

## VASHON CAREGIVER DIRECTORY

August 26, 2024

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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
<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, 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>	Batrick, Krista
<b>Email Address:</b>	<a href="mailto:kbattrick@me.com">kbattrick@me.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	I have been caring for children most of my life. I worked at a daycare while I was in college the first time back in the early 1990's. Then I cared for other people's children in my home while I was a stay at home mom for 15 years. I went back to school and got my nursing degree in 2009. I have an RN degree & have worked in pediatrics for 14 years. I have Pediatric Home Health experience including ventilators, central lines, g-tubes, medication administration and more. I also worked as a School Nurse and for the last 6 years I have been working in a Pediatric clinic. I love working with children and families. I am able to communicate well with both children and adults. I would love to be able to help the families of Vashon with any needs they may have. Please feel free to contact me if you have any questions.
<b>Certification/License:</b>	Registered Nurse RN60099964
<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>	Pediatrics
<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>	Non-smoker, comfortable with pets, I enjoy spending time with my daughters, creating handmade cards and walking on the beach.

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August 26, 2024

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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>	20 years
<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
<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 homesteader. Personal chef. I have been living off the grid for the past 15 years. I have many skills.

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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

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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 wo 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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<b>Name:</b>	Chellberg, David J.
<b>Email Address:</b>	<a href="mailto:djchellberg@gmail.com">djchellberg@gmail.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	Cared for multiple relatives during end of life. I have cared for Alzheimer's patients and hospice patients professionally.
<b>Certification/License:</b>	None yet, but I have a BA in Biology and 30 years' experience in Animal husbandry. I have enrolled in the CNA Certification Program.
<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 assisting/doing household repairs. I am an experienced house cleaner. I have experience in all three areas and each have their joys and disappointments.
<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>	Cared for multiple relatives during end of life. I have cared for Alzheimer's patients and hospice patients professionally.

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August 26, 2024

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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>	Crago, Alora
<b>Email Address:</b>	<a href="mailto:ajcrago@willamette.edu">ajcrago@willamette.edu</a>
<b>Length &amp; Description of Caregiving Experience:</b>	I have been a caregiver for 5 years on and off Vashon Island. I have been certified as a CNA for 1 year in Washington and worked at Vashon Community Care until its closing. I have experience in hospice home clients, dementia patients, and at home companion care jobs.
<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>	Yes
<b>Areas of Special Interest/Experience: (hospice, dementia, companion care)</b>	Previous hospice, dementia and companion care experience. No special interest - open to all.
<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 pre-med student studying at Willamette University. I am hoping to work over my breaks. My availability is May 15 through August 20, 2022 and December 20, 2022 through January 15, 2023. I would be happy to do fill ins for other caregivers as needed. I am comfortable with all pets, non smoker and am a mixed media artist.

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<b>Name:</b>	Cummings, Mary
<b>Email Address:</b>	<a href="mailto:maricumings66@gmail.com">maricumings66@gmail.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	Years of experience
<b>Certification/License:</b>	Have completed classes, not certified yet.
<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>	All of these
<b>Available for Overnight Care:</b>	Maybe
<b>Available for Weekend Care:</b>	Maybe
<b>Have own transportation:</b>	Sometimes
<b>Willing to do preliminary interview/meet &amp; greet with family free of charge:</b>	Yes
<b>Additional information:</b>	I get along very well with people and animals. Again, I have had years of experience.



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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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August 26, 2024

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<b>Name:</b>	Dahl, Julian
<b>Email Address:</b>	<a href="mailto:jdcare@gmx.com">jdcare@gmx.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	Long-time Vashon resident. Friendly, competent, and reliable. Certified as a Home Health Aide. Also currently certified in Dementia Care by the Alzheimer's Association and the American Red Cross in Adult First Aid/CPR/AED. Currently employed as an Elder Care-giver on island with over one year's experience. Over 15 years teaching experience, including with young adult high-needs Special Education students. Responsible, honest, and strong. Island references.
<b>Certification/License:</b>	Home Health Aide, American Caregiver Association, Cert.# 2022872P
<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>	Men, dementia, companion care, washing/toileting, dressing, wound care, cooking, cleaning
<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>	Services offered: Respite Care, Errands/Shopping, Personal Care, Light Housecleaning, Meal Preparation, Dementia, Medical Management, Bathing/Dressing, Companionship, Feeding, Mobility Assistance, Help with staying physically active, Heavy Lifting. Can help with: Transportation, Light cleaning, Groceries/Errands, Help with pets, Companion Care, Organizing/Laundry, Packing/Moving, Meal Preparation

