

## VASHON CAREGIVER DIRECTORY

November 14, 2025

*You need to do your own due diligence to ensure any caregiver you choose is appropriate for your needs and complies with applicable laws. The Vashon Care Network does not employ or recommend any caregiver and is not responsible for the conduct of anyone on this list. All information contained herein was provided by the person listed. The information contained on this list is not verified by the Vashon Care Network.*

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | <b>Aguirre-Lopez, Melissa</b>                                                                                                                                                                                 |
| <b>Email Address:</b>                                                                   | <a href="mailto:melissa_al@live.com">melissa_al@live.com</a>                                                                                                                                                  |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 14 years of experience care giving in and outside of a clinical setting.                                                                                                                                      |
| <b>Certification/License:</b>                                                           | I will be training as an HCA. I was a Medical Assistant in California for 14+ years. I have also worked as a Hemodialysis Technician, HIV/AIDS coordinator and educator, diabetes care/wound care.            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | In training for COPES Certification                                                                                                                                                                           |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion care, hospice care, wound care.                                                                                                                                                                     |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                            |
| <b>Available for Weekend Care:</b>                                                      | Sometimes                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                           |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                           |
| <b>Additional information:</b>                                                          | Non smoker, okay with pets, I enjoy doing arts and crafts, I love music, I am a good cook, and I am ok with light cleaning. I moved to this island with the intent to help my community (work and volunteer). |

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| <b>Name:</b>                                                                            | Allingham, Holly                                                                                                                                                                                                                                                                         |
| <b>Email Address:</b>                                                                   | <a href="mailto:64gemidragon@gmail.com">64gemidragon@gmail.com</a>                                                                                                                                                                                                                       |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 20 years of all levels of caregiving. Private home families. Single person & couples. All kinds of family animals included. Helping with everyday needs and chores. I support people trying to live in their homes as long as possible. I've also got 17 years of experience in hospice. |
| <b>Certification/License:</b>                                                           | Home Care Aide Certification HM 61250305                                                                                                                                                                                                                                                 |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | I am still waiting for the state to process my application                                                                                                                                                                                                                               |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia & companion care                                                                                                                                                                                                                                                       |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                      |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                      |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                      |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | Non smoker, comfortable with all kinds of pets. Enjoy cooking, cleaning, reading, exercising, walking, photography, videotaping clients stories (if they want to), looking through photo albums, organizing, painting, singing, car drives on the island and picnics.                    |
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| <b>Name:</b>                                                                            | Ammon, Sally                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Email Address:</b>                                                                   | <a href="mailto:violet08@centurytel.net">violet08@centurytel.net</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I started professional caregiving at 12 years old. I cared for a neighbor who was pregnant with twins. Then my son was born in 1984 and started having seizures at three months old. He was later diagnosed with developmental delay after his 4th birthday. My son is now 37 years old and lives on his own with help, but he is a long term client. My next client was an elderly gentleman, starting in 1992, I did cleaning, escorting, cooking, etc. for about 3 years before he died. Since then I have had many clients, both private and state paid, all here on Vashon. I have been certified by the state since 2009, and have had 12 hours of continuing education ever since. I have countless references for private and state paid clients on Vashon. I also have a long career as a private housecleaner and gardener on Vashon, and although I no longer do long hours of that type of work I still do some of that for my clients. |
| <b>Certification/License:</b>                                                           | I am licensed with DSHS of WA, have a contract with Consumer Direct Washington (WEI022764) and am a member of SEIU775. I am not a CNA.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes, but I am not able to take DSHS, COPES, or state paid clients right now.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I have done a good deal of hospice and companion care. I am drawn to hospice and feel strongly that leaving this life deserves the same attention and care as entering this life. I have a 3 year degree in Energy Healing with the Innersource organization. I do occasional energy sessions out of my home, and taught a class on Energy Medicine for The Eyes at the Senior Center a few years ago.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Additional information:</b>                                                          | I am very open to companionship with people, pets and hobbies. I used to sing professionally and can play the piano some. I find music is the universal language and makes life more fun. I studied floristry and sometimes bring bouquets from my garden for my clients. I am a self made herbalist and make my own tinctures and teas and study herbs at home. I am one of Vashon's original "Beach Naturalists", and have taught at the Low Tide Celebrations for several years. Hospice patients have a very special place in my heart. I hope to attend classes on helping with this transition in the future.                                                                                                                                                                                                                                                                                                                                 |

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| <b>Name:</b>                                                                            | Anderson, Dana                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Email Address:</b>                                                                   | <a href="mailto:sweetypotpie1@yahoo.com">sweetypotpie1@yahoo.com</a>                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Was my parents' main caregiver through hospice, from the beginning to the end. I cared for my mother for six months, and my father for 7 months. I was also my husbands care caregiver for 3 years while he battled terminal brain cancer. I love spending time with my 98-year-old mother-in-law. She still lives at home in Wenatchee and has been taking care of herself until recently; she now requires 24-hour care, which is provided by the family. |
| <b>Certification/License:</b>                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not an Independent Caregiver                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion care                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Additional information:</b>                                                          | Companion care                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Anderson, Janise                                                                                                                                                                                                                                                                         |
| <b>Email Address:</b>                                                                   | <a href="mailto:janise.anderson22@gmail.com">janise.anderson22@gmail.com</a>                                                                                                                                                                                                             |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Worked as HCA with State of Utah (2005), Alaska (2014) & Washington (Currently). Assisted individuals with varied physical & mental abilities with activities of daily life and community engagement both as IP and within a group home. Enjoy companion care with geriatric population. |
| <b>Certification/License:</b>                                                           | HCA                                                                                                                                                                                                                                                                                      |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | IP                                                                                                                                                                                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion Care                                                                                                                                                                                                                                                                           |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                       |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                                                                                                                                                                                       |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                      |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | Nonsmoker, comfortable with pets, hobbies include knitting & crochet, photography, etc. Currently not available for new clients.                                                                                                                                                         |
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| <b>Name:</b>                                                                            | Bauer, Jeaneen                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Email Address:</b>                                                                   | <a href="mailto:jbauerphotography@gmail.com">jbauerphotography@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 25 years. First with both of my parents, father with dementia through end of life, mother with round the clock care-for last 3 years of her life-she passed 10 years ago. Both parents were able to pass in their own home. Moved to Vashon 9 ½ years ago and worked at doctor's office. Started caregiving as a side job here because I enjoy being around and helping my elders. Helped a few friends until I was introduced to the Vashon Care Network. My first client here on Vashon was such a joy that I visited her often even after she was moved to a facility. This has happened more than once. I deeply care for the people I care for. I believe everyone should be treated with kindness and compassion, no matter their situation. And also stay in their home if possible. I work a full time job at a financial institution and am an active artist and member of VIVA. I volunteer at VCA and other fund raising functions on the island. I have stepped back from caregiving at the moment but would like to stay in the group as I will be back. Caregiving is not just a job, it is a labor of love and compassion for me. I am humbled and grateful that I am trusted to care for others family members. |
| <b>Certification/License:</b>                                                           | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia & companion care                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Additional information:</b>                                                          | Non smoker, love pets, crafter and artist, cooking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Benjamin, Jacqueline                                                                                                                                                                                                                                     |
| <b>Email Address:</b>                                                                   | <a href="mailto:anilabenjamin@icloud.com">anilabenjamin@icloud.com</a>                                                                                                                                                                                   |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 40 years                                                                                                                                                                                                                                                 |
| <b>Certification/License:</b>                                                           | Not available                                                                                                                                                                                                                                            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion care, healthy meals, cleaning                                                                                                                                                                                                                  |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                      |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                      |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                      |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | I am a grandmother of six I have spent most of my adult life in the service of others I have professionally been a chef , working artist , farmer, Film production , Docent at a historical living museum I am easy to get along with and love listening |
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| <b>Name:</b>                                                                            | Bell, Emmy                                                                                                                                                                                                                                                                                                                                                          |
| <b>Email Address:</b>                                                                   | <a href="mailto:maryevelynbell@gmail.com">maryevelynbell@gmail.com</a>                                                                                                                                                                                                                                                                                              |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been a caregiver for close to seven years on the island. I have experience caring for adults living with disabilities, seniors with a wide range of care needs including companionship, post surgery care, meal prep, medical management, toileting, appointments and errands, convalescence and hospice. I've been a care team lead for the past two years. |
| <b>Certification/License:</b>                                                           | Home Care Aide Certification HM 61191122                                                                                                                                                                                                                                                                                                                            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I have experience with hospice, dementia and companion care.                                                                                                                                                                                                                                                                                                        |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Available for Weekend Care:</b>                                                      | Occasionally                                                                                                                                                                                                                                                                                                                                                        |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes - if limited to 30 minutes                                                                                                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | I'm comfortable with most pets. I have a senior rescued beagle that accompanies me if welcomed.                                                                                                                                                                                                                                                                     |
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| <b>Name:</b>                                                                            | Campman, Terri                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Email Address:</b>                                                                   | <a href="mailto:campidest@gmail.com">campidest@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I am recently retired, with 37 years in the education & social work fields. I began caregiving for patients with dementia in March 2023. I provide companion care, cooking & light housework, as well as transportation to appointments or shopping on Vashon.                                                                                                                                                                                                    |
| <b>Certification/License:</b>                                                           | I am certified in CPR & first aid for infants, children and adults. I also have Food Handlers training & permit.                                                                                                                                                                                                                                                                                                                                                  |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I am interested in companion care mainly. I can care for children and adults.                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Additional information:</b>                                                          | I have experience working with adults and children. I am comfortable working in households with pets & have experience in pet care, including exotic pets, reptiles & fish. I am a non smoker. I am experienced in cooking from scratch, and can accommodate vegetarian, vegan & gluten free diets. I love to bake. I am happy doing short term care for families that need to take a break, leave the island for the day & need a companion for their loved one. |

