



**Paid Caregivers Providing In-Home Care & Support in Gualala, Point Arena,
Manchester, Annapolis & Sea Ranch Area**

Note: This list of paid caregivers has been prepared by RCMS as a service to our Living Well and Shamli Hospice patients. In creating the list, RCMS requested information from known paid caregivers who work in our community. Only those who responded in writing to our request are listed below. Inclusion in this list does not constitute recommendation of any of the caregivers shown, nor can RCMS vouch that the information provided is accurate.

When seeking to employ a paid caregiver, we suggest you undertake an in-depth interview, request references, contact past employers and clients, and ask as many questions as possible so that all concerns or issues that you may can be addressed.

(In Home Support Services is a division of the California Department of Social Services and IHSS homecare workers provide assistance to frail, elderly and/or disabled people, who meet income criteria, in their homes. Note that all caregivers certified to work with In-Home Support Services are fingerprinted for background checks.)

Nicole Apperly – (Phone 707-884-1332; Cell & Voice Mail 707-672-6480; email: nicoleapperley@gmail.com)

Qualifications, Experience & Job Preferences

Nicole has 20 years' experience. She is interested in providing well care for community members from Sea Ranch to Irish Beach providing assistance with meals, bathing, medication administration, house duties, general errands, grocery shopping, and weekly or daily cooking. Her hourly rate is \$25 or more, depending on level of care. She can provide references and is agreeable to finger prints if asked.

Monica Cabral (Cell phone 707 623-4868)

Qualifications, Experience & Job Preferences:

Monica has 4 years' experience. She is available 24/7 and charges \$20 per hour or more depending on the level of care. She will work in Gualala, Point Arena, Annapolis and The Sea Ranch. She has written references and will be finger-printed if needed. She will work with all types of patients.

Zoe Cabral (Cell Phone 541-806-2659; email: zeokessinger@gmail.com)

Qualifications, Experience & Job Preferences:

Zoe has 6 years' experience. She is available anytime and charges \$20-\$25 per hour. She will work in Gualala, Point Arena and The Sea Ranch and will work with In-Home Support Services, has written references and will be finger-printed if needed. She will work with all types of patients, and is willing to run errands and do light cooking and housekeeping.

Michelle Covel (Cell phone 707 393-7956)

Qualifications, Experience & Job Preferences:

Nancy has 3 years' experience. She is available Tuesday – Saturday and charges \$15-\$20 per hour and will work in Gualala, Point Arena and The Sea Ranch. She will work with In-Home Support Services, has written references, will be finger-printed if needed, and will work with all types of patients, although she prefers to work with non-smokers. She is willing to help clients in a variety of ways including some cooking.

Charleane Dean (Phone 707-882-2734; cell 707-357-1549)

Qualifications, Experience & Job Preferences:

Charleane holds a CNA and has over 25 years' experience as a caregiver, is available 24/7 in the Gualala, Point Arena, Manchester area. Her hourly rate is \$20-\$25 per hour, depending on the assignment. She is willing to work with In-Home Support Services and will be finger-printed if requested. She is willing to work with all types of clients, and offers natural comfort massage as a specialty service.

Chancey Durie-Robinson (Phone 707-884-9274; cell 707-684-6685)

Qualifications, Experience & Job Preferences:

Chancy holds a CNA and is also a certified physical therapy aide. She is available Mon-Fri afternoons and charges \$25 per hour. She will work in Gualala, Point Arena, Annapolis and The Sea Ranch. She has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request. She will work with all type of clients and will also cut hair, and provide massages.

Janice Fichter – (Phone 707-785-3608; cell-623-5582)

Qualifications, Experience & Job Preferences

Janice has 25 years' experience caregiving providing help for patients with dementia and for hospice; says she has wound care experience and also experience with catheter bags. Her availability varies and she charges \$20 per hour. She will work with In-Home Support Services, can provide references and agrees to finger printing upon request. She will see patients from Timber Cove and Annapolis to Point Arena.

