## Cindy Thomas,

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740 Deer Trail, Arrowhead

## Arrowhead Background/History/Values:

Friends first introduced us to Arrowhead in the summer of 2008. My husband, John, and I searched for just the right lot and purchased 740 Deer Trail, which is out near the north end of Crest Drive, in July of 2009. We have been spending parts of spring, summer, and fall in our fifth wheel there ever since. We deeply love the beauty, peace, solitude, wild life, and the people of Arrowhead.

As far as leadership, I value the following qualities: openness, fairness, the ability to listen and respect multiple view points, strength of team work, and clear, direct communication. I feel these characteristics are part of who I am as a person.

## Professional Background:

1980-1998- Multiple roles at St. Mary's Hospital and Medical Center in Grand Junction including: Critical Care Staff RN, Head Nurse, Quality Manager, and Department Director. In this wide variety of roles I handled high level patient care responsibilities, led multiple teams, managed budgets, address conflicts, handled confrontations, and directed high level written and verbal communications.

1998-2010- Full Time Tenured, Associate Professor of Nursing at Colorado Mesa University in Grand Junction-With both a Masters and, eventually, a PhD Degree, I taught nursing at the Bachelor and Master's level for 12 academic years. This position required high levels of organization, communication, coordination, and leadership.

2010-I retired from full time work from both Colorado Mesa University and St. Mary's Hospital. I continue, however, to work semi-part time at both facilities, allowing ample time and flexibility to travel, pursue other interests, spend time with family, and spend time at Arrowhead.

## Prior Arrowhead Involvement:

Attended and followed many AIA Board Meetings/Activities

Completed the First Responder Course Sponsored by the Arrowhead Fire Department-Very willing to go on medical calls when present at Arrowhead.

Attended (with great interest) Arrowhead Book Club meetings

Volunteered at July 4th, - Children's Games

Additional interests include: Hazel Lake, Firehouse Garden, Photography Club, Forrest and Wildlife management specific for Arrowhead