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| <b>Name:</b>                                                                            | Carson-Rohe, Coco (Nellie)                                                                                                                                                        |
| <b>Email Address:</b>                                                                   | <a href="mailto:cococarsonrohe@gmail.com">cococarsonrohe@gmail.com</a>                                                                                                            |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 8 years - dementia, incontinence, bedbound care, hospice, pain management, nutrition, care planning/supporting families in transition                                             |
| <b>Certification/License:</b>                                                           | Bachelor of Arts in Social Work - University of Washington Seattle. Will be HCA by August 1, 2022                                                                                 |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | I am working on COPES registration. Should be completed by August 1, 2022                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I am very strong. I have a good work ethic and enjoy problem solving. I do not have a preferred kind of care, other than client centered care. Protect the dignity of the client. |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Will do a brief phone call                                                                                                                                                        |
| <b>Additional information:</b>                                                          | None provided                                                                                                                                                                     |
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| <b>Name:</b>                                                                           | Cerven, Laura K.                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Email Address:</b>                                                                  | <a href="mailto:lkcerven@hotmail.com">lkcerven@hotmail.com</a>                                                                                                                                                                                                                                                                                                                               |
| <b>Length &amp; Description of Caregiving Experience:</b>                              | 22 years experience. Clients aged 14-87. Physical activities, medication monitoring, meal preparation, cleaning, outings and shopping, music and language activities.                                                                                                                                                                                                                        |
| <b>Certification/License:</b>                                                          | Individual Provider Safety Training Certificate of Completion - Home Care Quality Authority #200277 (8/10/2006); Nurse Delegation Core Training for Nursing Assistants Certificate, Department of Developmental Disabilities, Washington Department of Social and Health Services (4/22/2006); Washington State Continuing Teacher Education Certificate, K-12 Music and French (2/10/2006). |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b> | Yes, but I have not renewed                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>       | Seizures, dementia                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Available for Overnight Care:</b>                                                   | No                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Available for Weekend Care:</b>                                                     | No                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Have own transportation:</b>                                                        | Yes                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Willing to do preliminary interview/meet &amp; greet with family</b>                | Yes                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Additional information:</b>                                                         | Non smoker, comfortable with pets, music, French, gardening                                                                                                                                                                                                                                                                                                                                  |
|                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                              |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Chege, Alice                                                                                                                                                                                                                                                                            |
| <b>Email Address:</b>                                                                   | <a href="mailto:alice.chegeusa@gmail.com">alice.chegeusa@gmail.com</a>                                                                                                                                                                                                                  |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I am trained as an HCA and have done State Examination. I have worked from December 2019 in an Adult Family Home, Facility, Home Cares and One-on-One clients and clients who are under Hospice.                                                                                        |
| <b>Certification/License:</b>                                                           | HCA                                                                                                                                                                                                                                                                                     |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Independent Provider                                                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | My special interest is One-on-One clients. I have worked with clients with Dementia, Cancer, Parkinson's Disease, Hypertension, Diabetes, Osteoporosis, Stroke, Arthritis, etc.                                                                                                         |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | I would consider overnight for 12, 10 hours per shift. I would also prefer 5 days per week, however, I can take less days and look for a second job. I do not want to work with smokers or a house with reptile pet or a tortoise. I am comfortable with animals like cats, dogs, fish. |
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|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name:                                                                           | Chellberg, David J.                                                                                                                                              |
| Email Address:                                                                  | <a href="mailto:djchellberg@gmail.com">djchellberg@gmail.com</a>                                                                                                 |
| Length & Description of Caregiving Experience:                                  | Cared for multiple relatives during end of life. I have cared for Alzheimer's patients and hospice patients professionally.                                      |
| Certification/License:                                                          | None yet, but I have a BA in Biology and 30 years' experience in Animal husbandry. I have enrolled in the CNA Certification Program.                             |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Yes                                                                                                                                                              |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | I enjoy assisting/doing household repairs. I am an experienced house cleaner. I have experience in all three areas and each have their joys and disappointments. |
| Available for Overnight Care:                                                   | Yes                                                                                                                                                              |
| Available for Weekend Care:                                                     | Yes                                                                                                                                                              |
| Have own transportation:                                                        | Yes                                                                                                                                                              |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                                                                                              |
| Additional information:                                                         | Cared for multiple relatives during end of life. I have cared for Alzheimer's patients and hospice patients professionally.                                      |
|                                                                                 |                                                                                                                                                                  |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Coleman, Noelle                                                                                                                                           |
| <b>Email Address:</b>                                                                   | <a href="mailto:saltedbreeze@gmail.com">saltedbreeze@gmail.com</a>                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Approx. 30 years exp as a CAN and MHT both paid and volunteer. Approximately 10 years home healthcare/hospice aide on Vashon 2007 - 2017.                 |
| <b>Certification/License:</b>                                                           | No current license                                                                                                                                        |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                        |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, companion                                                                                                                                        |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                       |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                       |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                       |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                       |
| <b>Additional information:</b>                                                          | Weekends, yes...overnight I'd prefer not unless an urgent situation. Good with animals of all kinds, seeking part time work to readjust to working again. |
|                                                                                         |                                                                                                                                                           |

