

NOTE: This list compiled by Healthy Generations Agency on Aging (HGAAA) does not constitute endorsement by HGAAA.

Always request references and criminal background checks before employing any individual.

| Name                | Phone #        | CNA | Experience | Car | Fred | KG | Spot | Staf | Shift                          | Misc  |
|---------------------|----------------|-----|------------|-----|------|----|------|------|--------------------------------|---|
| Abdella, Maimuna    | 540-538-5797   |     | 10+ yrs    |     | x    |    | x    |      | call to schedule               | Light housekeeping, meal preparation & laundry  |
| Abukajit, Geraldine | 540-940-0001   | x   | 20 yrs     | x   | x    | x  | x    | x    | all shifts                     | Bathing,light cleaning, cooking, meds   |
| Ackerman, Kimberly  | 540-848-4838   |     | 8 yrs      | x   | x    | x  | x    | x    | all shifts no overnite         | (Difibulating) any need the patient may have  |
| Adams, Nidelkan     | 540-848-2384   |     | 16 yrs     | x   | x    | x  | x    | x    | evening, overnite              |   |
| Afferty, Stephanie  | 540 455-1958   | x   |            | x   | x    |    | x    | x    | 24 hours                       | 6 hr min. vacation coverage also  |
| Akloyo, Rita        | 240-440-2443   | x   | 10 yrs     | x   | x    | x  | x    | x    | live-in                        | Activities of daily living, personal care,  |
| Amaro, Maria        | 703-638-4962   | x   | 15 yrs     |     | x    |    | x    | x    | morning, overnite              | All of client's needs   |
| Ankomah, Sally      | 703-839-3521   | x   | 15 yrs     |     | x    |    | x    | x    | overnite                       | Housekeeping, mel prep., personal care & companionship  |
| Armstrong, Rosemary | 540-760-9126   | x   | 25 yrs     | x   | x    | x  | x    | x    | 7am-3pm 9pm-8am                | Anything a client needs. Will take care of your loved ones                                      |
| Asante, Esther      | 571-466-6110   | x   | 17+ yrs    |     | x    |    | x    | x    | flexible                       | MedTech/Phlebotomy/CNA - transportaion/errands/bathing/transferring/cooking /light housekeeping |
| Bah, Juballoh N.    | 540.429.2503   | x   |            |     | x    |    |      |      | 3-11pm                         | Will do whatever job requires   |
| Ballard, Shirley    | 540-273-9656   | x   | 25 yrs     |     | x    |    | x    | x    | call to schedule               | Meds, IV's, mobility, CPR   |
| Beauvais, Sophonie  | 615-545-0691   | x   | 12+ yrs    | x   | x    | x  | x    | x    | Evenings                       | Companionship, housekeeping & errands   |
| Beckley, Haja       | 540-369-1838   | x   | 20+ yrs    | x   | x    | x  | x    | x    | night or mid-day               | Specializes in medical cases, transp., meal prep., companionship, personal care                 |
| Bennett, Mary       | 540-373-0861   |     | 15 yrs     |     | x    |    |      |      | day shift, evenings            |   |
| Beverly, Kathy      | 540-538-6820   | x   | 25 yrs     | x   | x    | x  | x    | x    |                                |   |
| Blakeley, Imo Gine  | 703-801-8724 C |     | 15 yrs     |     |      |    |      | x    | day shift M-F                  | Errands, Drs. Cooking/cleaning, companionship, personal care                                    |
| Bouffard, Wendy     | 540-659-7315   |     | 8 yrs      | x   |      | x  | x    | x    | all, 24 hr care in client home | Cancer clients, joint rehab   |
| Boyer, Bertha       | 540-710-0028   |     | 2 yrs      |     |      |    | x    |      | flexible                       | Meals, laundry, transportation to doctors, etc.   |
| Boykins, Toni       | 540-841-8937   |     | 10 yrs     |     | x    |    |      |      | anytime, live-in okay          | Cooking, lght hkng, worked with Alzheimers & Parkinsons clients                                 |
| Bristol, Stacey     | 540 840 3339   |     | 10 yrs     | x   | x    |    | x    |      | evenings & weekends            | Companion,lite housekeeping, cooking,errands,anything needed                                    |
| Brown, Sheree       | 571-490-1591   |     | 10 yrs     |     | x    |    | x    | x    | all shifts                     | Bathe, transport., anything client needs, all CNA duties. Taking CNA Boards.                    |
| Brown, Sherron      | 703-944-2129   | x   | 18 yrs     |     | x    |    | x    | x    | all shifts                     | Bathe, transport., anything client needs, all CNA duties  |
| Campbell, Rosemarie | 540-548-1478   | x   | 17 yrs     | x   | x    |    | x    |      | nights                         | Close to Fredericksburg   |
| Cannedy, Cynthia    | 540-379-1741   | x   | 13+ years  |     | x    |    | x    | x    | nights                         | LPN, nursing care   |
| Carpenter, Susan    | 540-226-7775   | x   | 30 yrs     | x   | x    | x  | x    | x    | any                            | Any need the patient may have   |

