

Application Form

Profile

Cara

First Name

J

Middle Initial

Watson

Last Name

Email Address

Home Address

City

Suite or Apt

State

Postal Code

What Ward do you live in? *

☒ Ward 1

Primary Phone

Alternate Phone

Woodburn Pediatric Clinic

Employer

Psychiatric Mental Health Nurse Practitioner

Job Title

Nurse Practitioner

Occupation

Which Boards would you like to apply for?

Salem Human Rights Commission: Submitted

Which of the following City of Salem Board or Commission meetings have you attended? *

☒ None

Interests & Experiences

What do you feel you can contribute as a board or commission member?

I am a community member of Salem for the past 25 years. I raised my family here and my husband has run a business in Salem for over 13 years. I am a Psychiatric Mental Health Nurse Practitioner and I bring a public health and mental health perspective wherever I go. I am passionate about community health and vibrancy.

Upload a Resume

What prompted your interest in applying to serve as a board or commission member?

I am at a stage in my life where I have the ability to give back to my community and would love to advocate and represent my neighbors to our city.

Please explain how your education, professional, personal, or volunteer experience and knowledge qualify you to serve on the board(s) or commission(s) for which you are applying.

Education: Bachelors of Nursing from OHSU, Masters in Psychiatric Mental Health through Frontier University. I have volunteered over the years with the Salem Multicultural Institute and in the Salem Keizer School District. I have served on the board for the Pacific Dragonboat Association.

List any experience you have with volunteering for the City of Salem or other organizations.

Volunteered and sat on the committee for the Salem World Beat with the Salem Multicultural Institute. I have also volunteered as a nurse with ServeOR and the Red Cross after the wildfires in the Canyon.

Briefly explain any experience you have working with your neighborhood association or other public bodies or committees.

I helped found the "Keep Highland Fun" Association that brought local musicians into house concerts in the Highland neighborhood and facilitated community events through the association that brought neighbors together to grow community and celebrate the arts. I founded a neighborhood dragonboat team through SMI called the "Highland Dragons" over 10 years ago, which still continues. I founded a neighborhood garden in an empty lot with several other families and coordinated with the Food Share to donate the product of the garden, eventually turning the garden over to the Food Share.

Can you commit to attending a minimum of 75 percent of scheduled meetings? (Please refer to the City's website for the meeting schedule. Failure to meet the attendance requirement may result in removal from office.)

☒ Yes ☐ No

Please list up to three (3) references whom we could contact to learn more about your qualifications (name/email address or phone number/relationship).

Heather Hawkins - 503-602-8000 (community organizer college reference) Lori Swain- 503-302-1894 (midwife at Providence, professional reference) Rick Gaupo - 503-910-1106 (Food Share, volunteer/colleague reference)

Question applies to Community Police Review Board

What is your experience with ethnic and cultural diversity, including demonstrated life experiences or training in cultural or ethnic diversity?

Multiple years of training in cultural humility, cultural diversity and experience working with and traveling too many countries and collaborating with people of different cultures. This is an important theme in my line of work. I currently am a provider at Woodburn Pediatric Clinic, serving primarily Spanish speaking families and supporting the mental health of a diverse community.

Question applies to Salem Human Rights Commission

As part of its mission, the Human Rights and Relations Advisory Commission strives to reach out to the Salem community. Please describe your affiliations within the community that may aid the Commission in this mission.

Having lived in Salem for 25 years and having been involved in many activities through volunteering, my husbands business and my children schools; I have good relationships with people at Salem Health, the Food Share, the City of Salem, North Salem High School, and the owners of multiple businesses, and restaurants locally.

Question applies to Salem Human Rights Commission

The Salem Human Rights and Relations Advisory Commission includes one youth representative who shall not be younger than 15 years of age and not older than 21 years of age. Are you applying for this position?

☐ Yes ☒ No

Demographics

Some boards and commissions require membership to be racially, politically or geographically proportionate to the general public. The following information helps track our recruitment and diversity efforts.

Ethnicity

Gender

Question