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | <b>Crago, Alora</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Email Address:</b>                                                                   | <a href="mailto:cragoalora@gmail.com">cragoalora@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Certified as a Nursing Assistant at Vashon Community Care in 2021, I began my career supporting residents in memory care, hospice, and long-term care. Since the facility's closure, I have continued serving patients across Vashon through the Vashon Care Network, providing individualized care that emphasizes comfort, dignity, and quality of life. I am experienced in assisting with daily living activities, mobility support, vital signs, documentation, and end-of-life care, and I take pride in offering compassionate, dependable support to both patients and their families. |
| <b>Certification/License:</b>                                                           | CNA - NC #61214929, dementia and mental health training certification, CPR certification and food handler's license.                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not a COPES provider                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Experience in all types of care, including long-term care, memory care, dementia, companion care, rehabilitation, and disability. Special interest in hospice care.                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Additional information:</b>                                                          | Pre-medical student with BS in biology from Willamette University. Enjoys reading, weightlifting, cooking, and spending time outdoors. Nonsmoker and loves all animals.                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Name:                                                                           | Cummings, Mary                                                                        |
| Email Address:                                                                  | <a href="mailto:maricumming66@gmail.com">maricumming66@gmail.com</a>                  |
| Length & Description of Caregiving Experience:                                  | Years of experience                                                                   |
| Certification/License:                                                          | Have completed classes, not certified yet.                                            |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Yes                                                                                   |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | All of these                                                                          |
| Available for Overnight Care:                                                   | Maybe                                                                                 |
| Available for Weekend Care:                                                     | Maybe                                                                                 |
| Have own transportation:                                                        | Sometimes                                                                             |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                   |
| Additional information:                                                         | I get along very well with people and animals. Again, I have had years of experience. |
|                                                                                 |                                                                                       |

## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Dally, Monica                                                                                                                                                                                                                                                                                                                                           |
| <b>Email Address:</b>                                                                   | <a href="mailto:paintedturtlekona@gmail.com">paintedturtlekona@gmail.com</a>                                                                                                                                                                                                                                                                            |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have 25 years of experience with hospice care, companion care, live-in care, memory care. I have experience working with traumatic brain injury working as a live-in care giver. I've worked 2 years in a memory care unit.                                                                                                                           |
| <b>Certification/License:</b>                                                           | HCA Credential #HM 61240680                                                                                                                                                                                                                                                                                                                             |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I enjoy all levels and aspects of any area of care giving. Most of my experience is with memory care.                                                                                                                                                                                                                                                   |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                                                                                      |
| <b>Available for Weekend Care:</b>                                                      | Not currently. I might consider weekend care on occasion.                                                                                                                                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | Non smoker, love pets. Volunteer work: St. Michael's Boys Home, Ponce Puerto Rico, World Championship Iron Man Triathlon, 2006, 2011, 2012, 2013, 2015. Core qualifications: client focused, team oriented, self motivated, honest, builds a positive rapport with people of all social backgrounds, excellent interpersonal skills. Skilled caregiver. |

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Doran, Kate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Email Address:</b>                                                                   | <a href="mailto:2021katydid@gmail.com">2021katydid@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been providing care on Vashon for five years. I have worked with developmental delayed adults, elders in hospice, and elders with their daily living needs.                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Certification/License:</b>                                                           | 61241191                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Physical disabilities, general care to remain at home, developmental disabilities, hospice, behavioral needs, addiction and/or mental health support, dementia, companionship, nutritional needs, and basic routine care.                                                                                                                                                                                                                                                                                                               |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | Fully vaxxed and boosted; warm and caring personality. I live on Vashon Island yet I'm more than happy to travel overtown for appointments, shopping or other adventures. I'm happy working on weekends, as well as accommodating last minute needs. I am an excellent cook and love to cater to special diets while keeping your home clean and tidy. I'm a strong advocate defending our island's vulnerable population. I am kind and warm-hearted, a good listener, and excellent communicator. I look forward to hearing from you! |
|                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Foley, Sharleen                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Email Address:</b>                                                                   | <a href="mailto:sharleenfoleysm@gmail.com">sharleenfoleysm@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Been a caregiver since 2006. Temporarily from 2006 Until 2020 been full-time ever since for the last four years going on five. I have experience in meal prep, feeding, bathing, transfers, woundcare, dementia care, transportation, groceries, companionship, and lighthouse cleaning.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Certification/License:</b>                                                           | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I have many years of dementia care.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Additional information:</b>                                                          | I also work on holidays! I do charge time and a half for holidays this year. I am available Thanksgiving day, Christmas Eve, and Christmas Day and New Year's Day. I am very reliable and punctual reliable. Also comfortable with pets As I have a Ragdoll kitten myself. We also have horses on the property.. In my younger years, I used to train horses. Rode in the island county fair up on Woody Island., Where I barrel raced in the island county fair. When I am not working, I enjoy going on road trips and traveling with my children and showing them as much as I can possibly show them! Took them to Hawaii couple years ago let them go swimming with turtles and zip lining. I'm very compassionate and caring and love what I do very much! When I work for clients, I am completely 100% devoted to client! I also have a great sense of humor. Enjoy laughing. |

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Freeman, Fran                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Email Address:</b>                                                                   | <a href="mailto:eph815@icloud.com">eph815@icloud.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | <b>Length:</b> Living On Island Length: 5 Years in Home Care Industry<br><b>Description of Caregiving Experience:</b> Medication Management•Rx Pick-Up •Range Of Motion Exercises•Transfers•Ambulatory Stand By Assist•Walkers•Wheelchair Menu Planning•Meal Preparation•Feeding•Kitchen Cleaned & Sanitized Transportation To Appointments• Treatments•Shopping & More Bathing•Grooming•Dressing•Hand Care Foot Care•Skin Care•Bathroom Cleaned & Sanitized Toilet Assistance•Disposable Briefs•Urine Catheter Care Housekeeping & Laundry |
| <b>Certification/License:</b>                                                           | Certified Home Care Aide                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Palliative Care<br>•Hospice Care<br>•Spiritual Support<br>(Only When Requested)<br>•Dementia<br>•Cerebral Embolism/Stroke<br>•Chronic Pain Syndrome<br>•Rheumatoid Arthritis<br>•Heart Disease •Pulmonary/Respiratory Disease<br>•Oxygen Use•Amputee<br>•Companion Care & More                                                                                                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | Yes For Emergencies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Available for Weekend Care:</b>                                                      | Yes For Emergencies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Additional information:</b>                                                          | <b>About me:</b> Non-Smoker•Up To Date On Covid & Flu Vaccinations•Respectful•Courteous•Reliable•Clean•Positive•Prompt•Exercise•Healthy Diet•Strong Believer Of Client's Right Of Choice•Complimented On My Cooking & Baking•Enjoy My Occupation•Thank You For Reading My Profile                                                                                                                                                                                                                                                           |
|                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Gordon, Shawnalee                                                                                                       |
| <b>Email Address:</b>                                                                   | <a href="mailto:shawnaleegordon80@gmail.com">shawnaleegordon80@gmail.com</a>                                            |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have a little over a year experience. I have worked with dementia, paraplegics, diabetics and the cognitive impaired. |
| <b>Certification/License:</b>                                                           | Nursing Assistant Registration (NAR) pending.                                                                           |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | I'm not yet approved for COPES work                                                                                     |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Dementia, Companion Care, Transfers, Ambulation                                                                         |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                     |
| <b>Additional information:</b>                                                          | Love kids and dogs                                                                                                      |
|                                                                                         |                                                                                                                         |

