

NOTE: This list compiled by Healthy Generations Agency on Aging (HGAAA) does not constitute endorsement by HGAAA.

Always request references and criminal background checks before employing any individual.

| Name | Phone # | CNA | Experience | Car | Fred | KG | Spot | Staf | Shift | Misc |
|---------------------|-------------------------------|-----------------|------------|-----|------|----|------|------|--|---|
| Adams, Nidelkan | 540-848-2384 | | 20+ yrs | x | x | x | x | x | evening, overnight | bathing, feeding, medication |
| AdjeiFah, Michele | 443-333-7285 | | 7 yrs | | x | | | | 3 pm - overnight | Home health aide to Assist w/ ADLs, personal care, cook, clean, laundry |
| Amaya, Juley | 210-883-8552 | | 10+ yrs | x | x | x | x | x | call to schedule | Assist with ADL's & transportation |
| Ankomah, Sally | 571-234-2023 | x | 20 yrs | | x | | x | x | call to schedule | Housekeeping, meal prep., personal care & companionship |
| Armstrong, Rosemary | 540-203-0663 | License expired | 40+ | x | x | x | x | x | Monday-Friday Anytime / Fri, Sat and Sunday Days | Live-in. Experienced with everything |
| Arthur, Tyree | 540-854-8835, 540-603-9056 | x | 30 years | x | x | x | x | x | Days, no weekends | prefers males |
| Asante, Esther | 540-394-8685 | x | 17+ yrs | | x | x | x | x | flexible | MedTech/Phlebotomy/CNA - transportation/errands/bathing/transferring/cooking/light housekeeping |
| Ballard, Shirley | 540-273-9656 | x | 30 yrs | | x | | x | x | call to schedule | Meds, IV's, mobility, CPR |
| Beverly, Kathy | 540-538-6820 | x | 25 yrs | x | x | x | x | x | | |
| Boaitey, Sherry | 469-837-0512 | x | 10+ | x | x | x | x | x | all shifts | PCA, housekeeping, personal care & errands |
| Bouffard, Wendy | 540-659-7315 | | 10+ yrs | | x | | x | x | daytime home | Cancer clients, joint rehab, housekeeping, personal care, errands |
| Brown, Sheree | 571-490-1591 | | 10 yrs | | x | | x | x | all shifts | Bathe, transport., anything client needs, all CNA duties. Taking CNA Boards. |
| Carpenter, Susan | 540-226-7775 | x | 30 yrs | x | x | x | x | x | any | Any need the patient may have |
| Chavula, Doris | 540-623-6518 | x | 15 yrs | x | x | x | x | x | flexible | Medication management, housekeeping, transportation, errands |
| Chvon, Blair | 240-888-1433 | | | x | x | | x | x | anytime | HHC, PCA, CPR cert. meds, cooking, errands, feeding etc. |
| Conrad, Linda | 540-226-6077 | | 10+ years | x | x | x | x | x | flexible | Errands, grocery shopping, medication pick up and reminders, friendly checking calls, computer help, visits |
| Dickson, Patricia | 540-479-0397 | x | 5 yrs | x | x | x | x | x | all shifts | Any client needs! |
| Dornseif, Marie | 540-993-8290 | | 15 years | x | x | x | x | x | Monday-Friday 8AM - 8PM | Specialty with Alzheimer's, Parkinson's and Hospice |
| Echvarria, Pauline | 917-969-2533 | PCA | 28 yrs | x | | | | x | 11-3 Tues, Wed, Fri | Assist with Activities of Daily Living |
| Fabila, Paola | 540-273-6820 | PCA | 9 years | | x | | x | | 9-4, M-F | Genral caregiving |
| Flood, Cristiana | 540-710-3190 | CNA | | | x | | x | x | days and evening | Light housekeeping, meals, shopping, Dr. appts |
| Grooms, Tina | 540-748-4755 | x | 15 yrs | | x | x | x | x | open | Medical asst. blood draws, whatever the client needs |
| Jackson, Kathy | 540-845-6332 | | 9+ yrs | | x | | x | x | early morning - early evening | PCA, housekeeping, errands, transportation |
| Jones, Catherine | 540-360-8663 | | 10+ yrs | | x | | x | x | M-F after 5pm, open Saturday, not available Sunday | Open to various roles, general caretaking |
| Kamara, Mabinti | 703-861-0838 | | 4 yrs | | x | x | x | x | open availability | Nurse Practitioner. |
| Kamara, Rashida | 571-466-3292 | x | 10+ yrs | x | x | | x | x | Monday-Friday Mornings | Wants client to move in with her |
| King, Taresse | 540-773-9035 | x | 7 yrs | x | x | x | x | x | any | Live-in, cooking, cleaning, laundry, errands - CNA & Med. Tech. |
| Lewis, Falecia | 540-760-9156 | | 2 yrs | x | x | x | x | | any | Doctor appts. companion, personal care |

