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Letter of Nomination

February 15, 2011

The Honorable City Council  
One City Hall Plaza, Second Floor  
Oakland, CA 94612

Dear President **Reid** and members of the City Council:

Pursuant to City Charter section 601, the Mayor, hereby appoints the following person as a member of the following Board or Commission, subject to the City Council's confirmation:

**COMMISSION ON AGING**

**Rochelle S. Zak**, Mayoral appointment to serve the term beginning September 3, 2009 and ending September 2, 2012, filling the seat previously held by Samuel E. Miller.

Thank you for your assistance in this matter.

Sincerely,

Jean Quan  
Mayor

2011 FEB -8 PM 4:06

Education	M.D. University of California at Los Angeles B.A., <i>magna cum laude</i> , History and Science Harvard—Radcliffe College	1987  1983
	Post-graduate work in Philosophy at Columbia University	Sept, 1988- June, 1989
Post-Graduate Training	<i>Clinical Fellow</i> , Sleep-Wake Disorders Center, The New York Hospital, White Plains, NY <i>Fellow</i> , Ophthalmology/Neuro-ophthalmology, North Shore University Hospital, Manhasset, NY <i>Fellow</i> , Ophthalmology/Neuro-ophthalmology, Montefiore Medical Center, Bronx, NY <i>Resident</i> , Neurology, The New York Hospital, New York, NY  <i>Resident</i> , Internal Medicine, Roosevelt Hospital, New York, NY  <i>Intern</i> , Internal Medicine, Mt. Sinai Medical Center, New York, NY	Aug, 1996 – June, 1998 July, 1994 – June, 1995 July, 1993 – June, 1994 July, 1990 – June, 1993 July, 1989 – June, 1990 July, 1987 – June, 1988
Licensure	Connecticut, 039291 New York, 176119 California, G 064567 (never practiced in CA)	2001 – 1988 – 1988 –
Certification	<i>Diplomate</i> , American Board of Sleep Medicine, Parts I and II <i>Diplomate</i> , American Board of Psychiatry and Neurology, Parts I and II Recertification	1998/1999 1994 – 2004 2004 – 2014
Professional Employment	<i>Associate Physician</i> , UCSF Sleep Disorders Center  <i>Research Analyst</i> , Innovation and Advanced Technology Group, Kaiser Permanente  <i>Part-time Attending</i> , Center for Sleep Medicine, Mount Sinai Medical Center  <i>Consultant</i> , Gaylord Sleep Services—Wallingford, CT  <i>Assistant Attending Neurologist in Psychiatry</i> , Sleep-Wake Disorders Center, The New York – Presbyterian Hospital—White Plains, NY  <i>Consultant</i> , Sleep-Wake Disorders Center The New York Hospital, Westchester Division—White Plains, NY	May, 2010 –  June, 2008 -- Dec, 2008  Aug, 2007 – Dec, 2007  June, 2001 – July, 2007  July, 1998 – March, 2006  1995 – 1996
Academic Appointments	<i>Assistant Clinical Professor of Medicine</i> , Pulmonary Division Mt. Sinai Medical Center—New York, NY  <i>Clinical Instructor of Neurology</i> , Department of Psychiatry Weill Medical College of Cornell University— New York, NY  <i>Instructor of Neurology</i> , Department of Psychiatry Weill Medical College of Cornell University—New York, NY	Aug, 2007 – Dec, 2007  July, 2002 – March, 2006  July, 1998 – June, 2002
Professional	<i>Member</i>	