Corina Mae Giannini – (Cell phone 707-367-1966; email: corinagiannini@gmail.com)

Qualifications, Experience & Job Preferences

Corina has 20 years' experience caregiving and is available most of the time and prefers to work in the Gualala, Point Arena, Manchester 7 Elk areas. She is willing to work with IHSS, has references available upon request and will agree to get finger printed if needed.

Cherly Hastings – (Phone 707-785-1121; email: anndraken@gmail.com)

Qualifications, Experience & Job Preferences

Cheryl has 30 years' experience and is willing to work 24/7 for \$20 per hour. She will work in Gualala, The Sea Ranch and Timber Cove. She is willing to work with In-Home Support Services, can provide references and agrees to finger printing upon request. She prefers to work with female hospice patients.

Nina Jimenez (Phone 707-884-1374; email: jimenezmartin894@yahoo.com)

Qualifications, Experience & Job Preferences:

Nina has 14 years' experience as a caregiver. She is available all week in the morning and will work in Gualala, Point Arena, Manchester, Annapolis and Sea Ranch and her hourly rate is \$20 depending on the location. Nina is willing to be finger printed if required, and can provide references. She will work with all types of clients.

Kimiyo Jones (Cell phone 831-206-2231; email: kimijones08@yahoo.com)

Qualifications, Experience & Job Preferences:

Kimiyo holds a CNA license with 5 years' experience. She is willing to work anytime and charges \$20-\$35 per hour depending on the level of care. She will work in Gualala, Point Arena, Annapolis and The Sea Ranch. She has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request. She will work with all type of clients, willing to do overnight shifts and is also willing to help with light housekeeping, errands, etc.

Robin Iverson (Phone 707-886-1808)

Qualifications, Experience & Job Preferences:

Robin has 6 years' experience a formerly held a CNA license in Montana. She has varied availability and charges \$20 per hour. She will work in Gualala, Point Arena, Manchester, Annapolis, The Sea Ranch, Elk or Timber Cove. She has written references and is willing to be finger printed if needed. She will work with all types of clients.

Anita Laiwa (Cell phone 707-393-0550)

Qualifications, Experience & Job Preferences:

Anita has 20 years' experience caretaking and has varied availability. She charges \$18 per hour and is willing to travel. Written references available upon request and she is agreeable to finger printing if needed.

Abigail Luick – (Cell phone 707-239-3218 or 207-562-7222; email: aelinnori@gmail.com)

Qualifications, Experience & Job Preferences

Abigail has 25 years caregiving experience and is primarily interested in live-in assignments in Gualala, Point Arena, Manchester, Annapolis, Elk Timber Cove and The Sea Ranch. She would charge \$150 per day for 24 hour care. She is willing to work with any type of client and is fond of cooking with attention to whole foods. References are available on request and she is willing to work with In-Home Support Services and to be fingerprinted if necessary.

Denise O'Connell – (Phone 707-357-2081; email: denisemrivers77@gmail.com)

Qualifications, Experience & Job Preferences

Denise is certified in CPR/First Aid and has 10 years caregiving experience. Denise is available Monday – Saturday, charges \$20-\$25 per hour, and is willing to travel to Gualala, Point Arena, Manchester, Annapolis and The Sea Ranch. Denise will work with any client, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request.

Sandra Oropeza – (Phone 707-884-4536; cell 707-536-5715)

Qualifications, Experience & Job Preferences

Sandra is a certified EMT with over 15 years' caregiving experience. She has varied availability, charges \$20 per hour and will travel to Gualala, Point Arena, Manchester, Annapolis, The Sea Ranch, Elk and Timber Cove. She will work with any client, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request.

Octavio Medina – (Phone 775-781-0908; email: moctavio2010@gmail.com)

Qualifications, Experience & Job Preferences

Octavio will make dump runs, do outside clean-up, tree trimming work as well as light carpentry.

Lacey Prins – (Cell phone 707-367-2007)

Qualifications, Experience & Job Preferences

Lacey has over 15 years' caregiving experience. She is available Thursday overnight and Friday day/night, charges \$20 per hour and will travel to Gualala and The Sea Ranch. She will work with any client, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request.

