

Resources for Seniors, Inc.

1110 Navaho Drive, Fourth Floor, Raleigh, NC 27609
(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 11/2/2011

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	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions
Faye Tokoya 412-1553 (cell)	Week-ends	Flexible	None	Yes	Wake County	Light cleaning, housekeeping, errands & personal care (CNA)	N/A
Lois Avery 919-255-3476 919-616-1189 (cell)	Yes	8-12 hours	Flexible	Yes	Raleigh, Garner, Wendell, Knightdale	Light housekeeping, cooking, laundry, activities	N/A
Louella Broadnax 919-816-7289	No	4 hours	Sundays	No	Wendell, Knightdale, Johnston County	Light housekeeping, cooking, laundry, transportation, activities	N/A
Bertha Stancil 919-772-7733	No	6-8 hours	Saturday and Sunday	Yes	Garner and Raleigh	Meal Preparation, laundry, and transportation	No Housekeeping
Deborah Holland 919-302-9045	No	Flexible	Saturdays and Sundays	Occasional	Apex, Cary Durham, Chapel Hill	Recreational Activities, Companion	No Smoking, No heavy lifting, No transporting clients, No pets
Esther Jones 919-280-1757	No	Flexible	Flexible	Yes	Wake County	Light housekeeping, cooking, laundry, transportation, activities	No cats
“Wunmi” Awokoya (919) 475-6660 wunmiawokoya@yahoo.com	No	12 hours	Daytime hours or Sundays	Yes	Raleigh, Garner, Wendell, Knightdale, Wake Forest, and Franklinton	Light housekeeping, cooking, laundry, transportation	NO PETS
Jean Walden 919-851-4395	No	Prefers “as needed” versus regular schedule	Sun. 9am-2pm,	No	Raleigh, Garner, Cary, Morrisville, Apex, Fuquay	Enjoys errands and transporting.	No Smoking environment No heavy lifting
Joyce Blackmon 919-363-5616	No	6 hours	No Sunday mornings	Yes	Raleigh, Garner, Apex, Cary, Fuquay, Holly Springs	Light housekeeping, cooking, laundry, transportation, activities	No pets, No smoking, No lifting
Arnita Woodard 919-329-7058 (h) 513-310-2946 (cell) awoodard36@nc.rr.com	Travel companion Some respite	flexible	flexible	Yes For respite or traveling	Cary, Garner, North Raleigh; Durham County	Travel Companion, Transportation, errands, and activities	No pets, no smoking, no heavy lifting

Companion Name	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions
Abi Abisuga 919-961-1686 cell 919-217-7034 (h)	No	8 hours	Saturday and Sundays	No	Raleigh, Cary, Wake Forest	Light housekeeping, cooking, laundry	NO PETS
Alberta Brown 919-231-7810	No	6 hours	Sundays	Yes	Raleigh, Wake Forest, Knightdale	Light housekeeping, light cooking, laundry, transportation, activities	No smoking, No large pets, No heavy lifting
Joan Nelson 919-801-8705	No	8 hours	flexible	Occasional	North and West Raleigh	Transportation, appointments, and activities	No lifting, No smoking environment
NeNe Ekine 919-261-9723 (h) 919-268-0298 (c)	No	12	Sunday before 4 pm	Yes	Wake County	Personal care (CNA), cooking, errands, transportation	N/A
Julie Shea Sutton 910-986-4818	No	10 hours	Weekends	Yes	Raleigh, Apex, Cary, and Holly Springs	Light housekeeping, cooking, laundry, transportation, activities, yard work	No Smoking environment, No heavy lifting
Betsy Hunt 919-552-8850 vadtap101@aol.com	No	2-4 hours	N/A	No	Fuquay and Willow Springs ONLY	Light housekeeping, cooking, laundry, transportation, activities, LOVE PETS	No Smoking environment, No heavy lifting
Stella Olaniyan 919-308-2387 estell76102@yahoo.com	No	12 hours	Saturdays & Sundays	No	Raleigh, Cary, Apex, Wake Forest	Light housekeeping, personal care, laundry, cooking, transportation	No lifting, No smoking environment, No pets
Brenda Mullins 919-349-1598 mmullins@nc.rr.com	No	flexible	N/A	Yes	Raleigh, Apex, Cary, Holly Springs	Light housekeeping, cooking, laundry, transportation, activities	No Smoking environment
Cynthia Sanders 919-395-5851 cmdo@mail.com	No	flexible	N/A	Yes	Raleigh, Garner, Apex, Cary, Holly Springs, Wake Forest	Light housekeeping, cooking, laundry, transportation, activities	N/A
Brenda Hill 919-673-8666 (cell) 919-821-2833 (home)	No	5 - 10	Sat. & Sun. daytime hours only	Yes	Apex-Cary, Fuquay, Raleigh, Wendell, Zebulon, Garner	Light housekeeping, cooking, laundry, transportation	No Pets
Faye Williams 919-272-7993	No	6 hours	Sunday AM	No	Raleigh, and Garner	Light housekeeping, Laundry, Transportation, Cooking	No Smoking , No Cats, No heavy lifting