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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>	Freeman, Fran
<b>Email Address:</b>	<a href="mailto:eph815@icloud.com">eph815@icloud.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	<p><b>Length:</b> Living On Island Length: 5 Years in Home Care Industry</p> <p><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 &amp; Sanitized Transportation To Appointments• Treatments•Shopping &amp; More Bathing•Grooming•Dressing•Hand Care Foot Care•Skin Care•Bathroom Cleaned &amp; Sanitized Toilet Assistance•Disposable Briefs•Urine Catheter Care Housekeeping &amp; Laundry</p>
<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>	<ul style="list-style-type: none"> <li>Palliative Care</li> <li>•Hospice Care</li> <li>•Spiritual Support (Only When Requested)</li> <li>•Dementia</li> <li>•Cerebral Embolism/Stroke</li> <li>•Chronic Pain Syndrome</li> <li>•Rheumatoid Arthritis</li> <li>•Heart Disease •Pulmonary/Respiratory Disease</li> <li>•Oxygen Use•Amputee</li> <li>•Companion Care &amp; More</li> </ul>
<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>	<p><b>About me:</b> Non-Smoker•Up To Date On Covid &amp; Flu Vaccinations•Respectful•Courteous•Reliable•Clean•Positive•Prompt•Exercise•Healthy Diet•Strong Believer Of Client's Right Of Choice•Complimented On My Cooking &amp; Baking•Enjoy My Occupation•Thank You For Reading My Profile</p>

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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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August 26, 2024

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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.

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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.

## VASHON CAREGIVER DIRECTORY

August 26, 2024

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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.



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<b>Name:</b>	Hildebrand, Brian
<b>Email Address:</b>	<a href="mailto:bthildebrand@hotmail.com">bthildebrand@hotmail.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	9 years working with physically and developmentally disabled clients on Vashon.
<b>Certification/License:</b>	HCA
<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>	Have worked with client with mild retardation and cerebral palsy for 8 years.
<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.

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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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<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 Alzheimers 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...

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<b>Name:</b>	Kirima, Janet
<b>Email Address:</b>	<a href="mailto:janetkirima@yahoo.com">janetkirima@yahoo.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	CNA for 17 years
<b>Certification/License:</b>	CNA
<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, End 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>	Ok with smokers, Ok with pets

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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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<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>	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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<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.

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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, Parkinsons 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

August 26, 2024

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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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<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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<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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<b>Name:</b>	Valdez, Juventa
<b>Email Address:</b>	<a href="mailto:graveflower801253@gmail.com">graveflower801253@gmail.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	10 + years
<b>Certification/License:</b>	CNA
<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>	Alzheimers/dementia, diabetes, hospice, wound care, ostomy care, autism, down syndrome, congestive heart failure, mobility assistance, companion care, amputee 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 pets, I love animals

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<b>Name:</b>	Vinson, Isabel
<b>Email Address:</b>	<a href="mailto:alohaisa808@gmail.com">alohaisa808@gmail.com</a>
<b>Length &amp; Description of Caregiving Experience:</b>	Most of my experience is with Dementia/Alzheimers (caregiver/companion). 5 years experience caregiving/cooking meals for clients (special diets included). Also provide meal deliveries
<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>	Dementia, companion care, meal prep.
<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>	Non-smoker, love pets, avid walker, bilingual - Spanish, retired Culinary Arts teacher, passion for cooking.



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<b>Name:</b>	Wolczko, Stacey
<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.