

Healthy Generations Companion Aide List

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, Julye	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,	x	30 years	x	x	x	x	x	Days, no weekends	Prefers males
Asante, Berneice	571-620-8367	x	8+	x	x	x	x	x	open availability	No pets, light housekeeping, meal preparation, etc.
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
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
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.
Murray, Kimberly	520-437-3372	x	10+		x	x	x	x	open availability	Experienced, reliable, competent, and compassionate in home private caregiver. Specializing in hospice, alzheimers/dementia.
Nestlerode, Glynnis	540-220-6621		12 yrs		x	x	x	x	morning/afternoon/early evenings	housekeeping, cooking, transportation

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Obeng, Victoria	703-402-2047	x	8 yrs						Night shift	LPN, personal care, companionship, all needs
Osei, Ellen	540-758-1137	x	13 yrs	x	x	x	x	x	open availability	cooking, transportation, cleaning, bathing, whatever
Palmer, Patricia	540-257-2396	x	40+		x		x	x	days	light housekeeping, transportation, errands, meal preparation, bathing & more. MedTech/PCA
Patterson, Sheila	540-429-5728	PCA			x		x	x	open flexibility	Open to various roles, personal care
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
Richardson, Rosetta	540-310-0087		14 yrs		x		x	x	evenings & weekends	All client needs, including accompanying to church
Robinson, Cherish	808-349-6491		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
Thomas, Kenyona	540-735-5895	PCA	10+		x		x		Day	Housekeeping & transportation
Thomas, Linda	540-372-4368	x	5 years		x				open availability	No pets, light housekeeping, meal preparation
Thomas, Nyasia	540-710-3533	CNA	6+		x		x	x	open availability	House keeping, open various roles.
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
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
White, Diamond	202-948-6311	PCA	7+	x	x	x			open availability	Open to various roles, general caretaking
Williams, Tressie	540-322-6688				x		x			Some personal care, light housekeeping, grocery
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	336-432-1802	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

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.

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