Karie Richardson – (Phone 707-889-3039, leave a message)

Qualifications, Experience & Job Preferences

Karie has over 5 years' caregiving experience. She has varied availability, charges \$20-\$25 per hour depending on the location and will travel to Gualala, Point Arena, or The Sea Ranch. She prefers to work with non-hospice patients, has written references and agrees to finger printing upon request. She will run errands, provide companionship, and do light housekeeping, cooking and laundry.

Teresa Sanchez – (Phone 707-884-1391)

Qualifications, Experience & Job Preferences

Teresa has about 8 years' caregiving experience. She is available Wednesday-Friday and her hourly rate is based on the level of care. She will work with any client in the Gualala and The Sea Ranch, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request.

Pam Schenone – (Cell phone 707-292-3588; email: pamsheartdoula@yahoo.co)

Qualifications, Experience & Job Preferences

Pam holds a CNA license, is a certified doula and phlebotomist with over 16 years' caregiving experience. She has varied availability, charges \$18-\$20 per hour and will travel to Gualala, The Sea Ranch and Elk. She will work with any client, has written references and agrees to finger printing upon request.

David & Carole Segelstrom – (Phone 707-666-8682; email: davesegelstrom@yahoo.com)

Qualifications, Experience & Job Preferences

David & Carole are both registered with In-Home Support Services, are fingerprinted and are CPR/AED certified. They have over 17 year's caregiving experience and are willing to work in the Gualala or The Sea Ranch area. They have varied availability and charge \$25-\$30 per hour. They can provide references on request and will provide in home care, run errands, transport clients to medical appointments in Fort Bragg or Santa Rosa and will do light housekeeping and maintenance for clients of all types.

Paula Stillman (Phone 707-785-3061; cell 707- 684-9505; email: paulastillman5@gmail.com)

Qualifications, Experience & Job Preferences

Paula is a Feldenkrais practitioner with a BA in Physical Education. She has 3 years caregiving experience and is available 24 hours per day Thursday-Saturday. She charges \$20 per hour and will travel to Gualala, Annapolis and The Sea Ranch. Written references available and will agree to finger printing upon request. She will work with all clients but will not lift clients. She prefers long hours during her available days.

Heidrun Unterhalt (Phone 707-884-4914; email: Heidi_mendonoma@yahoo.com)

Qualifications, Experience & Job Preferences

Heidi has over 10 years' experience caregiving and is available Mondays and Thursdays for \$22 per hour in the Gualala and The Sea Ranch areas. She has written references available and will agree to finger printing upon request. She prefers working with non-hospice clients and will do healthy cooking.

Carol Williams – (Cell phone 707-271-9271; email: delgaia@yahoo.com)

Qualifications, Experience & Job Preferences

Carol has over 25 years' caregiving experience. She has varied availability but prefers 2 days in a row and charges \$20-\$25 per hour depending on the level of care. She will work in the Gualala, Point Arena, Manchester and The Sea Ranch areas. She will work with any client, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request. She will cook healthy food from scratch, will provide pet care if needed, give simple massages, run errands and help with home organization.

Florence Vargas (Phone 707-884-3931)

Qualifications, Experience & Job Preferences

Florence has over 2 years' caregiving experience, is CPR certified and is available 24 hours a day Tuesday-Friday. Her hourly rate is flexible depending on the client's needs and she works in the Gualala and Point Arena area. She prefers working with female clients, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request. She will also do light cooking, housekeeping, laundry and errands.

Virginia (Ginny) Wyatt (Phone 707-884-3931; email: gntwyatt@yahoo.com)

Qualifications, Experience & Job Preferences

Ginny has over 3 years' caregiving experience, has flexible availability and charges \$20-\$25 per hour. She is willing to work in the Gualala, Point Arena, Manchester, Annapolis, The Sea ranch and Timber Cove areas. She will work with any client, has written references, is willing to work with In-Home Support Services and agrees to finger printing upon request. She will assist in cooking, cleaning, errands and providing transportation.

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