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|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Gross, Susan                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Email Address:</b>                                                                   | <a href="mailto:susan@susangross.com">susan@susangross.com</a>                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been a caregiver for one year on Vashon Island with 2 clients, one with worsening dementia, incontinence & mobility issues, the other in her late 90's with limited mobility & specific dietary needs. Skills include personal care, meal planning & food preparation, medication management, light kitchen clean up, straightforward communications with families, compassionate companionship, help with tasks and organizing, attention to detail. |
| <b>Certification/License:</b>                                                           | None at this time, but interested in pursuing.                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I provide sensitive companionship, I am personally quite familiar with grief death & dying, some hospice care. I have some experience in light personal care & clean-up and helping the client use a cane or walker. If they are interested and able, I can help the client tell their stories &/or write their memoir, family cookbook, or scrapbook.                                                                                                       |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Additional information:</b>                                                          | Non smoker, mask-wearing & cautious in regards to Covid as I myself am immune-compromised. Animal lover and pet sitter, an artist, gifted teacher, book lover, reader, writer.                                                                                                                                                                                                                                                                               |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hankinson, Adrienne                                                                                                                                                                                                                    |
| <b>Email Address:</b>                                                                   | <a href="mailto:aidandrory@gmail.com">aidandrory@gmail.com</a>                                                                                                                                                                         |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 20 years experience working with a variety of clients. My experience includes dementia, diabetes, post-surgical care, mental health, developmental disabilities, companionship, cooking for special diets, elder and juvenile clients. |
| <b>Certification/License:</b>                                                           | HCA and AHCA (advanced) Nationally accredited HMCC.HM.60344400                                                                                                                                                                         |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Cooking for special diets, children with developmental disabilities, diabetes, dementia                                                                                                                                                |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                    |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                    |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                    |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                    |
| <b>Additional information:</b>                                                          | Non smoker, fragrance -free, comfortable with pets, excellent cook/baker. I enjoy gardening, reading, going for walks and having great conversations with clients.                                                                     |
|                                                                                         |                                                                                                                                                                                                                                        |

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November 14, 2025

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hathaway, Roxy                                                                                                             |
| <b>Email Address:</b>                                                                   | <a href="mailto:rrhisland@gmail.com">rrhisland@gmail.com</a>                                                               |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Helped my mom from her 85th to 90th years. Have helped a few elderly friends with light housework and shopping needs.      |
| <b>Certification/License:</b>                                                           | No certification                                                                                                           |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion care                                                                                                             |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                         |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                         |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                        |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                        |
| <b>Additional information:</b>                                                          | Long time Vashon resident. Can provide referrals both personal and work. Work part time as a personal assistant on island. |
|                                                                                         |                                                                                                                            |

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November 14, 2025

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|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Name:                                                                           | Hazelton, Ashley                                                                           |
| Email Address:                                                                  | <a href="mailto:ashley.m.hazelton@icloud.com">ashley.m.hazelton@icloud.com</a>             |
| Length & Description of Caregiving Experience:                                  | 5 years of home health aid work in an assisted living facility with a memory care unit.    |
| Certification/License:                                                          | None                                                                                       |
| Independent Provider approved by DSHS for State-benefited work including COPES: | No                                                                                         |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Home health aid care, hospice, dementia, Parkinson's                                       |
| Available for Overnight Care:                                                   | Yes                                                                                        |
| Available for Weekend Care:                                                     | Yes                                                                                        |
| Have own transportation:                                                        | Yes                                                                                        |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                        |
| Additional information:                                                         | I am a non smoker, I love animals. I have empathy compassion for working with the elderly. |
|                                                                                 |                                                                                            |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Henderson, Linda                                                                                                                                                                                                                                                                                        |
| <b>Email Address:</b>                                                                   | <a href="mailto:linda.l.e.henderson@gmail.com">linda.l.e.henderson@gmail.com</a>                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 20 years                                                                                                                                                                                                                                                                                                |
| <b>Certification/License:</b>                                                           | Medical Assistant then Hemodialysis Technician both are expired                                                                                                                                                                                                                                         |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No, but willing to be                                                                                                                                                                                                                                                                                   |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Dementia, Alzheimer's, CKF, Hyper/Hypo-tension, CHF, Diabetes, wound care, medication management, Emotional support, Companion Care, Physical/Mental Exercises, personal safety, Financial management, Transportation, House Managing                                                                   |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | Non Smokers Jill-of-all-trades (I can fix your toilet, cook a homemade meal including dessert, make a Christmas wreath, solve safety problems by thinking outside of the box) I love all animals I am terrified of spiders I have a 4 year old dachshund named Star that accompanies me with my clients |
|                                                                                         |                                                                                                                                                                                                                                                                                                         |

## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hendricks, Paula                                                                                                                                                                                               |
| <b>Email Address:</b>                                                                   | <a href="mailto:phenlaci@hotmail.com">phenlaci@hotmail.com</a>                                                                                                                                                 |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been an active caregiver in our community since 1993. I am presently employed as a hospice aide with Providence Hospice of Seattle. I have worked with Providence for 15 years.                         |
| <b>Certification/License:</b>                                                           | Certified Nursing Assistant (CNA) & Certified Hospice and Palliative Nursing Assistant (CHPNA)                                                                                                                 |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not at this time                                                                                                                                                                                               |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice is my specialty. I have done a lot of work with people dementia in adult day health settings, specializing in art making programs. I have care management skills in the private caregiving realm.      |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                             |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                                                                                                             |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                            |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes - 1st time                                                                                                                                                                                                 |
| <b>Additional information:</b>                                                          | I am a non-smoker. I do not mind pets, but ask clients to have dogs secured in other room or outdoors during care. I am an artist. Sometimes, I have very little availability, but am open to receiving calls. |
|                                                                                         |                                                                                                                                                                                                                |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hernandez, Maira                                                                                                                                  |
| <b>Email Address:</b>                                                                   | <a href="mailto:andrewsmadre10@gmail.com">andrewsmadre10@gmail.com</a>                                                                            |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 13 years                                                                                                                                          |
| <b>Certification/License:</b>                                                           | CNA, C-MA                                                                                                                                         |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                               |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I am experienced in all areas. Companion care all the way up to full bed ridden clients. I've worked with memory care, transferring, bathing etc. |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                               |
| <b>Additional information:</b>                                                          | Non smoker, Pets ok, I like going for walks and doing arts and doing arts and crafts.                                                             |
|                                                                                         |                                                                                                                                                   |

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|                                                                                 |                                                                                 |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Name:                                                                           | Hildebrand, Brian                                                               |
| Email Address:                                                                  | <a href="mailto:bthildebrand@hotmail.com">bthildebrand@hotmail.com</a>          |
| Length & Description of Caregiving Experience:                                  | 9 years working with physically and developmentally disabled clients on Vashon. |
| Certification/License:                                                          | HCA                                                                             |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Yes                                                                             |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Have worked with client with mild retardation and cerebral palsy for 8 years.   |
| Available for Overnight Care:                                                   | Yes                                                                             |
| Available for Weekend Care:                                                     | Yes                                                                             |
| Have own transportation:                                                        | Yes                                                                             |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                             |
| Additional information:                                                         | Comfortable with pets.                                                          |
|                                                                                 |                                                                                 |

