studied the environmental and human health effects of modern agriculture and the connection between dietary quality and overall health. Because of this connection, my coursework on farming practices, pollution, and food availability was inherently linked to the study of human health and health care. I completed classes in neuroscience, psychology, nutrition, sustainable agriculture, economics, and environmental policy for my degree program. I wrote my senior thesis on the negative environmental consequences of psychotropic pharmaceutical residue in water supplies and the need for viable alternatives to treat depression and other psychiatric disorders. I explored the effects of the human gut microbiome on mental health and constructed a literature review examining the evidence that high potency, diverse formulas of probiotics could be clinically significant for the treatment of mental health disorders, autoimmune disorders, and other chronic diseases. After graduating, I went on to work at the Omega Institute for Holistic Studies where I became a Yoga Alliance certified Yin Yoga instructor and took courses in nutrition, Ayurvedic medicine, and stress reduction. While I am currently non-medically trained, I am scientifically literate and have a general knowledge of common language and practices in conventional medicine. I am comfortable reading and analyzing peer reviewed medical journals and will provide an evidence-based approach to all of my contributions as a member of the Providence Valdez Medical Center Advisory Council.

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[NicoleLeRoyResume2017.doc](#)

Upload a Resume or Letter of Interest

## **Nicole LeRoy**

nl93830@gmail.com  
845.616.2217

### ***Skills:***

- Writing/editing, analysis, research, content creation
- Microsoft Suite, Mac OS X operating system
- Adaptability and effective communication
- Customer service & administrative tasks

### ***Education:***

Bard College, Annandale-on-Hudson, New York  
B.A. Environmental & Urban Studies 2015  
Senior thesis: *Ecological Medicine: Pharmaceutical Contamination in Water Supplies and the Need for Alternatives*  
Yoga Alliance Certified Yin Instructor

### ***Experience:***

#### ***Front Office Administrator***

City of Valdez  
July 2017-Present  
Valdez, Alaska  
Responsibilities include directing incoming calls, greeting and assisting customers, accepting payments for taxes/fees/utilities and miscellaneous bills using Caselle Government Accounting Software. Position also assists Clerk's Office with data entry and receiving documents for tax appeal, energy assistance and change of property ownership. Position requires knowledge of city policies/procedures and maintenance of confidentiality.

#### ***Shelter Attendant***

April 2017-June 2017  
Valdez Animal Shelter  
Valdez, Alaska  
Handled animal adoptions/surrenders, donations and sales, received calls/inquires, lead tours and engaged in community education. Position required knowledge of and care for domestic and exotic animals.

#### ***Omega Institute Wellness Concierge***

Omega Institute for Holistic Studies  
April 2016-November 2016 (Seasonal)  
Rhinebeck, New York  
Utilized Cenium Hospitality Software as a booking agent for the Omega Wellness Center. Position required excellent customer service and computer skills as well as good time management, planning, multitasking, shift leadership, problem solving and marketing.

#### ***SWEP Volunteer***

Winter 2016

Tahoe City, California

Volunteer educator for the Tahoe-based environmental group Sierra Watershed Education Partnerships. Required public speaking and ability to understand and relay lesson material on short notice.

#### ***Teaching Assistant***

Bard College Children's Center  
January 2015-December 2015  
Annandale-on-Hudson, New York

Teacher's assistant for children ages 3-4. Position required effective coordination with other teachers and creative engagement techniques.

#### ***Chartwells Sustainability Advocate***

Bard College  
September 2014-December 2015  
Annandale-on-Hudson, New York  
Tracked, researched and cataloged campus food using the realfoodchallenge.org data entry tool. Organized with co-advocates and reached out to suppliers to collect relevant details on production practices. Branded "Real Food" initiatives on campus and promoted the organization's efforts on social media. Problem solved to maximize Bard's sustainability goals on a budget.

#### ***Museum Docent***

Litchfield Historical Society  
October 2007-October 2014 (Seasonal)  
Litchfield, Connecticut  
Provided museum tours, engaged in front desk service and handled gift shop transactions. Trained new employees on docent duties/ opening and closing procedures and assisted with community education events held by the Historical Society.

#### ***Office of Sustainability Intern***

Bard College Office of Sustainability  
May 2014-August 2014  
Annandale-on-Hudson, New York  
Acted as student liaison for the Environmental and Urban Studies program at Bard. Engaged in community education and recruitment through social media, poster campaigns and tabling. Hosted meetings and organized events for Bard College's first year Language & Thinking Program and Eco-Reps. Performed administrative duties (emailing, copying, writing meeting minutes, taking calls) to ensure BOS operated smoothly.

#### ***Bloom Data Collector***

Bard Arboretum  
Spring 2013

Annandale-on-Hudson, New York

Collected, organized and entered seasonal bloom data for environmental indicator species on Bard's campus.

***Freelance Writer***

May 2012

Researched and ghostwrote ebook on the therapeutic use of Theta meditation.

Red Hook Climate Action Council

Fall 2012

Red Hook, New York

Promoted the New York State Free Home Energy Audit Program as a spokesperson tabling at Red Hook Public Library and special events. Organized support contacts, composed announcements, assisted in outreach and community education strategies. Position required the ability to drive the initiative forward through effective public education and salesmanship.

***Council Intern***