Companion Name	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions
Williander Sydnor 919-577-6175	Yes	8 hours	Sundays	Yes	Fuquay, Apex, Cary, Holly Springs	Light housekeeping, cooking, laundry, activities	N/A
Grace Wanjihia 919-928-1318 919-521-5854	Yes	16 hours	Sundays	Yes	All of Wake County, and some surrounding counties	Light housekeeping, cooking, laundry, transportation	No heavy lifting, no large dogs, no smoking
Anne Njoroge 919-616-7864	No	flexible	None	Yes	All of Wake County, Clayton, Durham	Light housekeeping, cooking, laundry, transportation.	N/A
Eva Fort 919-834-4202	No	8	Sundays	Sometimes	Apex-Cary, Raleigh	Transportation, meals, shopping, laundry, light housekeeping	No lifting over 40 pounds
Jim Thorpe 919-212-6279 919-239-1766 (cell)	Yes	flexible	None	Yes	Raleigh	Light housekeeping, cooking, laundry, and activities	No Transporting Clients
Shelley Pelone 919-606-0499 (cell)	No	flexible	None	Yes	Raleigh, Wake Forest	Small chores, Licensed hairdresser, cooking, laundry, transportation, and activities	No Smoking environment No heavy lifting
Teresa Tew 919-463-9131	Yes	12	None	Yes	Apex, Cary, and West Raleigh	Light housekeeping/cooking, laundry, transportation, and activities	No heavy lifting
Mary White 919-266-3228 919-247-7015 (cell) mwhite132@nc.rr.com	No	flexible	Sundays	Yes	Wake County	Light housekeeping, cooking, laundry, transportation, activities	No Smoking environment No heavy lifting No Pet Care
Christine Karjala (919) 859-4054 Leave a message	No	4 hours	None	No	Cary, West Raleigh, North Raleigh	Light cooking, light housekeeping, errands for client only.	No transporting clients, No heavy lifting
Ginny Lofton (919) 412-6922	Yes	Open	Sundays and some evenings	Yes	Wake County (except Wendell)	Light housekeeping, cooking, laundry, transportation	N/A

Companion Name	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions
Brenda Lyons (919) 656-1297 Brenda_kaye1@yahoo.com	Yes	16 hours	Sundays 11 AM – 2 PM	Yes	Raleigh, Garner, Apex, Cary, Fuquay, and Holly Springs	Light housekeeping, cooking, laundry, transportation	NO PETS
Laurie Scott 919-349-7780	No	8 hours	Flexible	Yes	North Raleigh, Apex, Cary, Fuquay, Holly Springs	Light housekeeping, cooking, laundry, transportation	Transportation in client's vehicle only. No heavy lifting
June Parker 919-453-2534 juneparker@live.com	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
Eloise Perry Riddick 919-217-1251	No	8 hours	Sundays	Occasional	Raleigh, Wendell, Knightdale	Light housekeeping, cooking, laundry, shopping	N/A
Daisy Baines (919) 706-5811	Yes	5 hours	Sundays	Yes	Wake County (except Wendell)	Light housekeeping, cooking, laundry, transportation	No heavy smoking environment
Demetra Dixon 981-8959	No	flexible	Weekdays (day hours)	Yes	Wake County	Certified Nursing Assistant, travel companion, light housekeeping/cooking	N/A
Linda Harris 919-523-3870 lindafayeharris@gmail.com	Yes	flexible	N/A	Yes	All of Wake County and surrounding counties	Personal care, meal preparation, transportation, light housekeeping, laundry, activities	N/A
Janice Washington 919-539-1184 (cell) 919-899-6582 (home) j_wash@live.com	No	8-10 hours	flexible	Yes	Raleigh, Cary, Apex, Garner	Light cleaning, cooking, activities	No Transporting Clients.
Sheila Thomas (919) 671-5856	Yes	Open	Sundays	Yes	Raleigh, Garner, Wendell, Apex, Cary, Wake Forest, Knightdale	Light housekeeping, cooking, laundry, transportation	N/A
Vergie McNeil 919-212-2228	No	4	flexible	Yes	Raleigh, North and East	Light housekeeping, meal preparation, shopping, errands	No heavy lifting

Companion Name	Willing to Live In	Maximum Hours Per Day	Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions
Janet Morris 919-539-3830	Short Term	4 hours	Week-end nights	Occasional	Raleigh	Personal Care, Light housekeeping, cooking, laundry, transportation	No heavy lifting
Betty Shirley Cell-919-630-2642 919-266-0391(H)	Not at client's home	Varies	Flexible	Yes	Most areas.	Light cleaning, cooking, errands, shopping, personal care	N/A
Kathleen Pontickio 919-665-5653	No	4-8	Daytime Hours	Yes	N. Raleigh, Wake Forest, Zebulon, Knightdale, Wendell	Housekeeping, cooking, transportation	No heavy lifting