Activities	AASM Standards of Practice Committee, Vice Chair	2008 –
	AASM Standards of Practice Committee	2006 –
	AASM Standard of Practice Committee REM Parasomnias Task Force, Chair	2008 –
	AASM Standards of Practice Committee Indications for Polysomnography in Pediatrics Task Force	2007 –
	AASM Standards of Practice Committee APAP Task Force	2006
	AASM Section on Movement Disorders	2002 – 2004
	American Academy of Sleep Medicine	1999 –
	International Restless Legs Syndrome Study Group	1997 –
	<i>Participant</i>	
	Scorer for Part II of the Sleep Boards (AASM)	2003
NIA Consensus Conference on Definition of Restless Legs Syndrome	2002	
Publications		
Book Chapters	Moline ML, Broch L, Zak R. The Impact of Life Cycle on Sleep in Women, In: Current clinical Neurology: Sleep Disorders in Women: A Guide to Practical Management. Attarian HP (ed), Humana Press, Inc. 2006	
	Moline ML, Broch L, Zak R. Sleep in Women from Adulthood through Menopause, In: Sleep Medicine. Lee-Chiong TL, Carskadon M, Sateia MJ (ed), Hanley and Belfus, Inc. 2002.	
	Winterkorn JMSW, Zak R. Diseases of Presumed Infectious Etiology, In: Walsh and Hoyt's Clinical Neuro-Ophthalmology, Fifth Edition, 1997; recently re-written for the 6 <sup>th</sup> Edition, 2004.	
Articles	Aurora RN, Zak RS, Maganti RK, Auerbach SH, Casey KR, Chowdhuri S, Karippot A, Ramar K, Kristo DA, Morgenthaler TI. Best practice guide for the treatment of nightmare disorder in adults. <i>J Clin Sleep Med</i> , 6(4):389-401, 2010.	
	Aurora RN, Zak RS, Maganti RK, Auerbach SH, Casey KR, Chowdhuri S, Karippot A, Ramar K, Kristo DA, Morgenthaler TI. Best practice guide for the treatment of REM sleep behavior disorder (RBD). <i>J Clin Sleep Med</i> , 6(1):85-95, 2010.	
	Zak R, Fisher B, Couvadelli BV, Moss NM, and Walters AS. Preliminary Study of the Prevalence of Restless Legs Syndrome in Adults with Attention Deficit Hyperactivity Disorder. <i>Perceptual and Motor Skills</i> , 108:759-763, 2009.	
	Morgenthaler TI, Aurora RN, Brown T, Zak R, Alessi C, Boehlecke B, Chesson AL Jr, Friedman L, Kapur V, Maganti R, Owens J, Pancer J, Swick TJ; Standards of Practice Committee of the AASM; American Academy of Sleep Medicine. Practice parameters for the use of auto-titrating continuous positive airway pressure devices for titrating pressures and treating adult patients with obstructive sleep apnea syndrome: an update for 2007. <i>An American Academy of Sleep Medicine report. Sleep</i> , 31(1):141-7, 2008.	
	Morgenthaler TI, Kapur VK, Brown T, Swick TJ, Alessi C, Aurora RN, Boehlecke B, Chesson AL Jr, Friedman L, Maganti R, Owens J, Pancer J, Zak R; Standards of Practice Committee of the American Academy of Sleep Medicine. Practice parameters for the treatment of narcolepsy and other hypersomnias of central origin. <i>Sleep</i> , 30(12):1705-11, 2007.	
	Morgenthaler TI, Lee-Chiong T, Alessi C, Friedman L, Aurora RN, Boehlecke B, Brown T, Chesson AL Jr, Kapur V, Maganti R, Owens J, Pancer J, Swick TJ, Zak R; Standards of Practice Committee of the American Academy of Sleep Medicine. Practice parameters for the clinical evaluation and treatment of circadian rhythm sleep disorders. <i>An American Academy of Sleep Medicine report. Sleep</i> , 30(11):1445-59, 2007.	
	Moline ML, Broch L, and Zak R. Sleep Problems Across the Life Cycle in Women. <i>Curr Treat Options Neurol</i> , 6:319-330, 2004.	
	Moline ML, Broch L, and Zak R. Sleep in Women Across the Life Cycle from Adulthood Through	

Menopause. Med Clin North Am, 88:705-36, 2004.

Moline ML, Broch L, Zak R and Gross V. Sleep in Women Across the Life Cycle from Adulthood Through Menopause. Sleep Medicine Reviews,7:155-77, 2003.

Foroozan, R, Slamovits, TL, Ksiazek SM, Zak R. Spontaneous Resolution of Aneurysmal Third Nerve Palsy. J of Neuro-ophthalmology,22:211-4, 2002.

Zak R, Slamovits T, Burde R. Oculomotor brainstem anatomy: nuclei to fascicles. Journal of Neuro-Oncology;18:241-248, 1994.

Zak R, Solomon G, Petite F, Labar D. Baclofen-induced generalized non-convulsive status epilepticus. Annals of Neurology;36:113-4, 1994 (letter to the editor).

Abstracts and Presentations

Zak R, Fisher B, Moss N, Couvadelli BV, Walters A. Prevalence of Restless Legs Syndrome in Subjects with Adult ADHD. Accepted for presentation at the American Academy of Neurology meeting, May, 2007.

Zak R, Winterkorn JMSW. Quantification of the effects of radiation therapy on thyroid optic neuropathy. Presented 11Feb96 at the North American Neuro-ophthalmology Society Meetings.

Zak R, Friedland S, Slamovits TL, Burde RM. "Dental diplopia." Abstract presented at the XXVIth Annual Frank Walsh Meeting, April 1994.

Friedland S, Slamovits TL, Zak R, Burde RM. "Third nerve palsy and bifrontal lobe edema." Abstract presented at the XXVIth Annual Frank Walsh Meeting, April 1994.

