

**Oakland Drive/Winchell Neighborhood Association  
Board of Directors Election Questionnaire**



This questionnaire is intended for use in helping the ODWNA board establish the candidate election slate as well as informing Association voting members of your interest in becoming a board member. This will be your best tool for telling the neighborhood why you would like to be an ODWNA board member.

Name: Rachel Bennett Street Address: [REDACTED]

Contact Phone Numbers [REDACTED] [REDACTED]

Email: racheljana@gmail.com

Education: MSN - Rush University; BA - University of Texas at Austin

Occupation: Registered Nurse Employer: Twenty Hands

1) What are your reason(s) for wanting to serve on the ODWNA board?

I profoundly believe that active, accountable and positive civic engagement is necessary for healthy and vibrant communities that improve lives today and for the future. Along with the city and residents, ODWNA has advocated for and developed a dynamic, forward-thinking and modern neighborhood plan that I feel excited to help promote and continue to develop. Our family moved to Kalamazoo from Chicago and chose to live in the Hillcrest area of the ODWNA boundaries because we wanted to be a part of a community with thoughtful residents, beautiful natural areas and fun businesses. I want to support the advancement of those priorities. I believe that civic involvement is necessary for positive change.

2) Please give your background, experience or expertise, which you feel will be of value to the ODWNA.

Prior to becoming a pediatric and maternal-infant nurse, I was a community and labor rights organizer. Those are positions in which leaders are developed to push for change and improvements in their communities and/or workplaces. I learned quickly that those relationships need to be built on trust, mutual interests, cooperation and collaboration, and accountability. Real and sustainable power is welded by working together on a common goals – not seeking personal or individual power for self-interests.

3) How could the ODWNA better meet the needs of the people living in our neighborhood?

ODWNA could engage neighborhood residents to create more social support (seasonal blocks parties, parents' groups, intergenerational block clubs, monthly neighborhood walks, etc.) and civically (mutual aid coordination, Kleinstuck/Asylum Lake volunteering, nature walk art installations, traffic circle native gardens, etc.).

An idea I have to promote more participation would be inviting residents to become volunteer "street liaisons" for the purpose of social support and community information dissemination. Those block captains can serve as coordinators of their block (or blocks) to:

- organize neighbors to help when someone has a major life event such as major surgery or a new baby (organize a meal train, recruit neighbor volunteers to shovel their driveway and sidewalk, etc.)
- provide the ODWNA board with a sense of what neighbors who may not attend meetings are interested in or concerned about
- recruit volunteers for community events

- delegate tasks and actions for yearly block parties

ODWNA could change monthly meetings to include tri-monthly neighborhood update discussions (answering questions, hearing concerns, addressing misconceptions, etc.). This would be in lieu of a speaker for that month.

To promote more friendly meetings, perhaps twice a year, meetings could be purely social with snacks, desserts and drinks, as well as conversation starters. This creates positive interactions with neighbors (even when they don't see eye-to-eye) and therefore builds trust and connections.

ODWNA needs to engage people in younger generations. The best way to involve younger adults is to provide on-site childcare at the monthly meetings. A neighborhood teen(s) could provide this for their community service work requirements or part of dues could go to this (a cost of roughly \$30-40 per month).

ODWNA can form a committee that is willing to compromise and work collaboratively to create ways of addressing concerns about dues (sliding scale), voting (based on participation in meetings, committees, dues) and constitutional issues. This could be a dynamic and positive experience that should not be mired in conflict and power struggles, instead focused on collaboration and open-mindedness. ODWNA is essentially a volunteer-run advocacy organization, not a governing body, and members and residents need to be educated on what that means in terms of limits of responsibilities and power.

- 4) Are there any specific neighborhood and/or city issues that you feel the ODWNA needs to become more involved in?

ODWNA has a bold neighborhood plan that promotes connectivity and safety. This needs to continue to be a pillar for ODWNA both within the neighborhood boundaries and how we link to downtown and the universities (bike paths, green spaces, sidewalks, etc.).

- 5) List other community boards, clubs, organizations, etc., to which you now belong or have belonged in the past.

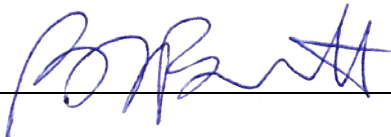
El Sol Elementary PTO  
Pediatric Unit Advisory Committee coordinator  
Nurses for Social Justice  
Nursing Students for Choice

- 6) Have you received, read, understand, and agree to meet the expectations of an ODWNA board member if elected?

I have and I will.

