

# Application Form

## Profile

Julie \_\_\_\_\_ A \_\_\_\_\_ A. Ortega \_\_\_\_\_  
 First Name Middle Initial Last Name

Home Address \_\_\_\_\_ Suite or Apt \_\_\_\_\_

City \_\_\_\_\_ CA 94526 \_\_\_\_\_  
 State Postal Code

Primary Phone \_\_\_\_\_

Email Address \_\_\_\_\_

### [District Locator Tool](#)

#### Resident of Supervisorial District:

District 2

Evolutionary Aging \_\_\_\_\_ Founder \_\_\_\_\_  
 Employer Job Title

#### Length of Employment

March 2023

#### Do you work in Contra Costa County?

Yes  No

#### If Yes, in which District do you work?

2

#### How long have you lived or worked in Contra Costa County?

20 plus years

#### Are you a veteran of the U.S. Armed Forces?

Yes  No

## Board and Interest

#### Which Boards would you like to apply for?

Advisory Council on Aging: Submitted

Julie A.A. Ortega

**Seat Name**

---

**Have you ever attended a meeting of the advisory board for which you are applying?**

---

Yes  No

**If Yes, how many meetings have you attended?**

---

Twice

---

---

**Education**

**Select the option that applies to your high school education \***

---

None of the above

**College/ University A**

**Name of College Attended**

---

San Francisco State University, San Francisco, CA

**Degree Type / Course of Study / Major**

---

Master of Arts in Gerontology

**Degree Awarded?**

---

Yes  No

**College/ University B**

**Name of College Attended**

---

California State University East Bay, Hayward, CA

**Degree Type / Course of Study / Major**

---

Bachelor of Arts in Psychology

**Degree Awarded?**

---

Yes  No

---

**College/ University C**

**Name of College Attended**

---

Peralta Colleges Jr. College, Alameda/Oakland

**Degree Type / Course of Study / Major**

---

Associate of Arts in Business & Associate of Science in Radiology Technology

**Degree Awarded?**

---

Yes  No

---

**Other Trainings & Occupational Licenses**

**Other Training A**

---

Society of Certified Senior Advisors, Certified Senior Advisor,

**Certificate Awarded for Training?**

---

Yes  No

**Other Training B**

---

**Certificate Awarded for Training?**

---

Yes  No

**Occupational Licenses Completed:**

---

Please see resume

---

**Qualifications and Volunteer Experience**

**Please explain why you would like to serve on this particular board, committee, or commission.**

---

I am excited to put forth my candidacy for a seat on the Advisory Council on Aging applying for one of the twelve seats opening posted at. As a highly qualified professional with a Master of Arts in Gerontology degree from San Francisco State University, paired with more than 10 years of diverse experience working with adult and geriatric populations, I am eager and well-prepared to apply my skillset to this challenging and rewarding position. I look forward to the opportunity to exceed expectations for every patient/client, family, and colleague whom I will serve as a (Job Title) with your organization. In March of 2023, after graduating with my Master's in Gerontology, I founded Evolutionary Aging, a business that specializes in helping aging adults thrive in place. This experience has equipped me with valuable insights into the evolving needs and challenges of the aging population, and it has further solidified my commitment to enhancing their quality of life. Additionally, as a volunteer representative for the AARP Aging California Planning Academy Spring 2024 Cohort, I bring a strong educational background in gerontology and psychology, coupled with practical experience working directly with seniors. My certification as a senior advisor underscores my commitment to this field. I am deeply passionate about improving the lives of aging adults and have a track record of innovation, including founding Evolutionary Aging, an organization dedicated to addressing evolving senior needs. My industry recognition demonstrates my ability to make a positive impact. I am excited to contribute my expertise and collaborate with AARP to advocate for California's seniors. As you will see upon reviewing my profile, I possess a robust foundation of training and experience in the delivery and management of evidence-based, direct and indirect care for adult and geriatric populations in diverse environments. Moreover, I have developed a strong background in both business and education, driving increased levels of organizational productivity and improved levels of patient/family satisfaction. My highly transferable skills, coupled with my ability to learn quickly, will allow me to rapidly and seamlessly integrate into your team to provide valuable insights into daily patient care operations. In addition to my skills above, I offer strengths in the areas of presentation, leadership, and collaboration. My supervisors and colleagues have consistently commended me for my attention to details and my ability to actively listen to and address concerns with a clear and articulate approach, allowing each individual and their family to feel empowered, comfortable, and confident with their care choices. Thank you in advance for your time and consideration. I look forward to hearing from you soon. Sincerely, Julie A. Ortega

**Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume with this application)**

---

Please see attached resume

[Upload a Resume](#)

**Would you like to be considered for appointment to other advisory bodies for which you may be qualified?**

---

Yes  No

**Do you have any obligations that might affect your attendance at scheduled meetings?**

---

Yes  No

**If Yes, please explain:**

---

Julie AA. Ortega

Are you currently or have you ever been appointed to a Contra Costa County advisory board?

Yes  No

If Yes, please list the Contra Costa County advisory board(s) on which you are currently serving:

If Yes, please also list the Contra Costa County advisory board(s) on which you have previously served:

List any volunteer or community experience, including any advisory boards on which you have served.

I am currently volunteering at the Senior Center in Danville, CA (Cafe Costa) on July 10th, 2023. Caring Hands Administrative, John Muir Hospital, Walnut Creek, CA, 10/2018–08/2019 Volunteer/Intern Bridge Hospice, Walnut Creek, CA, 11/2018 Administrative Volunteer/Intern

---

### Conflict of Interest and Certification

Do you have a familial or financial relationship with a member of the Board of Supervisors? (Please refer to the relationships listed under the "Important Information" section below or Resolution No. 2021/234)

Yes  No

If Yes, please identify the nature of the relationship:

Do you have any financial relationships with the County such as grants, contracts, or other economic relationships?

Yes  No

If Yes, please identify the nature of the relationship:

### Please Agree with the Following Statement

I CERTIFY that the statements made by me in this application are true, complete, and correct to the best of my knowledge and belief, and are made in good faith. I acknowledge and understand that all information in this application is publicly accessible. I understand that misstatements and/or omissions of material fact may cause forfeiture of my rights to serve on a board, committee, or commission in Contra Costa County.

I Agree

---

Important Information

Julie A.A. Ortega

# Julie A. Ortega

LinkedIn Profile

## Diversly Experienced Healthcare Professional

*A leader in providing individualized care and support for geriatric and older adult populations*

Enthusiastic, talented, and compassionate professional with demonstrated expertise in the direct and indirect care of geriatric populations. Empathetic and outcomes focused colleague; adept at employing strong communication and critical thinking skills to elicit detailed client information, analyze observations/findings, and advocate for comprehensive needs to promote maximized quality of life. Innovative and forward thinking leader with a proven ability to train and oversee personnel, streamline processes, and increase productivity to consistently meet performance objectives while upholding the mission, vision, and values of the organization. Eager to build upon advanced education and professional experiences to contribute to the holistic wellbeing of diverse populations in our community.

### Core Competencies

- Geriatric Biopsychosocial Assessments
- Individualized Client Intervention Plans
- Hospice & Palliative Care Knowledge
- Patient Safety & Advocacy
- Community Resource Partnerships
- Therapeutic Communication Skills
- Patient, Family & Staff Education
- Holistic Health & Wellness Promotion
- Knowledge of Aging Processes

### Education and Credentials

**Master of Arts in Gerontology**, San Francisco State University, San Francisco, CA (2021)

*Capstone: Does One's Attitudes Toward Aging Matter for Health?*

**Bachelor of Arts in Psychology**, California State University East Bay, Hayward, CA (2018)

**Associate of Arts in Business & Associate of Science in Radiology Technology**, Peralta Colleges Jr. College, Alameda/Oakland, CA

**California Department of Public Health - Radiologic Health Branch, Certified Radiology Technologist**, (Current)

**Society of Certified Senior Advisors, Certified Senior Advisor**, (Current)

### Internship Related Experience

**Caring Hands - John Muir Hospital, Walnut Creek, CA**  
**Intern**

**10/2018 - 08/2019**

Conducted telephonic biopsychosocial assessments of senior/geriatric populations to identify and advocate for their needs supporting holistic wellbeing. Empowered older adults to make informed choices with respect to care, resources, and support services upon the transition/closure of this organization. Collated and reviewed data to ensure file currency supporting the unique needs of each individual and/or their families.