Lay Articles

"Can Medications Trigger Abnormal Movements During Sleep?", AASM website.

"Sleep in the Elderly", www.healthology.com, February 2000.

"Sleep Hygiene", www.healthology.com, November 1998.

Research

Principal Investigator

Prevalence of RLS in Adults with ADHD, working with Dr. Arthur Walters at the JFK Institute, Edison, NJ, 2004 – present

Principal Investigator

A 12-Week, Double-blind, Placebo-controlled Parallel Group Study to Assess the Efficacy, Safety, and Tolerability of Ropinirole in Subjects with Restless Legs Syndrome (RLS) Suffering from Periodic Leg Movements of Sleep (PLMS)—Sponsored by GSK, Jun-Sep, 2002

Study Physician

Validation of the International Restless Legs Syndrome Study Group Severity Scale, 1999

Validation of the Calendar of Premenstrual Experiences (COPE)—Sponsored by Berlex, summer 1999

Lectures

Grand Rounds

"Psychiatric Disease Masquerading as Sleep Disorders"

NewYork-Presbyterian Hospital—Westchester Division, October 8, 2002

Mid-Hudson Forensic Psychiatric Center, January 10, 2003

CME Course Director

"Advances in the Diagnosis and Treatment of Sleep Disorders", NYPH-Westchester Division, December 1999 and at Weill Medical College of Cornell University, June, 2000

CME Lectures

"Insomnia and the Psychiatric Patient", Johns Hopkins Medicine/Healthology, New York, NY, January 2006

"Clinical Neurophysiology Principles and Practice", Weill Medical College of Cornell University, January 1999

"Update Your Medicine", Weill Medical College of Cornell University, June 1999

"Advances in the Diagnosis and Treatment of Sleep Disorders—Narcolepsy and Restless Legs Syndrome", NYPH, December 1999 and June, 2000

Webcasts

Multiple Sleep Topics, www.healthology.com, March 2001, August 1999, December 1998

Industry-

Wyeth-Ayerst Visiting Professor on Insomnia—October-December 1999

## Sponsored Talks

Community Talks on Sleep Disorders	Byram Hills High School Wellness Fair, November 2003 Manhattan Adult Attention Disorder Support Group, October 2002 JCC of the Upper West Side, October 2001 New Britain General Hospital, February 2001 New York State Department of Labor Retirees, May 2000 White Plains Hadassah Chapter, February 2000 New York Hospital Health Outreach, May 1997
Television Interviews on Sleep Disorders	Cable Channel 12 Morning Show, January 2002 Cable Channel 12 Morning Show, August 2000 Globo (Brazilian Television), April 2000 Cable Channel 12 Morning Show, January 1997
Radio Interviews	WNYC, "On The Line," March 2000

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APPROVED FOR FORM AND LEGALITY

**DRAFT**

CITY ATTORNEY

## OAKLAND CITY COUNCIL

RESOLUTION No. \_\_\_\_\_ C.M.S.

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### RESOLUTION CONFIRMING THE MAYOR'S APPOINTMENT OF ROCHELLE S. ZAK AS A MEMBER OF THE COMMISSION ON AGING

**WHEREAS**, Section 601 of the City Charter provides that members of City boards and commissions shall be appointed by the Mayor subject to confirmation by the affirmative vote of five members of the City Council; and

**WHEREAS**, Ordinance No 9921 C.M.S. adopted May 13, 1980 and amended in 1985, 1989 and 1995 establishes the Commission on Aging to advocate for the elderly and serve as an Advisory Board to the Department on Aging; and

**WHEREAS**, the Commission on Aging consists of eleven (11) members serving not more than two consecutive three year terms; and

**WHEREAS**, the Honorable Mayor Jean Quan has appointed Rochelle S. Zak to serve a three year term subject to confirmation by the City Council; now therefore be it

**RESOLVED**, that pursuant to City Charter section 601, the City Council hereby confirms the Mayor's appointment of Rochelle S. Zak to the Commission on Aging for a three-year term beginning September 2, 2009 and

ending September 1, 2012 filling the seat previously held by Samuel E. Miller.

IN COUNCIL, OAKLAND, CALIFORNIA,  
PASSED BY THE FOLLOWING VOTE:

AYES – BRUNNER, KERNIGHAN, NADEL, SCHAAF, DE LA FUENTE,  
BROOKS, KAPLAN AND PRESIDENT REID

NOES –

ABSTENTIONS-

ABSENT-

ATTEST:

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LATONDA SIMMONS

City Clerk and Clerk of the Oakland City  
Council