

Revote

8
1-22-13

Mayor Ewille
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

_____ Karis Cavender

←

vote for
ONE

~~_____~~ Virginia Fernbach

←

Revote

8
1-22-13

Vice Mayor Silberberg
Name of Council Member

CONTESTED APPOINTMENT

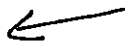
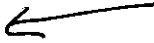
Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

_____ Karis Cavender

Virginia Fernbach



vote for one

Revote

8
1-22-13

Councilman Chapman
Name of Council Member

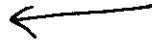
CONTESTED APPOINTMENT

Endorsement

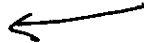
Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

_____ Karis Cavender



X Virginia Fernbach



Vote for one

Revote

8
1-22-12

Councilmember Lovain

Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging

(3-year term)

1 citizen member

_____ Peter Bolton

✓
_____ Karis Cavender ←

_____ Virginia Fernbach ←

vote for one

Revote

8
1-22-13

Councilwoman Pepper

Name of Council Member

CONTESTED APPOINTMENT

Endorsement

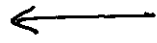
Commission on Aging

(3-year term)

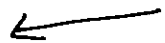
1 citizen member

_____ Peter Bolton

_____ Karis Cavender



X Virginia Fernbach



Vote for
one

Revote

8
1-22-13

Councilman Smedberg
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

X _____ Karis Cavender

←

Vote for one

_____ Virginia Fernbach

←

Revote

8
1-22-13

Councilman Wilson
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton


_____ Karis Cavender

_____ Virginia Fernbach

←

←

Vote for
one

Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging

(3-year term)

1 citizen member

1 Peter Bolton Chapman

3 Karis Cavender Wilson, Lornin, Snodgrass

3 Virginia Fernbach Eville, Silberberg, Pepper

8

1-22-13

BVILLE

Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging

(3-year term)

1 citizen member

_____ Peter Bolton

_____ Karis Cavender

X _____ Virginia Fernbach

8
1-22-13

Vice Mayor Silberberg
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

_____ Karis Cavender

✓ Virginia Fernbach

Councilman Chapman
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

~~_____~~ Peter Bolton

_____ Karis Cavender

_____ Virginia Fernbach

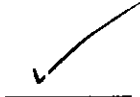
Councilmember Lovain
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

 _____ Karis Cavender

_____ Virginia Fernbach

0
1-22-13

Councilwoman Pepper
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

_____ Karis Cavender

X _____ Virginia Fernbach

Councilman Smedberg
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton

~~_____~~ Karis Cavender

_____ Virginia Fernbach

8
1-22-13

Councilman Wilson
Name of Council Member

CONTESTED APPOINTMENT

Endorsement

Commission on Aging
(3-year term)
1 citizen member

_____ Peter Bolton


_____ Karis Cavender

_____ Virginia Fernbach

8
1-22-13

Jackie Henderson

From: Karis Cavender <katpt1@aol.com>
Sent: Thursday, January 17, 2013 11:00 PM
To: William Euille; Del Pepper; Paul Smedberg; Jackie Henderson; Tony Castrilli; Craig Fifer; JoAnn Maldonado; Elaine Scott; Allison Silberberg; Justin Wilson; Timothy Lovain; John Chapman
Subject: COA Contact Us: Commission on Aging
Attachments: c9454bf98aef65297bac1c86c22a5a61.doc; ATT00003.txt

COA Contact Us: Mayor, Vice Mayor, and Council Members

Time: [Thu Jan 17, 2013 23:00:10] Message ID: [44906]

Issue Type: Mayor, Vice Mayor, and Council Members

First Name: Karis

Last Name: Cavender

Street Address: 2504 Cameron Mills Road

City: Alexandria

State: VA

Zip: 22302

Phone: 7036832476

Email Address: katpt1@aol.com

Subject: Commission on Aging

Hi. My name is Karis Cavender. I have applied to sit on the Alexandria

city commission on aging, and I wanted to introduce myself to you prior

to your consideration of the appointment at next Tuesday's city council

meeting.

I am a physical therapist with a specialized certification in

Comments: geriatrics, and I have practiced for 13 years almost exclusively with

seniors in a variety of settings. I am committed to helping seniors live

life to the fullest. I know that seniors often face challenges that I,

as their therapist, cannot necessarily solve. I think that sitting on

this commission will allow me to contribute to finding ways to address some

of these barriers
for Alexandria's seniors. I bring a unique

understanding of what seniors need to function
easily and an
appreciation

for the fact that seniors themselves can usually
tell us best what they

need, if we will just
listen.

I have attached my resume for your

convenience. I would be happy to answer any
questions you might
have

about my candidacy. Please feel free to contact
me by email or phone. I

hope you will support my
application to serve Alexandria's seniors on the

commission. Thank you for your consideration.

Attachment: c9454bf98aef65297bac1c86c22a5a61.doc

Education

Slippery Rock University, Slippery Rock, PA
Doctor of Physical Therapy, 1999
Received 1999 Outstanding Student Leadership and Research awards

The College of William and Mary, Williamsburg, VA
Bachelor of Science in Kinesiology, 1996

Professional Certifications

Board Certified Clinical Specialist in Geriatric Physical Therapy, 2003
APTA credentialed clinical instructor, 2001

Physical Therapy Licensure

Virginia license 2305202152; Washington, DC license PT870131

Work Experience

Sibley Hospital, Washington, DC October 2005 to Present
Physical Therapist

- Responsible for independent satellite clinic at Grand Oaks, the adjacent assisted living facility

Senior Abilities Unlimited, Minneapolis, MN August 2004 to August 2005
Physical Therapist

- Home care therapy with emphasis on prevention and wellness for a geriatric population

University of Illinois at Chicago, Chicago, IL September 2001 to July 2004
Physical Therapist II

Teaching hospital with an acute rehabilitation unit and diverse patient population

- 40% of time spent in role of clinical instructor
- Assisted with classroom and laboratory experiences for the UIC DPT program
- Administrative: performed duties of inpatient supervisor in her absence, trained new staff

Woodbine Rehabilitation and Healthcare Center, Alexandria, VA October 1999 to August 2001
Staff Physical Therapist

- Treated patients in a skilled nursing facility with sub-acute, tertiary care unit

Research Experience

Platform presentation, *Kinetic Analysis of Partial Weight Bearing*, at 1999 APTA conference
Experienced using force platforms, kinematic analysis systems, variety of statistical software