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|------------------|--------------|---|--------|---|---|---|---|---|---------------------------------|--|
| Madison, Barbara | 804-633-9952 | | | x | x | x | x | x | 5 hours a day/ nights preferred | Takes care of homebound clients |
| Martin, Maria | 703-638-4962 | x | 20 yrs | | x | | x | x | daytime | Personal needs, hygiene, transferring, cooking, light housekeeping |

| <i>Name</i> | <i>Phone #</i> | <i>CNA</i> | <i>Experience</i> | <i>Car</i> | <i>Fred</i> | <i>KG</i> | <i>Spot</i> | <i>Staf</i> | <i>Shift</i> | <i>Misc</i> |
|---------------------|----------------|------------|-------------------------|------------|-------------|-----------|-------------|-------------|--|--|
| Miller, Diane | 540-373-0557 | | 12 yrs | | x | | x | x | days | Personal care, laundry, housekeeping, meals, errands etc. Would consider overnight or live-in. |
| Morris, Elna | 540-379-6699 | x | 30 yrs | | x | x | x | x | evenings, night shifts | Bathing, Personal care, light housekeeping, run errands, doctors appts. |
| Nestlerode, Glynnis | 540-220-6621 | | 12 yrs | | x | x | x | x | morning/afternoon/early evenings | housekeeping, cooking, transportation |
| Obeng, Victoria | 703-402-2047 | x | 8 yrs | | | | | | Night shift | LPN, personal care, companionship, all needs |
| Palmer, Patricia | 540-257-2396 | x | 40+ | | x | | x | x | days | light housekeeping, transportation, errands, meal preparation, bathing & more. MedTech/PCA |
| Raja, Manju | 540-775-2880 | | 40yrs | | | x | | | mornings | ADLs, IADLs, Dr. Appointments |
| Ramsey, Josephine | 571-722-4467 | x | 30 yrx | x | x | x | x | x | evenings & weekends | cooking, transportation, cleaning, bathing, whatever client needs to stay in home |
| Richardson, Rosetta | 540-310-0087 | | 14 yrs | | x | | x | x | evenings & weekends | All client needs, including accompanying to church |
| Robinson, Cherish | 8083496491 | | 2 years | | x | | x | x | flexible | medication management, housekeeping, home health, etc. |
| Robinson, Latricia | 540-603-6871 | | 4 1/2 yrs | x | x | x | x | x | Evenings, Weekends, Overnight | PCA - Light housekeeping, Transportation to medical appointments. |
| Scott, Margaret | 540-748-5000 | x | 30 yrs | | x | | x | | any shift | Hospice Care, Cooking, Cleaning, Medication Technician, Transportation |
| Tano, Irene | 703-944-1711 | x | 8 yrs | x | x | x | x | x | Flexible | Any client need, excellent cook, has vehicle for transportation |
| Thomas, Kenyona | 540-735-5895 | PCA | 10+ | | x | | x | | Day | Housekeeping & transportation |
| Thurston, Tiffany | 540-642-5270 | x | 17 yrs | | x | | x | | Morning, Afternoon & Evening Shifts | All tasks-housekeeping, cooking, transp., bathing etc. |
| Tyree, Sylvia | 540-854-8835 | | 30 yrs | x | x | x | x | x | days no wknds | Experience Alzheimer's & special needs clients |
| Ware, Grace | 540-582-9449 | x | | x | x | x | x | x | no wkds, P/T | interested in sitting with someone a few hours a day/companionship |
| Watson, Rosemary | 540-479-7640 | | 30+ years of experience | x | x | x | x | | Prefers afternoons and evenings, but available for mornings as well. | Companionship, light housecleaning, unable to lift/transfer, medication management. |
| West, Claire | 804-448-1043 | | 3 yrs | x | x | x | x | x | all, overnight | Respite relief, light cleaning, personal care |
| Williams, Tressie | 540-322-6688 | | | | x | | x | | | Some personal care, light housekeeping, grocery shopping, cooking |
| Wright, Lorna | 540-372-4170 | x | 14 yrs | | x | | | | any except Sat | Home health aide |
| Wright, Tameka | 302-313-2078 | | 20 years experience | x | x | x | x | x | Monday-Friday, overnight, flexible | home health, cleaning, medication management, etc. |
| Young, Dorothy | 3364321802 | x | 40 yrs. | x | x | x | x | x | open flexibility | Transportation, caregiving, giving meds, light cleaning |
| Young, Patricia B. | 540.455.5993 | x | 20 yrs | x | x | | | | morning | Bathing, light cleaning, cooking, anything client needs |

Information on criminal background checks can be found on the Virginia State Police website at www.vsp.state.va.us