

Application Form -- Bicycle and Pedestrian Advisory Board

Today's Date: 01/30/2019

Jessica Dougherty Goodburn
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In which ward do you reside? 3

Applicant Background

Are you a citizen of the United States of America? Yes

Are you a registered voter? Yes

How long immediately prior to this date have you been continuously a legal resident of the City of Missoula? 5 months

How long immediately prior to this date have you been continuously a legal resident of the State of Montana? 5 months

Current Occupation: Pilates Instructor

Current Employer: Self-Employed

Briefly describe your educational background: I have a B.A. in Dance and Humanities from the University of Oregon. I'm a STOTT PILATES fully certified instructor, having completed 500 hours of coursework and practical training. I'm applying to the Occupational Therapy program at the University of Montana that starts in 2020.

List of community service experience: Poverello Center, Missoula, MT (2018) Reading Partners, Sunnyvale, CA (2015) Silicon Valley Bike Coalition (2013-2015) Collective Roots, East Palo Alto, CA (2013-2014) South Bay Circus Arts (2012-2014) Abilities United, Palo Alto, CA (2012) I recently connected with The Brain Injury Alliance of Montana and Missoula Aging Services and am helping to improve their materials for people with Traumatic Brain Injuries.

What is your interest in serving on this board, commission, or committee? I've recently returned to Missoula after being away for 12 years. In that time, I've lived and biked in a number of communities, including mid-size Eugene, OR, metropolitan suburb Sunnyvale, CA, and major city San Francisco. Living in these places has given me a unique perspective on the factors that go into choosing to bike or walk instead of drive--travel time, safety at intersections, and bike security at the destination to name a few. I'm personally invested in these concerns for my own commutes, but as a fitness professional, I'm more interested in finding ways to help others with these barriers. Bike/ped policy is among the best ways to address occupational therapy concerns on a population level. Safer sidewalks prevent falls, ADA compliance serves everyone in our community, and fewer car-human interactions prevent traumatic brain injuries not to mention the psychosocial benefits of a more inclusive community that allows for those who can't drive to participate independently. I loved living in a city where I never needed a car and I moved back to Missoula hoping to continue that lifestyle. I've been impressed by the developments since I last lived here in 2005; I can now easily bike on the Milwaukee trail to my parents house in Orchard Homes. I want to be part of the momentum to make Missoula a safer, more friendly city for bicyclists and pedestrians.

Do you have any special knowledge, interest, or experience that would qualify you for a position on this board, commission, or committee? I have experience working with older adults and people with physical and mental disabilities. Through a decade of experience as a Pilates instructor at both specialty studios and community centers, as a physical therapy aide at a hospital, and in my volunteer work, I have worked with a wide range of people, including older adults, people with acute injuries, those with long-term concerns like MS, scoliosis or osteoporosis, and those with mobility concerns. My current areas of independent research are fall prevention and neurological rehabilitation.

References

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