- Reduced organizational expenditures by approximately \$47, per hour, and streamlined admissions process by completing intake procedures otherwise completed by a licensed social worker.

**Bridge Hospice, Walnut Creek, CA**  
**Administrative Volunteer and Intern**

**11/2018**

Leveraged healthcare experience, communication, leadership, and interpersonal skills to provide direct support for a team of professionals responsible for the care of individuals and their families. Partnered

with licensed and unlicensed personnel to deliver orientation programming for volunteers ensuring their readiness to provide the highest quality of care while upholding the respect, dignity, and worth of each individual.

- Instrumental in launching this organization through collaborative efforts with interdisciplinary colleagues increasing access to resources, service, and support for patients experiencing a terminal illness.
- Played a pivotal role in increasing patient support volunteers through strategic recruitment efforts
- Streamlined new patient intake processes by actualizing the use of admission binders to identify and track healthcare needs/preferences.

### Related Professional Experience

---

#### Independent Client, City, ST Private Caregiver

03/2009 - 04/2017

Independently provided comprehensive, compassionate care for an elderly client diagnosed with Alzheimer's disease. Consulted and conferred with physicians to develop and deliver care utilizing therapeutic and preventative interventions promoting his ability to age in place with minimal risks of hospitalization prior to transitioning into an assisted living facility. Liaised between the client and insurance providers to establish long term insurance minimizing anxiety or concerns related to next levels of care. Scheduled and accompanied patient to medical appointments offering encouragement and assistance in navigating complex healthcare environments. Coordinated stimulating entertainment and holiday activities to maintain and support cognitive, social, and personal engagement. Consulted and conferred with the client and contractors to divest his privately held business ensuring proper disposal of all confidential records. Managed all finances and end of life wishes as expressly outlined by the client.

- Received praise and recognition from the client for helping him to experience and enjoy moments at the end of his life that would not otherwise have been possible.

#### Stephens Ministry, Danville, CA Counselor

09/2012 - 12/2015

Employed the full scope of the therapeutic process to assess client needs, develop individualized interventions, advocate for resources and/or services to meet basic needs, and evaluate responses to support to optimize holistic outcomes. Quickly established strong rapport and empowered individuals to cope with life challenges while fostering the development of coping skills and increasing self-confidence. Educated and support a team of volunteers in developing the requisite skills need to best serve their diverse clients needs while adhering to healthy boundaries.

- Successfully completed 50 hours of training in preparation to offer one-to-one care for individuals across the lifespan experiencing challenges related to grief, divorce, job loss, acute or terminal illness, relocation, or separation due to military deployment.
- Acknowledge by a client for her influence and support in navigating a complex situation that ultimately resulted in improved personal circumstances.

#### Medical Insights Diagnostic Centers Inc., Concord, CA Radiology Technologist and Patient Coordinator (Part Time)

01/2012 - 12/2014

Autonomously operated all fixed and mobile diagnostic imaging equipment providing routine and specialized radiographic exams for patients across the lifespan; assisted colleagues with the complete of MRI and fluoroscopy procedures, as needed. Ensured timely delivery of images and results to physicians supporting diagnosis and treatment of varied conditions. Provided pre-procedure instructions to minimize patient anxieties and increase compliance. Maintained a safe environment for patients and personnel by adhering to rigorous professional standards with respect to radiation protection, PPE utilization, infection control, and disposal of hazardous products.

- Contributed to reduced salary expenditures by the organization through serving as a specialist and assisting the physician only in non-independent procedures.
- Boosted call volume by 10% as a result of prompt and professional efforts with colleagues.

---

**Sigma Phi Omega Gerontology Honor Society Inductee**

**Psi Chi International Honor Society Inductee**

**Phi Theta Kappa Honor Society Inductee**