

Resources for Seniors, Inc.

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(919) 872-7933 Fax (919) 872-6683

This Registry is a list of companions who have completed a training class given by Resources for Seniors. The Registry lists employment details for each companion to help you find a good match for your loved one. ***Please contact more than one companion for an interview.***

The Companion training includes extensive class time, internship, and criminal background screenings. Some of the topics covered are: normal aging, dementia, medications, care giving, and other related subjects. During the training, companions receive certifications in Adult CPR, First Aid, and North Carolina Interventions (NCI). Companions are NOT trained to provide hands-on personal care that a nurse or nurse's aide might provide, such as giving medications or bathing. IF PERSONAL CARE ASSISTANCE IS NEEDED, IT IS UP TO THE FAMILY, THE OLDER ADULT, AND THE COMPANION AS TO WHAT TASKS WILL BE PERFORMED.

Although we have listed those individuals who have completed our Companions training program, they are not employees or agents of Resources for Seniors. Our agency is in no way responsible for any acts or omissions by the Companions during their period of employment with you or while they are in your home.

We hope this information is helpful. Please consider our agency's Total Life Centers, or in-home aide program if you ever need respite or personal care services. These services can be provided from three to eight hours per day. If you have any questions, please call 872-7933 and **ask to speak to an Intake person.**

Suggested Guidelines for Seeking an In-Home Companion

- Interview the person face to face. Ask to see some type of identification, such as a driver's license. Record the person's name, address, phone number, date of birth, and social security number.
- Determine any special training the person may have received (Certified Nursing Assistant, companion training, classes on Alzheimer's Disease or aging issues, CPR, etc.).
- Determine what kind and how much experience the person has had in caring for older adults.
- Obtain names, addresses and phone numbers of references for the person. Contact each one and ask how the person performed his/her responsibilities. Would the former employer recommend this person?
- Ask if the person has a criminal record. You can do a local check through the City/County Bureau of Investigation.
- Ask if the person has reliable transportation for getting to and from work. If he/she will be providing transportation for the older adult, does he/she have a valid driver's license, reliable vehicle, liability insurance, and a good driving record?
- Does the person have any significant physical health, mental health or substance abuse problems, which would affect his/her work?
- Discuss environmental concerns such as smoking, wearing strong perfumes, and pets.

Discuss the responsibilities of the position, such as the following:

- Meals:** How many/what type of meals need to be prepared.
Will the employee eat meals with the older adult?
- Grocery Shopping:** How often; with or without the older adult?
How will the grocery bill be paid?
- Transporting the Older Adult:** Whose car will be used?
Will the employee receive reimbursement for mileage?
- Housekeeping:** What specific tasks should be performed and how often? Are there any tasks that the potential employee is unwilling or unable to perform?
- Personal Care:** What type, if any, would be needed?
- Medication Supervision:** Provide written instructions listing the name of each medication, its purpose, frequency and dosage.
- Emergency Problems:** Provide written information regarding the older adult's health condition.
Include the primary physician's name and telephone number, as well as instructions on what to do and who to contact in certain emergencies.

- Arrange for the older adult to meet the potential employee. Notice the rapport. Does the relationship seem compatible?
- Develop a written agreement, signed by the employee. Include the responsibilities listed above and terms of employment such as the following:
- Starting date
- Hours of work
- Wages: Review IRS publications regarding withholding/paying Social Security and other taxes. Also review deductions for dependent care expenses.
- Compensation for sick/vacation days, if any. Procedure of notifying employer of sickness and vacations.
- Notice of Leave: How much advance notice should be given by employer or employee if the arrangement is terminated.

ARRANGING FOR LIVE-IN CARE

In addition to the above guidelines, also specify the following terms in writing:

- Specify areas in the homes designated for the live-in persons' use.
- Will the person buy, store, and prepare food in common area with the older adult, or separately?
- Will the live-in be allowed to smoke, consume alcohol, or have a pet?
- Specify guest privileges. Under what conditions can the person entertain guests?
- Designate "quiet hours" if the television or music could pose a noise problem.

Resources for Seniors COMPANION REGISTRY-updated 4/2008

Please call Jill Baldwin at 713-1591 with suggestions or concerns about any companion services you receive from our registry. **WE WANT TO KNOW!**

Companion Name	Own Transportation	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed
Doris Wright 919-836-1589	Yes	Yes	4 - 8	Sun. & Wed. evenings	Yes	Cary, Fuquay, Raleigh, Garner	Light housekeeping, cooking, laundry, transportation. No heavy lifting.
Christine Karjala (919) 859-4054 Leave a message	Yes	No	6-8 hours	None	No	Cary, West Raleigh, North Raleigh	Light cooking, light housekeeping, errands for client only. No heavy lifting
Eloise Perry-Riddick (919) 217-1251	Yes	No	4-6	Sun	Yes	Knightdale, Zebulon, Wendell, parts of E. Raleigh, Garner	Light housekeeping, cooking, shopping, transportation, escort to doctor appts. No heavy lifting.
Joanne Thomas 919-829-8206	Yes	Maybe	6 - 8	Monday and Fridays	Occasional	Raleigh and Garner	Light housekeeping, cooking, laundry, transportation ---NO heavy lifting.
Anne Njoroge 919-616-7864 annjorow@yahoo.com	Yes	No	16	flexible	Yes	Wake County	Light housekeeping, cooking, laundry, transportation, vacation travel assistance
Patti Kempffer 919-552-0359	Yes	Maybe	flexible	flexible	Yes	Apex, Cary, Fuquay, Holly Springs	Transportation, light meals, light housekeeping, laundry, take to local senior centers. No heavy lifting.
Linda Harris 919-523-3870 harris9993@aol.com	Yes	Yes	flexible	flexible	Yes	Wake County (and other counties if <u>live-in</u> is requested)	light housekeeping, cooking, transportation, laundry, activities, vacation travel assistance
Faye Tokoya (919) 266-5440 412-1553 (cell)	Yes	Week-ends	8-5		Occasional	Wake County	Light cleaning, housekeeping, errands & personal care (CNA).
Jean Walden 851-4395	Yes	No	Prefers "as needed" versus regular schedule	Sun. 9am-2pm,	No	Raleigh, Garner, Cary, Morrisville, Apex, Fuquay	Enjoys errands and transporting. No smoking or heavy lifting