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November 14, 2025

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hilton, Annette                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Email Address:</b>                                                                   | <a href="mailto:breezy461ah@gmail.com">breezy461ah@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | <p>Self-Employed / Various Clients - Vashon, WA 2014 - Present -</p> <p>Provide personalized, dignified care to seniors and individuals with disabilities, fostering independence and emotional well-being.</p> <ul style="list-style-type: none"> <li>- Coordinate and deliver transportation for medical appointments, errands, and social engagements—on and off-island—ensuring timely, safe travel.</li> <li>- Advocate for clients' access to essential services, including healthcare, benefits, and community resources, often acting as liaison with providers and agencies.</li> <li>- Build long-term, trusting relationships with clients and families through consistent communication, reliability, and empathy.</li> <li>- Adapt care plans to evolving needs, including mobility support, medication reminders, meal preparation, and companionship.</li> <li>- Maintain detailed records of care activities and client progress, supporting continuity and quality of care.</li> </ul> |
| <b>Certification/License:</b>                                                           | Certified Home Care Aide - Active Status HM 60854613 7/17/2018 1/29/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes, however I am at my maximum hours with COPES.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia, cooking, cleaning, hygiene, showering, errands, appts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | I am fully invested in my clients continued care. I advocate for your loved ones at appts. I schedule and manage on and off island appointments and errands. Currently, I hold 15 hours per week. looking to fill up to 20 hours. I have excellent reference letters from past and current clients. I am flexible to scheduling needs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Hylton, Jaime                                                                                                                                                                                                                          |
| <b>Email Address:</b>                                                                   | <a href="mailto:jaime.hylton@yahoo.com">jaime.hylton@yahoo.com</a>                                                                                                                                                                     |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 25 years                                                                                                                                                                                                                               |
| <b>Certification/License:</b>                                                           | None                                                                                                                                                                                                                                   |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not anymore                                                                                                                                                                                                                            |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia, companion care, meal prep, meds, transfers                                                                                                                                                                          |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                    |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                    |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                    |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                    |
| <b>Additional information:</b>                                                          | I have done the CAN and MA courses. I never got my license because I realized I wanted to work in home care. I love helping people more than anything and I have done caregiving for 25 years. I am always looking for overnight work. |
|                                                                                         |                                                                                                                                                                                                                                        |

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Janssen, Kristi                                                                                                                                                  |
| <b>Email Address:</b>                                                                   | <a href="mailto:krischeljo@yahoo.com">krischeljo@yahoo.com</a>                                                                                                   |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I worked at VCCC for 16 years (2005-1021) caregiving. I also had quite a few private caregiving jobs from 2006 until 2015 (part-time). Direct care and med tech. |
| <b>Certification/License:</b>                                                           | CNA Kristi C. Janssen credential #: NC 61257211                                                                                                                  |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes, independent. Not DSHS COPES approved.                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care):</b>       | Any                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                              |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                              |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                              |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                              |
| <b>Additional information:</b>                                                          | None provided                                                                                                                                                    |
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November 14, 2025

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|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Email Address:                                                                  | Jarvis, Sam                                                                                                                                                               |
| Length & Description of Caregiving Experience:                                  | <a href="mailto:sjarvixonox@gmail.com">sjarvixonox@gmail.com</a>                                                                                                          |
| Certification/License:                                                          | Working on HCA                                                                                                                                                            |
| Independent Provider approved by DSHS for State-benefited work including COPES: | No                                                                                                                                                                        |
| Areas of Special Interest/Experience: (hospice, dementia, companion care):      | Companion Care and heavier body weight clients                                                                                                                            |
| Available for Overnight Care:                                                   | Yes                                                                                                                                                                       |
| Available for Weekend Care:                                                     | Yes                                                                                                                                                                       |
| Have own transportation:                                                        | Yes                                                                                                                                                                       |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                                                                                                       |
| Additional information:                                                         | Non smoker, resident islander, I am a large strong male, I love animals, I am okay around smokers. I have been told it's a very pleasurable experience to have me around. |
|                                                                                 |                                                                                                                                                                           |

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Jordan, Christina                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Email Address:</b>                                                                   | <a href="mailto:whitelabs@yahoo.com">whitelabs@yahoo.com</a> or <a href="mailto:alora831@uw.edu">alora831@uw.edu</a>                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 25 years experience as a caregiver and hospice volunteer, specializing in dementia care and hospice.                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Certification/License:</b>                                                           | HCA HM #61132886, CNA NC #61207121, Bachelors in Gerontology, advanced training in Alzheimer's and related dementias, currently in the process of getting my Masters in Social Work at the University of Washington                                                                                                                                                                                                                                                                                                                                 |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | State provider with Full Life Care and Independent Provider                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Areas of interest are dementia and hospice care                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Additional information:</b>                                                          | I am a gerontologist and enjoy working with families to support them as they care for their aging loved one. My prior work experience is with Vashon Community Care and UC Davis Alzheimer's Disease Center in CA. My mother was a hospice volunteer coordinator and because I grew up with hospice. I am comfortable with the process of dying and feel confident in my ability to support their family on this journey. I am a non-smoker, respectful of noise sensitive individuals and clients with sensitivity to smells, and I love all pets. |
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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Jorgensen, Tawney                                                                                                                                                                 |
| <b>Email Address:</b>                                                                   | <a href="mailto:Tlbeck777@gmail.com">Tlbeck777@gmail.com</a>                                                                                                                      |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Off and on for 30 years                                                                                                                                                           |
| <b>Certification/License:</b>                                                           | HCA                                                                                                                                                                               |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes will be starting soon                                                                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, companion, dementia                                                                                                                                                      |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                               |
| <b>Additional information:</b>                                                          | I have worked with people/children with disabilities for many, many years. I have been a farmer for the past 15 years growing veggies and fruit trees on my farm, chickens etc... |
|                                                                                         |                                                                                                                                                                                   |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|---------------------------------------------------------------------------------|------------------------------------------------------------------|
| Name:                                                                           | Kirima, Janet                                                    |
| Email Address:                                                                  | <a href="mailto:janetkirima@yahoo.com">janetkirima@yahoo.com</a> |
| Length & Description of Caregiving Experience:                                  | CNA for 17 years                                                 |
| Certification/License:                                                          | CNA                                                              |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Yes                                                              |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Hospice, Dementia, Companion, End of life                        |
| Available for Overnight Care:                                                   | Yes                                                              |
| Available for Weekend Care:                                                     | Yes                                                              |
| Have own transportation:                                                        | Yes                                                              |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                              |
| Additional information:                                                         | Ok with smokers, Ok with pets                                    |
|                                                                                 |                                                                  |

