

Resources for Seniors, Inc.

Companion Registry

Updated as of 4/4/2018

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. **Be sure to note the date on the top of the registry's first page so that you have the most current list. The most current registry is always available for download directly from our website at: www.resourcesforseniors.com** 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 as of 4/4/2018

Companion Name	Willing to Live In	Maximum Hours Per Day	Times/Days Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions	Dementia Care Experience
Faye Tokoya 919-412-1553 ftokoya@gmail.com	Yes	Negotiable	Not applicable	Yes	All of Wake County and surrounding counties	Light housekeeping, Cooking, Laundry, Transportation, Activities	No smoking, no pets	Yes
Barbara Irvine 919-995-7484	No	Negotiable	Saturdays and Sundays	Occasional	Raleigh, Garner, Wendell, Knightdale, Cary, Wake Forest	Some meal preparation, light housekeeping, laundry, transportation, activities	No Smoking environment	Yes
Debbie Garvin 919-264-8918	Short Term	Negotiable	Not applicable	Occasional	All of Wake County	Light housekeeping, cooking, laundry, transportation	N/A	Yes
Mary White 919-266-3228 919-247-7015 (cell) mwhite132@nc.rr.com	No	Negotiable	Sundays	Yes	Knightdale, Raleigh, Wake Forest, Clayton	Light housekeeping, cooking, laundry, transportation, activities	No Smoking environment No heavy lifting No Pet Care	No
Ginny Lofton (919) 412-6922	Yes	Negotiable	Sundays and some evenings	Yes	Wake County (except Wendell)	Light housekeeping, cooking, laundry, transportation	N/A	Yes
Teresa Mizelle 919-749-5850 reedygal@yahoo.com	No	6 hours	Fridays, Saturdays, Sundays	No	Raleigh, Garner, Wendell, Knightdale, Zebulon, Clayton	Light housekeeping, cooking, laundry, transportation, activities	No heavy lifting	No
Esther Jones 919-280-1757 evjones17@gmail.com	No	4 hours (M-F)	Sundays	Yes	Raleigh, Cary, Wake Forest, Knightdale	Light meal preparation	No heavy lifting, No smoking environment, No pets	Yes
Linda Bonner 919-291-8446 bonneracademy@yahoo.com	No	6-8 hours	Not Applicable	Yes	Raleigh, Garner, Cary, Holly Springs, Apex, Wake Forest	Light housekeeping, Cooking, Laundry, Transportation, Activities	No heavy lifting, No cats	Yes
Nene Ekine 919-268-0298 opuinem2@yahoo.com	No	Negotiable	Sundays	Yes	Raleigh, Garner, Cary, Wendell, Apex, Wake Forest, Rolesville, Zebulon, Wendell, Holly Springs	Light housekeeping, Cooking, Laundry, Transportation, activities	No heavy lifting	Yes

Companion Name	Willing to Live In	Maximum Hours Per Day	Times/Days Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions	Dementia Care Experience
Cynthia Sanders 919-395-5851 919-400-6006	No	Negotiable	Not applicable	Yes	Raleigh, Cary, Wake Forest	Light housekeeping, cooking, laundry, transportation	N/A	Yes
Judy Prince 919-723-1818	Yes	Negotiable	Not Applicable	Yes	All of Wake County	Light housekeeping, Cooking, Laundry, Errands, Activities	No Pets, No smoking environment	Yes
Demetra Dixon 919-649-4366 Peacestar29@yahoo.com	No	Negotiable	Not applicable	Yes	Wake County	Light housekeeping, Cooking, Laundry, Transportation, activities	N/A	Yes
Jean Smith 919-215-1983 foxegma2@gmail.com	No	4- 5 hours	Saturday and Sunday	No	Mostly Raleigh	Transportation, light housekeeping (no vacuuming), light meal prep, laundry for client	No smoking, no vacuuming	Yes
Tina Scott 919-259-4369 holym7@yahoo.com	No	8 hours	Sundays	Yes	Garner, Apex, Cary, Fuquay-Varina, Holly Springs	Light housekeeping, Cooking, Laundry, Transportation, Activities	N/A	Yes
Joyce Blackmon 919-363-5616 (h) 919-924-2788 © Joyce-blackmon@att.net	No	8 hours	Saturdays & Sundays -- Tues-Thurs nights	Yes	Garner, Cary, Apex, Fuquay-Varina, Holly Springs	Light housekeeping, cooking, laundry, transportation, activities	No heavy lifting, No smoking environment	No
Margaret Muraguri 919-757-7938 mwmuraguri@yahoo.com	No	12 hours	Not applicable	Yes	Raleigh, Garner, Clayton, Knightdale	Light housekeeping, cooking, laundry	No heavy lifting, no smoking environment, No pets	Yes
Margaret Dean 919-878-9306	No	Negotiable	Sundays	Occasional	Raleigh, Wendell, Wake Forest, Knightdale, Zebulon	Light housekeeping, Cooking, Laundry, Errands, Activities	No heavy lifting, No smoking environment	No
Bob Connick 919-481-3174 BobConnick12@twc.com	No	6 hours	Week-ends and Nights	No	Raleigh, Garner, Apex, Cary, Holly Springs	Light housekeeping, Transportation, Activities	No Smoking	Yes
Pennie Currie 919-266-5953 (h) 919-302-8013 (c) penniecurrie@nc.rr.com	No	6 hours *Minimal of 4 hours	Not applicable	No	Wendell, Zebulon, Knightdale, Garner, Raleigh	Light housekeeping, cooking, laundry, transportation, activities	No heavy lifting	Yes

