

Healthy Generations Companion Aide List

| Name                | Phone #      | CNA | Experience | Car | Fred | KG | Spot | Staf | Shift                                                                | Misc                                                                                           |
|---------------------|--------------|-----|------------|-----|------|----|------|------|----------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| AdjeiFah, Michele   | 443-333-7285 |     | 7 yrs      |     | x    |    |      |      | 3 pm - overnight                                                     | Home health aide to Assist w/ ADLs, personal care, cook, clean, laundry                        |
| Ankomah, Sally      | 571-234-2023 | x   | 20 yrs     |     | x    |    | x    | x    | available on Tuesdays and Wednesdays/call to schedule                | Housekeeping, meal prep., personal care & companionship                                        |
| Asante, Berneice    | 540-783-1824 | 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                                                             | 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                                                                      |
| Brown, Sheree       | 571-490-1591 |     | 10 yrs     |     | x    |    | x    | x    | all shifts                                                           | Bathing, transportation                                                                        |
| 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                                   |
| Dickson, Patricia   | 540-479-0397 | x   | 5 yrs      | x   | x    | x  | x    | x    | all shifts                                                           | Any client needs                                                                               |
| Echvarria, Pauline  | 917-969-2533 | PCA | 28 yrs     |     | x    |    |      | x    | Available on Tuesdays, Thursday, Fridays                             | Assist with Activities of Daily Living                                                         |
| Fabila, Paola       | 540-273-6820 | PCA | 9 years    |     | x    |    | x    |      | 9-3, M-F                                                             | General 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                                                                 | Whatever the client needs                                                                      |
| 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                                                   |
| Lewis, Falecia      | 540-760-9156 |     | 2 yrs      | x   | x    | x  | x    |      | Weekend 8-5                                                          | Doctor appts. companion, personal care                                                         |
| Madison, Barbara    | 804-633-9952 |     |            |     |      |    |      | x    | 5 hours a day/ night 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.                        |
| Nestlerode, Glynnis | 540-220-6621 |     | 12 yrs     |     | x    | x  | x    | x    | morning/afternoon/early evenings                                     | housekeeping, cooking                                                                          |
| 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     |
| Ramsey, Josephine   | 571-722-4467 | x   | 30 yrs     | 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.                                         |
| Scott, Margaret     | 540-748-5000 | x   | 30 yrs     |     | x    |    | x    |      | any shift                                                            | Hospice Care, Cooking, Cleaning, Medication Technician, Transportation                         |
| Shanklin, Donna     | 540-848-1841 | X   | 40+        |     | x    |    | x    | x    | Evening, Weekends, Overnight                                         | CNA                                                                                            |
| Tavara, Wendy       | 540-645-1300 |     | 20+        |     | x    | x  | x    | x    | days/weekends/night                                                  | doctor's appts, light housekeeping, meal prep, med giving, errands, bilingual                  |
| Tano, Irene         | 703-944-1711 | x   | 8 yrs      |     | 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, Patricia    | 540-642-2972 |     | 20+        |     | x    |    | x    | x    | open availability                                                    | Provide Respite care, companionship, cooking/meal prep, assist with medication reminders, will |
| Thomas, Nyasia      | 540-710-3533 | CNA | 6+         |     | x    |    | x    | x    | open availability                                                    | Housekeeping, open various roles.                                                              |
| Thurston, Tiffany   | 540-642-5270 | x   | 17 yrs     |     | x    |    | x    | x    | Evening Shifts(9PM-2AM or 5PM-10PM)                                  | All tasks-housekeeping, cooking, bathing etc. No pets, no smokers, no bedbound care, no transp |
| 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+        | 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  |      |      | Wednesdays, Fridays, Saturdays                                       | Open to various roles, general caretaking                                                      |
| Williams, Tressie   | 540-322-6688 |     |            |     | x    |    | x    |      |                                                                      | Some personal care, light housekeeping, grocery                                                |
| Wright, Tameka      | 302-313-2078 |     | 20 yrs     | x   | x    | x  | x    | x    | Monday-Friday, overnight, flexible                                   | home health, cleaning, medication management, etc.                                             |
| Young, Patricia B.  | 540-455-5993 | x   | 20 yrs     | x   | x    |    |      |      | morning                                                              | companionship                                                                                  |

**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](http://www.vsp.state.va.us)**