




City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Jessica Lo</i>		
Board/Commission Name: <i>Seattle Disability Commission</i>		Position Title: <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment		Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Appointing Authority: <input checked="" type="checkbox"/> Council <input type="checkbox"/> Mayor <input type="checkbox"/> Other:	Date Appointed:	Term of Position: * 5/1/2022 to 4/30/2024 <input checked="" type="checkbox"/> <i>Serving remaining term of a vacant position</i>
Residential Neighborhood: <i>University District</i>	Zip Code: 98195	Contact Phone No.:
Background: <i>Jessica Lo (she/her) is a longtime resident of the Greater Seattle area who is committed to amplifying the perspectives of and advocating for issues of importance to people with disabilities and/or chronic conditions. Over the past six years, Jessica has strived to serve the disability community. While a student at the University of Washington, Jessica oversaw a team of fifteen people in creating a peer support network for people with brain injuries. She then worked at Full Life Care in South Seattle and at the Brain Injury Alliance of Washington alongside people with disabilities. Currently, Jessica is a medical student who hopes to dedicate her future practice to meeting the diverse needs of the disability community. She has been actively attending commission meeting since last year and as a member of the commission she hopes to engage in community education centered on disability while augmenting existing resources, such as transportation, to better meet the needs of this community.</i>		
Authorizing Signature (original signature): 	Appointing Signatory: <i>Councilmember Tammy Morales</i> <i>Seattle City Council</i>	

**Term begin and end date is fixed and tied to the position and not the appointment date.*

JESSICA LO

EDUCATION

2021 – Present **Boston University School of Medicine.** M.D. anticipated in June 2025.
2014 – 2018 **University of Washington.** Bachelors of Science, Neurobiology with Honors & Biochemistry with Honors, *cum laude*.

DISABILITY-RELATED COMMUNITY & ADVOCACY WORK

May 2022 – Present, Jan. 2017 – Dec. 2019 **Synapse: National Brain Injury Support Organization.** *Mentor (5/22-Present), National Lead (2/18-12/19), Chapter Founder & President (1/17-6/18).*

- Developed national-level infrastructure to provide direct service to people with brain injuries via college campuses, resulting in expansion of services to six new sites and implementation of quality assurance across chapters.
- Established and led a student-run group which partnered with local organizations to provide direct, social support resources to people with brain injuries in Seattle.

Jan. 2022 – Present **Disability Advocacy Team at BUSM.** *Founder & Student Leader.*

- Established an organization that amplifies the experiences of people with disabilities through advocacy, curriculum development, and community education within the Boston University School of Medicine.

Jun. 2018 – Jun. 2019 **Brain Injury Alliance of Washington.** *Program Assistant.*

- Provided over 750 hours of direct service to people with brain injuries by connecting clients to local resources and facilitating a support group.
- Contributed to the establishment of a pooled special needs trust to protect the assets of people with disabilities.
- Developed and disseminated educational materials about brain injury at local and statewide conferences.

Jan. 2018 – Jun. 2018 **Full Life Care: South Seattle Branch.** *Adult Day Health Activity Intern.*

- Provided 200 hours of service to people with developmental and acquired disabilities by assisting with activities of daily living and leading group exercises.
- Participated in weekly seminars on leadership and community service, culminating in a poster presentation on the experience.

DISABILITY-RELATED RESEARCH

Mar. 2022 – Present **Department of Rehabilitation Medicine, University of Washington.** *Research Assistant. Advisor: Kayli Gimarc, M.D., Brain Injury Fellow.*

- Explored factors which influence adherence to home exercise programs among adults with traumatic brain injury or multiple sclerosis.

Jun. 2019 – Present **Rehabilitation Medicine Department, National Institutes of Health.** *Special Volunteer (5/21-Present) & Research Fellow (6/19-5/21). Advisors: Leighton Chan, M.D., M.P.H., Department Chief, & Elizabeth Rasch, Ph.D., P.T., Chief of Epidemiology & Biostatistics Section.*

- Developed tools to augment the Disability Determination Process for Social Security benefits, which provide income support to people with work-limiting disabilities.
- Investigated factors associated with the employment of people with disabilities.

Seattle Disability Commission

January 2023

21 Members: Pursuant to [SMC 3.14.920](#), all members subject to City Council confirmation, 2-year terms:

- 8 City Council-appointed
- 9 Mayor-appointed (includes 1 Get-engaged Mayor position)
- 4 Other Appointing Authority-appointed (specify): Commission-appointed

Roster:

*D	**G	RD	Position No.	Position Title	Name	Term Begin Date	Term End Date	Term #	Appointed By
			1.	Member	VACANT	5/01/21	4/30/23	1	Mayor
			2.	Member	VACANT	5/01/21	4/30/23	1	City Council
			3.	Member	VACANT	5/01/21	4/30/23	1	Mayor
			4.	Member	VACANT	5/01/21	4/30/23	1	City Council
			5.	Member	VACANT	11/1/21	10/31/23	1	Mayor
			6.	Member	VACANT	11/1/21	10/31/23	1	City Council
			7.	Member	VACANT	11/1/21	10/31/23	1	Mayor
6	F	7	8.	Member	April Snow	11/1/21	10/31/23	1	Commission
4	F		9.	Member	Kristina M. Sawyckj	5/01/22	4/30/24	3	City Council
			10.	Member	VACANT	5/01/22	4/30/24	1	Mayor
6	F	6	11.	Member	Devon Breithart	5/01/22	4/30/24	1	City Council
6	M	3	12.	Member	Silas T. James	5/01/22	4/30/24	1	Mayor
			13.	Member	VACANT	11/1/22	10/31/24	1	City Council
			14.	Member	VACANT	11/1/22	10/31/24	1	Mayor
	F	5	15.	Member	Taylor Woods	11/1/22	10/31/24	2	City Council
			16.	Get Engaged	VACANT	9/1/22	8/31/23	1	Mayor
1	F	4	17.	Member	Jessica Lo	5/01/22	4/30/24	1	City Council
			18.	Member	VACANT	11/1/22	10/31/24	1	Mayor
6	F	7	19.	Member	Shelby Dey	5/01/22	4/30/24	1	Commission
	F	3	20.	Member	Dawn Dailey	11/1/22	10/31/24	2	Commission
6	F	1	21.	Member	Kaitlin Skilton	11/1/22	10/31/24	2	Commission

SELF-IDENTIFIED DIVERSITY CHART

	(1)		(2)		(3)		(4)		(5)		(6)		(7)		(8)		(9)	
	Male	Female	Transgender	NB/ O/ U	Asian	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	Other	Caucasian/ Non-Hispanic	Pacific Islander	Middle Eastern	Multiracial					
Mayor	1									1								
Council		4			1			1		2								
Other		4								3								
Total	1	8			1			1		6								

Key:

- *D List the corresponding *Diversity Chart* number (1 through 9)
- **G List *gender*, M= Male, F= Female, T= Transgender, NB= Non-Binary O= Other U= Unknown
- RD Residential Council District number 1 through 7 or N/A