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Lomize, Sarah                                                                                                                                                                                                                                                                                                                                           |
| <b>Email Address:</b>                                                                   | <a href="mailto:sarahlomize@gmail.com">sarahlomize@gmail.com</a>                                                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been caring for my small children for the last 5 years, and have 9 years of experience in Communications, Administration, and Theatre. I desire to help Seniors stay connected and involved in their families and communities with dignity and joy by taking some of the load of running a house off their shoulders through concierge services. |
| <b>Certification/License:</b>                                                           | None                                                                                                                                                                                                                                                                                                                                                    |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                      |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Concierge Services                                                                                                                                                                                                                                                                                                                                      |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                     |
| <b>Additional information:</b>                                                          | I provide the following services: Household: light housekeeping & laundry, correspondence & bill pay, meal prep, organization, arranging repairs General Errands: grocery shopping & errands, vehicle maintenance, gift shopping & wrapping Holiday/Seasonal Decoration: set-up and take down using client's decorations or sourcing new.               |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Lopez-Lopez, Gregory                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Email Address:</b>                                                                   | <a href="mailto:greglopez.emt@gmail.com">greglopez.emt@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have been working in the medical field for about ten years and have about four months of caregiving experience on Vashon.                                                                                                                                                                                                                                                                                                           |
| <b>Certification/License:</b>                                                           | No                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | No                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Additional information:</b>                                                          | I am definitely a nonsmoker, as well as great with animal family members of any kind. I love learning and invest all of my time to that. I have worked about five year as an EMT and am studying to be a paramedic. I will gladly get my HCA or CNA. I am residing on Vashon and would love to rejoin the Care Network. I have also previously graduated from a CNA course in 2009, but opted for a career in emergency medical care. |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | <b>Murphy, Kelly</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Email Address:</b>                                                                   | <a href="mailto:kelmurphy0920@gmail.com">kelmurphy0920@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I started in caregiving in 2017 working at a doctors office as an MA. I have been working as a home health aid for about 6 years. I also run the scholarship class for the VCN to assist those who are working to get their Home Health Aide Certification. Recently I have started working as a Human Advocate/Navigator. Below are some of the services I offer. Book reading (maybe even with different voice's) Itinerary builder Travel Companion Thought partner Organizer Appointment Navigator Online platform navigator Phone navigator Purchaser Document writer Medical Advocate Form filler outer Ear Lavage Toe nail care/clipping. If you see something that you need and it is not here, just ask! |
| <b>Certification/License:</b>                                                           | HCA, Registered MA in VA, working to get it active in WA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Dementia, Hospice, Companion Care                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Additional information:</b>                                                          | I love caring for others. I am patient, kind and detail oriented. If you need assistance with anything just ask; if I can't do it for you I will try to help find someone that can!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Nauer, Audrey                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Email Address:</b>                                                                   | <a href="mailto:audreynauer1@gmail.com">audreynauer1@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | My name is Audrey, I've been caring for elderly for over 15 years. I am reliable, trustworthy, energetic, creative and able to discipline the children according to the family's preferred parenting style. I'm confident in my skills and my ability to make good decisions. I keep a safe and clean environment for my clients. I also do housekeeping, laundry, errands and I'm willing to do other tasks if requested. I worked with many, assisting clients, convalescents, and disabled people in their homes. I'm very compassionate about what I do. I speak good English and I drive my own transportation. I've done duties such as companionship, administering medicines, repositioning bedridden patients to prevent bedsores, monitoring health condition, transportation, errands, helping with bathing and grooming. Maintain safe, clean and healthy environment for patients/residents. I come from a big family and I value my family so having me around, we will feel like family. We are big island people with bigger hearts. |
| <b>Certification/License:</b>                                                           | CNA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Private Caregiver                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companionship, hospice, chronic illness, dementia, emotional support, physical assistance and etc.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Additional information:</b>                                                          | Comfortable with pets, non smoker, very trustworthy, very compassionate, love playing sports and very physical. I'm a big girl with a bigger heart:)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Odell, Richard                                                                                                                       |
| <b>Email Address:</b>                                                                   | <a href="mailto:fieldstone12@gmail.com">fieldstone12@gmail.com</a>                                                                   |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 20+ years. Seizure disorder, development disabilities, hospice, Parkinson's with dementia, Alzheimers                                |
| <b>Certification/License:</b>                                                           | Qualified IP                                                                                                                         |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                  |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Come what may                                                                                                                        |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                  |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                  |
| <b>Additional information:</b>                                                          | Fully booked as of 6/23/22, but open to opportunities and wishing to be considered for such as all conditions are subject to change. |
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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Pottinger, Maria                                                                                                                                                                                                                                         |
| <b>Email Address:</b>                                                                   | <a href="mailto:mariapottinger@live.com">mariapottinger@live.com</a>                                                                                                                                                                                     |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I did some caregiving with one client in 2023 to help a friend. I enjoyed it and started doing it regularly with multiple clients in 2024 and got my HCA.                                                                                                |
| <b>Certification/License:</b>                                                           | HCA                                                                                                                                                                                                                                                      |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Approved for COPES                                                                                                                                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Companion Care, Dementia, Memory Loss, willing to help with almost anything                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                      |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                      |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                      |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | I am a non-smoker, comfortable with pets. I have an MSW and raised 4 kids. I find caregiving uses the same 'muscles' as mothering - keeping a vulnerable person safe using creative problem solving, patience and kindness with an occasional directive. |
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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Quiazon Valle, Leah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Email Address:</b>                                                                   | <a href="mailto:quiazon1979@yahoo.com">quiazon1979@yahoo.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I've been a caregiver for over 22 years mostly private clients. I've been a supervisor as well dealing with caregivers schedules, client appointments and payroll and mostly supervising caregivers and assisting them to give the best care possible to clients. From the beginning I know taking care of elderly is been my calling, being a caregiver is a fulfilling job. Assisting client with their everyday needs, preparing their meals, ADLs and medication assistance and transporting them on their appointments. Reliable and loving. |
| <b>Certification/License:</b>                                                           | CNA certification, first aide                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia, companion, wound care, ventilator, NGT, colostomy bag, trache care and catheter.                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Additional information:</b>                                                          | Non smoker, comfortable with small pets.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Reynoso-Ibarra, Tara                                                                                                                                                                                 |
| <b>Email Address:</b>                                                                   | <a href="mailto:taratamadivon@gmail.com">taratamadivon@gmail.com</a>                                                                                                                                 |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Approx. 3 years caring for friends with seizure and substance abuse disorders. Just under one year in assisted living/memory care settings with emphasis on dementia care.                           |
| <b>Certification/License:</b>                                                           | CNA - NC61432830                                                                                                                                                                                     |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                   |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Dementia, Companion Care                                                                                                                                                                             |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                  |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                  |
| <b>Additional information:</b>                                                          | I am a nonsmoker, am comfortable with pets, cats preferred. I am a painter and sculptor and would love to share these interests with potential clients. I am nonbinary and go by they/them pronouns. |
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|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Name:                                                                           | Richards, Stephanie                                                                      |
| Email Address:                                                                  | <a href="mailto:smiley2005s@aol.com">smiley2005s@aol.com</a>                             |
| Length & Description of Caregiving Experience:                                  | 2 years                                                                                  |
| Certification/License:                                                          | HCA HM61595510                                                                           |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Independent Provider COPES                                                               |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Dementia, Companion, House Work                                                          |
| Available for Overnight Care:                                                   | No                                                                                       |
| Available for Weekend Care:                                                     | No                                                                                       |
| Have own transportation:                                                        | Yes                                                                                      |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                      |
| Additional information:                                                         | Non smoker, loves pets, loves to paint, loves house cleaning, loves to have tea and talk |
|                                                                                 |                                                                                          |

## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Royal, Rosemary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Email Address:</b>                                                                   | <a href="mailto:rosemaryroyal@icloud.com">rosemaryroyal@icloud.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I am in school at TCC taking prerequisites for their Radiology program. I have been working as a caregiver for the last year to include me experience in my medical experience when I fill out my application next summer! Additionally, Over the last couple years I've been helping care for my grandmother in my family's home on island. She is 93 and had a stroke in 2022 and lost use of her entire right side and requires 27/7 in home care. Her caregiver at the time suggested I look into this field as she felt I was doing very well, and so I did! I've been working with my current on island client for the last 10 months. |
| <b>Certification/License:</b>                                                           | HCA In progress, but not done yet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Currently connecting with COPES network and getting the process started.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Very experienced with Dementia, Aphasia, Non-Verbal, Post-Stroke, Lifts, Transfers, cooking, Bathing, Mobility Issues, Feeding, Dressing, Household Chores etc. And Happy and Willing to Learn!                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Additional information:</b>                                                          | Non smoker, single mom of amazing 1 year old baby girl, work with pets as my side job, flexible, good communicator, currently in school part time (online classes currently) I moved to Vashon when I was 10, graduated high school here, moved to Utah and moved back last summer after my baby was born. My family lives here as well.                                                                                                                                                                                                                                                                                                     |

# VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Rumbelow, Maggie                                                                                                                                                                                                                                                                                                      |
| <b>Email Address:</b>                                                                   | <a href="mailto:mrumbelow@icloud.com">mrumbelow@icloud.com</a>                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have provided caregiving and assistance through various volunteer organizations, and have worked professionally as an office assistant or similar roles for 10+ years. Caregiving specific, I am happy to run errands, clean up, provide company and/or activities indoors or outdoors, cook or prepare meals, etc. |
| <b>Certification/License:</b>                                                           | No license                                                                                                                                                                                                                                                                                                            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                    |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Open to all types of care.                                                                                                                                                                                                                                                                                            |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                   |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                   |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                   |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                   |
| <b>Additional information:</b>                                                          | I am a nonsmoker, comfortable with any pets, strong bodied. I can organize space or time, schedule appointments, be a liaison for any communication, provide a safe ride to appointments off island, or shop and deliver any groceries or goods. I am a positive and flexible person and happy to help.               |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Samanna-Spagnoli, Manu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Email Address:</b>                                                                   | <a href="mailto:msamannaspagnoli@gmail.com">msamannaspagnoli@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Think how you or your loved one is missing out on enriching experiences due to a disability, and we can make them accessible again! A weekend trip to Portland? A day trip to the coast? Or...? In 2009, my mother was diagnosed with type 3 brain cancer and passed in 2023. Over that 14 year period, I provided all types of care, including three trips to India with a motorized wheelchair and walking aids. I make my services available for trips and activities to help improve my clients' quality of life. I am able to lift hundreds of pounds and have extensive experience with transfer from wheelchair to car, to airplane, to any other seating or transportation, as well as addressing things like bathroom needs during travel. I can also provide all the necessary caretaking (bathing, cleaning, etc.) needed during activities or trips. Because of my age (38) and strength, I can provide my services to just about anyone. Open to almost anything if we can figure out the logistics. I will also help coordinate travel around ADA needs. |
| <b>Certification/License:</b>                                                           | CPR / First Aid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Independent                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Travel, Companion care, Activities to improve quality of life                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Additional information:</b>                                                          | Ready to help improve quality of life and companionship. Father of two daughters and have been High School football coach over the years, including Head Coach at VHS. Have wagon car can fit wheelchairs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Name:                                                                           | Sigler, Tina                                                                                                |
| Email Address:                                                                  | <a href="mailto:tdsigler55@gmail.com">tdsigler55@gmail.com</a>                                              |
| Length & Description of Caregiving Experience:                                  | 30+ retired CNA                                                                                             |
| Certification/License:                                                          | No certificate for Washington                                                                               |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Private provider                                                                                            |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Have experience in all fields of care                                                                       |
| Available for Overnight Care:                                                   | Yes                                                                                                         |
| Available for Weekend Care:                                                     | Yes                                                                                                         |
| Have own transportation:                                                        | Yes                                                                                                         |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                                         |
| Additional information:                                                         | Have worked on Vashon with special friends, family, as well as friends of family and parents of classmates. |
|                                                                                 |                                                                                                             |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Stewart, Nastarcia                                                                                                                                                |
| <b>Email Address:</b>                                                                   | <a href="mailto:snastarcia@yahoo.com">snastarcia@yahoo.com</a>                                                                                                    |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | 1 year and 3 months                                                                                                                                               |
| <b>Certification/License:</b>                                                           | CNA                                                                                                                                                               |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not yet                                                                                                                                                           |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Dementia, Diabetes, Hospice, Enteral Feeding I have worked with quadriplegics, paraplegic, Parkinson's patients, experience with nephrostomy tubes and PEG tubes. |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                               |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                               |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                               |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                               |
| <b>Additional information:</b>                                                          | Comfortable with pets, love plants, environmentalist, love to cook, do housecleaning occasionally.                                                                |
|                                                                                         |                                                                                                                                                                   |

## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Stigall, Jamilla "Milla"                                                                                                                                                                           |
| <b>Email Address:</b>                                                                   | <a href="mailto:heartfulnesshomecare@gmail.com">heartfulnesshomecare@gmail.com</a>                                                                                                                 |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Certified medical assistant, and office assistant, in school to be certified as home health aide, housekeeper, cook, animal caretaker. A variety of medical and home service skills to suit needs. |
| <b>Certification/License:</b>                                                           | Medical assistant, home health certification to be completed 10/22.                                                                                                                                |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Yes                                                                                                                                                                                                |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Hospice, dementia, companion care                                                                                                                                                                  |
| <b>Available for overnight care:</b>                                                    | Yes                                                                                                                                                                                                |
| <b>Available for weekend care:</b>                                                      | Yes                                                                                                                                                                                                |
| <b>Have own transportation</b>                                                          | Yes                                                                                                                                                                                                |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                |
| <b>Additional information:</b>                                                          | Additional information may be available at client's request.                                                                                                                                       |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Name:                                                                           | Suder, Dani                                                                     |
| Email Address:                                                                  | <a href="mailto:daniellesuder@gmail.com">daniellesuder@gmail.com</a>            |
| Length & Description of Caregiving Experience:                                  | Companion care giver throughout the last several years                          |
| Certification/License:                                                          | None                                                                            |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Companion care                                                                  |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Yes                                                                             |
| Available for overnight care:                                                   | Yes                                                                             |
| Available for weekend care:                                                     | Yes                                                                             |
| Have own transportation                                                         | Yes                                                                             |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                             |
| Additional information:                                                         | No smoker, pet lover, yoga, walks, meditation, music, reading, Spanish, cooking |
|                                                                                 |                                                                                 |

## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Torres, Raphael                                                                                                                                                                                                                                          |
| <b>Email Address:</b>                                                                   | <a href="mailto:reignofralph@gmail.com">reignofralph@gmail</a>                                                                                                                                                                                           |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I'm just getting into the industry but have cared for family member and injured friends. I am a single father and a firefighter to be.                                                                                                                   |
| <b>Certification/License:</b>                                                           | None currently.                                                                                                                                                                                                                                          |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Independent, but working on the COPES on boarding.                                                                                                                                                                                                       |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | I'd love to work with all kinds of clients with all kinds of needs. I definitely love connecting with people and cooking, cleaning, outings, etc.                                                                                                        |
| <b>Available for overnight care:</b>                                                    | Yes                                                                                                                                                                                                                                                      |
| <b>Available for weekend care:</b>                                                      | Yes                                                                                                                                                                                                                                                      |
| <b>Have own transportation</b>                                                          | Yes                                                                                                                                                                                                                                                      |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                      |
| <b>Additional information:</b>                                                          | As stated, I am a father of a wonderful 2.5 year old who has taught me to love on a deeper level. I am also working on becoming a firefighter. I have an immense amount of love for humans, and all living things and helping others is rewarding to me. |
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## VASHON CAREGIVER DIRECTORY