Companion Name	Own Transportation	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed
NeNe Ekine 261-9723	Yes	Yes	12	Sunday before 4 pm	Yes	Wake County	Personal care (CNA), cooking, errands, transportation
Brenda Hill 673-8666 (cell) 821-2833 (home)	Yes	No	5 - 10	Sat. & Sun. daytime hours only	Yes	Apex-Cary, Fuquay, Raleigh, Wendell, Zebulon, Garner	NO Pets, Light housekeeping, cooking, laundry, transportation
Daisy Baines (919) 753-6142 or (919) 552-0420	Yes	Yes	5 hours	Sundays	Yes	Wake County (except Wendell)	Light housekeeping, cooking, laundry, transportation
Traci Luster (919) 325-3999 or (919) 602-5629 tluster@nc.rr.com	Yes	No	12 hours	Some evenings	Occasional	Raleigh, Cary, Garner, Clayton (Johnston County), and Orange County	Light housekeeping, cooking, laundry, transportation, med tech, and CNA
June Parker 453-2534	Yes	No	6-8	Saturday and Sunday	No	Raleigh, Wake Forest, Rolesville, Wendell, Zebulon	Transportation in client's vehicle, light meals, shopping, light housekeeping. No heavy lifting.
Linda Aldridge (919) 562-5002 247-3899 (cell)	Yes	Yes	24 hours		Yes	Wake Forest, Raleigh	Personal care (CNA), light housekeeping, meal preparation, transportation
Pennie Currie (919) 266-5953 or (919) 302-8013 penniecurre@bellsouth.net	Yes	No	8 hours	Nights and Sundays	No	Raleigh, Garner, Wendell, and Knightdale	Light housekeeping, cooking, laundry, transportation
Betty Campbell 919-838-6717	Yes	No	flexible	Sundays	Yes	Raleigh, Garner, Apex, Cary	Light housekeeping, cooking, laundry, transportation, activities
Esther Adeoti (919) 995-9869 bishop@cwwoiministry.org	Yes	No	8 hours	Saturday and Sundays	No	Raleigh, Garner	Light housekeeping, cooking, laundry, transportation
Ginny Lofton (919) 467-8529 or (919) 412-6922	Yes	Yes	Open	Sundays and some evenings	Yes	Wake County (except Wendell)	Light housekeeping, cooking, laundry, transportation
Vergie McNeil 212-2228	Yes	No	4	weekends negotiable	Yes	Raleigh, North and East	Light housekeeping, meal preparation, shopping, errands. No heavy lifting.

Companion Name	Own Transportation	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed
Joan Nelson (919) 783-7388 joannelson_beauticontrol@msn.com	Yes	No	flexible		No	Raleigh	Cooking, laundry, transportation
Abi Abisuga (919) 217-7034 (H) 961-1686 (Cell)	Yes	No	8 hours	Saturday and Sundays	No	Raleigh, Garner, Cary, Wake Forest	Light housekeeping, cooking, laundry
Eva Fort 834-4202	Yes	No	8	Sundays	Sometimes	Apex-Cary, Raleigh	Transportation, meals, shopping, laundry, light housekeeping. No lifting over 40 lbs
Demetra Dixon 981-8959	Yes	No	flexible	Weekdays (day hours)	Yes	Wake County	Certified Nursing Assistant, light housekeeping/cooking, no transporting
David Armstrong http://tinyurl.com/gkwgg (919) 598-3692	Yes	Overnight only	7 hours	Before 9 AM or After 7 PM, or Thursday and Sundays	Occasional	Raleigh, Cary, Morrisville, Southeast Durham	Personal care (CNA), Light housekeeping, cooking, laundry, transportation
Ann Ball (919) 379-0346 afbcarync1@aol.com	Yes	No	8-10 hours	FULL time	Occasional	Cary, Apex, Holly Springs	Light housekeeping, cooking, laundry, transportation, medication, errands
Sheila Thomas (919) 404-2248 or (919) 427-3742	Yes	Yes	Open	Sundays	Yes	Raleigh, Garner, Wendell, Apex, Cary, Wake Forest, Knightdale	Light housekeeping, cooking, laundry, transportation
Betty Shirley Cell- 630-2642 266-0391(H)	Yes		Varies		Yes	Most areas.	Light cleaning, cooking, errands, shopping, personal care
Kathleen Pontickio 554-2888	Yes	No	4-8	Daytime Hours	Yes	N. Raleigh, Wake Forest, Zebulon, Knightdale, Wendell	Housekeeping, cooking, transportation. No heavy lifting
Brenda Lyons (919) 656-1297 Brenda_kaye1@yahoo.com	Yes	Yes	16 hours	Sundays 11 AM – 2 PM	Yes	Raleigh, Garner, Apex, Cary, Fuquay, and Holly Springs	Light housekeeping, cooking, laundry, transportation---NO PETS