Companion Name	Willing to Live In	Maximum Hours Per Day	Times/Days Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions	Dementia Care Experience
Carola McClure 919-924-1949 carolacares@yahoo.com or carolameclure@yahoo.com	No	7-8 hours	Not applicable	Occasional	Garner, Cary, Apex, Fuquay, Holly Springs, Lee County - Lillington	*De-clutter/organizer, travel companion, Very light housekeeping, light cooking, laundry, transportation, activities, appointments-- CLIENT ONLY	No Smoking, No heavy lifting, no heavy housekeeping, no pet care	Yes Certified Dementia Practitioner
Sheila Thomas (919) 578-0857	Yes	Negotiable	Sundays	Yes	Raleigh, Garner, Wendell, Apex, Cary, Wake Forest, Knightdale	Light housekeeping, cooking, laundry, transportation	N/A	Yes
Nelly Njenga 919-825-9415 thepilgrim77@live.com	No	Negotiable	Evenings and some week-ends	Yes (midnight to 7 AM)	Raleigh, Garner, Cary, Wendell, Wake Forest, Knightdale, Zebulon	Light housekeeping, Cooking, Laundry, Transportation, Activities	N/A	Yes
Margaret Osborne 919-673-3127 maros@bellsouth.net	No	6 hours	Sunday mornings	Occasional	Raleigh, Wake Forest, East Cary, Rolesville	Light cooking, Laundry, Transportation, Activities	No smoking environment, Transportation in client's vehicle only	Yes
Joan Nelson 919-801-8705 joannelson_beauticontrol@msn.com	No	Negotiable	Not Applicable	Yes	Raleigh only	Transportation, Recreational Activities, Errands, Medical Appts	No heavy lifting, No smoking environment	Yes
Faye Williams 919-272-7993 sandtafe@hotmail.com	No	5 hours	Saturday and Sunday	Yes	Raleigh, Garner, Knightdale	Light housekeeping, Cooking, Laundry, Transportation, activities	No pets, no smoking, no heavy lifting	Yes
Deidre Crowder 919-834-8398 tresemom@yahoo.com	Short Term only	Negotiable	Not Applicable	Yes	All Wake County, Johnston County	Light housekeeping, cooking, laundry, transportation, activities	N/A	Yes
Laurie Scott 919-349-7780	No	8 hours	Not applicable	Yes	Apex, Cary, Holly Springs, Morrisville, West Raleigh	Light housekeeping, cooking, laundry, transportation	No Smoking, Transportation in client's vehicle only. No heavy lifting	Yes
Lois Avery 919-616-1189	Yes	8 hours	Mornings	Yes	Raleigh, Garner, Wendell, Zebulon, Knightdale, Clayton	Light housekeeping, cooking, laundry, activities	N/A	Yes
Lori Croker 919-771-7164 lorimathilda@gmail.com	Possibly	Negotiable	Not applicable	Yes	All of Wake County and Southern Durham County	Pet care, travel companion, Light housekeeping, cooking, laundry, transportation, activities	No heavy smokers, No heavy lifting	Yes

Companion Name	Willing to Live In	Maximum Hours Per Day	Times/Days Not Available	Overnight Work	Area(s) available	Tasks Performed	Restrictions	Dementia Care Experience
Brenda Lyons 919-656-1297 Brenda_Kaye1@yahoo.com	No	Negotiable	Sundays 9 AM – 3 PM	Yes	Raleigh, Garner, Wendell, Clayton, Apex, Cary, Fuquay, Holly Springs, Wake Forest, Knightdale, Zebulon; Durham County and Johnston County	Light housekeeping, Cooking, Laundry, Transportation, activities	No smoking environment, No pets	Yes
Teresa Tew 984-242-4947	Yes	12	Not applicable	Yes	Apex, Cary, and West Raleigh	Light housekeeping/cooking, laundry	No transportation, No heavy lifting	No