*\* Applicants are welcome to attach additional information such as a current resume, if available.*

Signature: \_\_\_\_\_



January 29, 2023

Date: \_\_\_\_\_

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**RACHEL BENNETT**

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**NURSING WORK EXPERIENCE**

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**Maternal Infant Nurse**

*Twenty Hands Maternal Infant Health Program    Kalamazoo, Michigan    December 2021-present*

- Provide monthly home visits to pregnant women and/or infants up until 18 months of age. Client population served is Medicaid health plan participants that are largely Spanish speaking, rural dwelling, and limited literacy.
- Educate and empower mothers in infant care including safe sleep, breastfeeding, pumping, positive parenting, pediatric health concerns and mental health and self-care. Connect mothers to community resources, parenting classes, social work services and public benefits, as needed.
- Assess and monitor infant milestones and development while utilizing Ages and Stages Questionnaire. Provide mothers with specific ideas and activities to target infant's individual needs.
- Perform physical and developmental assessments. Monitor growth and weight gain. Track and document on immunization status.

**Registered Nurse 2**

*Rush University Children's Hospital    Chicago, Illinois    September 2014 – December 2021*

- Provided bedside care to children patients with a wide variety of medical/surgical chronic or critical diagnoses on a 20-bed pediatric unit. Frequently floated to NICU and PICU for care of more critical patients.
- Assessed patients, administer medications, and provide all necessary treatments while utilizing evidence-based and policy-based critical thinking.
- Documented assessments and interventions in patient records utilizing EPIC (electronic medical record).
- Educated the patients' parents—and when developmentally appropriate, the patient—on medical procedures and other aspects of their hospitalization.
- Served as a preceptor and mentor to nursing students during clinical rotations as well as longer-term final term nursing students during their nursing immersion. Assisted in precepting new nurses to the unit.
- Served as the unit advisory committee lead. Coordinated, facilitated, and communicated monthly nurse meetings addressing both staff nursing and management concerns.

**Staff Registered Nurse**

*CommunityHealth    Chicago, Illinois    January 2013-August 2014*

- Provided one-on-one patient care during specific nurse visits. Attend to roughly 35 patients each week. Worked within the context of a standing order model that empowered nursing care in the areas of diabetes management, infectious disease treatment, medication substitutions, clinical breast exams and mammogram referrals, insulin instruction and titration.
- Instructed in extensive patient education, including medication education, treatment plan review and lifestyle modification using multimedia, interactive, patient-participatory, and hands-on methods. Referred to various health education programs, specialists and counseling as needed.
- Coordinated all aspects of a lung health program that includes smoking cessation and asthma education. Initiated a referral partnership with the Illinois Tobacco Quitline and streamlined it with the EMR. Provided weekly pulmonary function tests and asthma education.
- Coordinated vaccination outreach and administration to patients; order appropriate vaccines for patients based on a standing order model. Developed a volunteer nurse-led vaccination uptake effort that includes chart review, patient and provider education on adult vaccines, and vaccine administration.
- Demonstrated leadership in staff professional development: Researched, organized, prepared and presented on (1) all methods of contraception available at CH, created accompanying bilingual (Spanish & English) contraception effectiveness chart; (2) immunization and vaccination information and promotion in the adult population at the clinic.
- Instituted an infectious disease role into my position by synchronizing the tracking, follow-up and reporting of all positive tuberculosis skin tests, STIs and HIV results. Reviewed evidence-based practice literature to determine recommended HIV results notification. Developed a standing order for the treatment of Chlamydia that can be implemented by staff registered nurses.

**Maternal-Child Health Nurse Consultant    El Valor    Chicago, Illinois    2013**

- Reviewed medical files for children ages 2-3. Responded to immediate medical needs.
- Provided training and education on fetal development, labor and delivery, high risk pregnancy, postpartum recovery, medication administration, and or any other identified health topic to staff and families.

## **COMMUNITY AND HUMAN RIGHTS WORK EXPERIENCE**

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|------------------------------|---------------------------------------|---|------------------|
| <b>Community Organizer</b>   | <i>The Resurrection Project</i>       | <i>Chicago, Illinois</i>                | <i>2008-2009</i> |
| <b>Human Rights Educator</b> | <i>Centro de Apoyo al Trabajador</i>  | <i>Mexico City &amp; Puebla, Mexico</i> | <i>2006-2007</i> |
| <b>Clinic Coordinator</b>    | <i>D.C. Employment Justice Center</i> | <i>Washington, DC</i>                   | <i>2005-2006</i> |

## **EDUCATION**

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**Rush University**, Master of Science in Nursing, August 2012

- **Registered Nurse, Licensure: Michigan**

*Additional Education*

- CDC TB 101 for Healthcare Professionals, April 2013
- Public Health Reports Webinar on Understanding Sexual Health through the American Schools of Public Health webcasts, March 2013

**University of Texas at Austin**, Bachelor of Arts in Geography, December 2004

- Departmental honors, *Gamma Theta Upsilon International Geographic Honor Society*

## **GENERAL SKILLS**

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- **Fluent in Spanish**- can lead classes, perform health assessments, write informal documents, converse with ease
- Electronic medical records systems: Epic, Athena Health
- CPR – BLS for health care providers