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|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Tufts, David                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Email Address:</b>                                                                   | <a href="mailto:tuffguy1130@yahoo.com">tuffguy1130@yahoo.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Our primary service is to care for your pet(s), however, we are also happy to support needs such as running errands due to your health challenges.                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Certification/License:</b>                                                           | 1st Aid/CPR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Independent                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Our family has experience as caregivers. We have worked in an assisted living setting and done personal caregiving in loved ones' homes. We also have experience with special needs children.                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Available for Overnight Care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Additional information:</b>                                                          | We have been pet lovers and pet caregivers our entire time, 25 years, on Vashon Island. We will care for your pet like he/she is our own. We have had large dogs, puppies, senior rescue dogs, and cats in our care. We board your pet in our home or come to your home for daily walks to cleaning out the litter box. While you recover from surgery or an injury, we are here to help care for your pets! We are able to provide services during the day and evenings, 7 days per week. We are Star Sitters on the Rover Website and love helping our neighbors on Vashon Island! |

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|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Twedt, Judy                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Email Address:</b>                                                                   | <a href="mailto:judytwedt@gmail.com">judytwedt@gmail.com</a>                                                                                                                                                                                                                                                                                                                    |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I have years of informal caregiving experience for a sibling with disabilities, including assisting with transportation, communication, and organization. I also have experience caregiving for children as a babysitter, nanny and now a parent to a toddler.                                                                                                                  |
| <b>Certification/License:</b>                                                           | None                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | No                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | companion care, household work and hospice.                                                                                                                                                                                                                                                                                                                                     |
| <b>Available for overnight care:</b>                                                    | Yes                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Available for weekend care:</b>                                                      | Yes                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Have own transportation</b>                                                          | Yes                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Additional information:</b>                                                          | My hobbies include hiking, swimming, cooking, gardening and fiber arts. I have an advanced degree in climate communication and my professional work has been in environmental advocacy, but I am looking for part-time, island-based work while my toddler is so young. I enjoy working with people very much. I am a nonsmoker, good listener, and very comfortable with pets. |
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## VASHON CAREGIVER DIRECTORY

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|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name:                                                                           | Valdez, Juventa                                                                                                                                                      |
| Email Address:                                                                  | <a href="mailto:graveflower801253@gmail.com">graveflower801253@gmail.com</a>                                                                                         |
| Length & Description of Caregiving Experience:                                  | 10 + years                                                                                                                                                           |
| Certification/License:                                                          | CNA                                                                                                                                                                  |
| Independent Provider approved by DSHS for State-benefited work including COPES: | Independent provider                                                                                                                                                 |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Alzheimer's/dementia, diabetes, hospice, wound care, ostomy care, autism, down syndrome, congestive heart failure, mobility assistance, companion care, amputee care |
| Available for Overnight Care:                                                   | Yes                                                                                                                                                                  |
| Available for Weekend Care:                                                     | Yes                                                                                                                                                                  |
| Have own transportation:                                                        | Yes                                                                                                                                                                  |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                                                                                                  |
| Additional information:                                                         | Non smoker, comfortable with pets, I love animals                                                                                                                    |
|                                                                                 |                                                                                                                                                                      |

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|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name:                                                                           | Vinson, Isabel                                                                                                                                                                           |
| Email Address:                                                                  | <a href="mailto:alohaisa808@gmail.com">alohaisa808@gmail.com</a>                                                                                                                         |
| Length & Description of Caregiving Experience:                                  | Most of my experience is with Dementia/Alzheimer's (caregiver/companion). 5 years experience caregiving/cooking meals for clients (special diets included). Also provide meal deliveries |
| Certification/License:                                                          | None                                                                                                                                                                                     |
| Independent Provider approved by DSHS for State-benefited work including COPES: | No                                                                                                                                                                                       |
| Areas of Special Interest/Experience: (hospice, dementia, companion care)       | Dementia, companion care, meal prep.                                                                                                                                                     |
| Available for Overnight Care:                                                   | No                                                                                                                                                                                       |
| Available for Weekend Care:                                                     | No                                                                                                                                                                                       |
| Have own transportation:                                                        | Yes                                                                                                                                                                                      |
| Willing to do preliminary interview/meet & greet with family free of charge:    | Yes                                                                                                                                                                                      |
| Additional information:                                                         | Non-smoker, love pets, avid walker, bilingual - Spanish, retired Culinary Arts teacher, passion for cooking.                                                                             |
|                                                                                 |                                                                                                                                                                                          |

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|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | <b>Wolczko, Stacey</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Email Address:</b>                                                                   | <a href="mailto:stacey.wolczko@gmail.com">stacey.wolczko@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | I'm a very reliable person, patient, positive and energetic person. I am compassionate, a good listener, empathetic, trustworthy, with a sunny disposition. Besides raising three children with my husband, I enjoy caring for others. I've seen firsthand how valuable outside caregiving help can be for families wanting their loved ones to be cared for at home. I lovingly cared for my sister and then dear friend during their time living with cancer until the end of life. I'm familiar with an aging family member who had dementia and helped create a safe space for them to live, be respected and cared for. I can also help with errands, grocery shopping, cooking, light housekeeping and laundry. |
| <b>Certification/License:</b>                                                           | HCA Credential # HM 612-7956                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | I am an Independent Provider approved by DSHS for COPES work.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Open                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Additional information:</b>                                                          | I have been vaccinated and boosted for Covid. I am a non-smoker, enjoy sailing, yoga, walking, bicycling and swimming. I lived on a sail boat for 11 years and sailed the Pacific Ocean with my husband and three children for 16 months. I am a good organizer, planner and lifelong learner.                                                                                                                                                                                                                                                                                                                                                                                                                        |
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## VASHON CAREGIVER DIRECTORY

November 14, 2025

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|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Name:</b>                                                                            | Wood, Ilsa                                                                                                                                                                                                                                                                                                                          |
| <b>Email Address:</b>                                                                   | <a href="mailto:tidalwood@gmail.com">tidalwood@gmail.com</a>                                                                                                                                                                                                                                                                        |
| <b>Length &amp; Description of Caregiving Experience:</b>                               | Approximately 3 to 5 years. Within the last 17 years, I have been focusing on being a massage therapist, but have often had duties of caregiving during house call massages. Before that I was a full-time caregiver for two years.                                                                                                 |
| <b>Certification/License:</b>                                                           | I only carry a license for massage therapy                                                                                                                                                                                                                                                                                          |
| <b>Independent Provider approved by DSHS for State-benefited work including COPES:</b>  | Not yet                                                                                                                                                                                                                                                                                                                             |
| <b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>        | Bath aid and foot care. I am also in LMT and love offering massage as an extra.                                                                                                                                                                                                                                                     |
| <b>Available for Overnight Care:</b>                                                    | No                                                                                                                                                                                                                                                                                                                                  |
| <b>Available for Weekend Care:</b>                                                      | No                                                                                                                                                                                                                                                                                                                                  |
| <b>Have own transportation:</b>                                                         | Yes                                                                                                                                                                                                                                                                                                                                 |
| <b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b> | Yes                                                                                                                                                                                                                                                                                                                                 |
| <b>Additional information:</b>                                                          | I am a non-smoker. Mother of a five-year-old, so school days are best for me. Love doing fill-in work and 2 to 5 hours timeslots. Happy to visit just for baths or nail care or massage therapy. Happy to help with organizational tasks around the house, such as cleaning or other projects. I love fabric arts and nature walks. |
|                                                                                         |                                                                                                                                                                                                                                                                                                                                     |