

Resources for Seniors, Inc.

Companion Registry

Updated as of 6/20/2017

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

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| 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 |
| 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 |
| 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 Moche 919-801-7840 esthermoche@yahoo.com | No | Negotiable | Saturday and Sundays | Yes | Raleigh, Apex, Cary, Fuquay-Varina, Holly Springs, Knightdale | Light housekeeping, Cooking, Laundry, Transportation, Activities | 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 |
| Brenda Hill 919-821-2833 919-673-8666 | No | 6-8 hours | Weekends | Yes | Raleigh, Garner, Cary, Clayton | Light housekeeping, Cooking, Transportation, Activities | No smoking environment, No heavy lifting, No pets, No yardwork | Yes |

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|--|---------------------------|--------------------------------|--|-----------------------|--|--|---|---------------------------------|
| 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 |
| Reagean Smith 919-387-1342 (home) 919-623-1207 (cell) reagans672@gmail.com | No | Negotiable | Saturdays and Sundays | No | Raleigh, Apex, Cary, Fuquay, Holly Springs | Transportation/Appointments, Errands, laundry, activities | No smoking, No pets, No heavy lifting | 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 |
| Demetra Knowling-Dixon 919-981-8959 | Yes | Negotiable | 7 AM – 3 PM | Yes | Raleigh, Garner, Wendell, Apex, Cary, Wake Forest, Knightdale, Zebulon | Light housekeeping, cooking, laundry, activities, travel companion | No Smoking environment | Yes |
| 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 919-266-1153 maros@bellsouth.net | No | 6 hours | Sunday mornings | Occasional | Raleigh, Wake Forest, Knightdale | 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 |
| Grace Nyambura 919-800-8836 Jenyabug05@yahoo.com | No | 12 hours | Evenings | Yes | Raleigh, Apex, Cary, Holly Springs | Light housekeeping, cooking, laundry, transportation | 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 |

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|--|---------------------------|------------------------------|---------------------------------|-----------------------|---|--|---|---------------------------------|
| 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 |
| 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 |
| Arnita Woodard 919-329-7058 (h) 513-310-2946 (cell) awoodard36@nc.rr.com | Travel companion ONLY | Negotiable | Not applicable | Yes For travel only | Travel Companion Only, will discuss areas willing to travel | Travel Companion Only (Airline and Train travel only) | No pets, no smoking, no heavy lifting | No |
| Debbie Garvin 919-264-8918 | No | Negotiable | Not applicable | Occasional | Fuquay-Varina, Raleigh | Light housekeeping, cooking, laundry, transportation | No smoking, no lifting, No cats | No |
| Teresa Tew 984-242-4947 | Yes | 12 | Not applicable | Yes | Apex, Cary, and West Raleigh | Light housekeeping/cooking, laundry, transportation | No heavy lifting | No |
| 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 |
| 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 |