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|------------------------|--------------|-----|------------|-----|------|----|------|------|--------------------------|--|
| Carter, Virginia       | 540-898-4145 |     | 5 years    |     | x    |    | x    |      | any time, all shifts     | Companion, bathing,dressing,light cooking, light housekeeping            |
| Cavender, Christine J. | 540.940.0197 |     | 30 yrs     | x   | x    | x  | x    |      | days, evenings           | Light housekeeping, transportation                                       |
| Cavender, Katrina      | 540-623-9797 |     | 10 yrs     | x   | x    | x  | x    |      | days, evenings           |  |
| Chvon, Blair           | 240-888-1433 |     |            | x   | x    |    | x    | x    | anytime                  | HHC, PCA, CPR cert. meds, cooking, errands, feeding etc.                 |
| Clarida, Davish        | 540-395-7320 |     | 2+ years   | x   | x    | x  | x    | x    | flexible                 | Housekeeping, meal prep., errands, shopping                              |
| Clarke, Denise         | 804-714-6559 |     | 2 yrs      |     | x    |    | x    | x    | nights                   | Home health care aide, anything they need in their home                  |
| Coleman, Susana        | 571-494-2836 | x   | 10 yrs     |     | x    |    | x    | x    | overnite                 | Housekeeping, meal preparation & personal care                           |
| Coles, Jeanette        | 540-940-0788 | x   | 13 yrs     |     | x    |    | x    | x    | am shift                 | MedAide also, light housekeeping, cooking                                |
| Coles, Natalie         | 540-841-6853 | x   | 3 yrs      |     | x    |    | x    | x    | any shift                | MedAide also, light housekeeping, cooking                                |
| Collins, Avion         | 540.429.5798 | x   | 3 yrs      |     | x    |    |      |      | afternoons               | Any need the patient may have  |
| Connelly, Violet       | 540-424-0692 |     | 1+ yrs     |     | x    | x  | x    |      | day shift 7am-6pm        | Housekeeping, toileting/bathing, meal preparation & laundry              |
| Coppage, Carolyn       | 540-775-9074 |     | 6 yrs      | x   | x    | x  | x    | x    | day (flexible)           | light housekeeping, light cooking,                                       |
| Courtney, Ealia        | 540-277-5038 | x   | 5 yrs      |     | x    |    |      |      | any shift                | Any client needs except transportation                                   |
| Covington, Sandra      | 540-604-8012 |     | 22 yrs     | x   |      |    |      | x    | any shift                |  |
| Creed, Julie           | 804-925-5502 |     | 7 mos      | x   | x    | x  | x    | x    | Day (9-12) Flexible      | Bathing,light cleaning, cooking, meds                                    |
| Damek, Marta           | 540-374-9245 |     | 30 yrs     |     | x    | x  | x    | x    | all evenings except weds | All clients needs  |
| DelCastillo, Charo     | 703-655-8942 |     |            | x   | x    | x  | x    | x    | Day Shift                | Tranportation, light housekeeping, meal prep. & companionship            |
| Derrocpte. Clara       | 540-287-0152 |     | 20 yrs     |     | x    |    | x    | x    | any                      | Live-in preferred  |
| Dickson, Patricia      | 540-479-0397 | x   | 5 yrs      | x   | x    | x  | x    | x    | all shifts               | Any client needs!  |
| Dodson, Linda          | 540-373-5156 |     |            |     | x    |    | x    |      | days                     |  |
| Dowell, Kimberly       | 540.455.2735 |     | 1 yr.      | x   | x    | x  | x    | x    | all shifts, no overnite  | Light housekeeping, meal prep, hygiene care, shopping                    |
| Dunn, Kelady           | 571-501-1931 | X   | 23 yrs     | x   | x    | x  | x    | x    | overnights; 7-3 M W TH S | housekeeping, pet friendly, all clients needs                            |
| Durrett, Judith        | 804-867-6200 |     | 10 yrs     | x   |      | x  |      |      | mornings (flexible)      | meal prep, light housework.  |
| Eckard, Ann            | 540-371-9662 |     | 20 yrs     |     | x    |    | x    | x    | am weekdays              | Alzheimers, special diet, bedridden,light hkeep, drs, medicaid qualified |
| Edmonds, Fannie        | 540-371-6945 |     |            |     | x    |    | x    | x    | nights                   | Transportation, light housework, cooking                                 |
| Evans, Nural           | 540-388-9229 |     | 20+ Yrs    |     | x    |    |      |      | Days/Evenings            | Bathing, Companionship, transp., Errands, Cleaning, Meal Prep.           |
| Farmer, Kathy          | 540-872-1579 |     | 23+ Yrs    |     |      |    | x    |      | Mornings/Evenings        | Housekeeping, meal prep., laundry & transp.                              |
| Ferguson, Shonda       | 540-621-0150 | X   | 24 yrs.    |     | x    |    | x    | x    | all shifts               | Absoluelty anything client needs! Experience with Alzeimers and Dementia |

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|-----------------------|--------------|-----|------------|-----|------|----|------|------|---|---|
| Fernandez, Precy      | 202-288-9224 | PCA | 5+ yrs     |     | X    |    |      |      | evenings & overnights                     | PCA; All clients needs  |
| Flood, Cristiana      | 703-344-5213 | x   |            |     | x    |    |      | x    | some wknds part-time                      |   |
| Frazier, Carolyn      | 540.419.1069 |     | 8 yrs      |     | x    |    |      | x    | days                                      | Cooking, light housekeeping, personal care, transport to appts.                           |
| French, Nina          | 540-993-5803 | x   | 30 yrs     | x   | x    | x  | x    | x    | all                                       | Meds, cleaning, anything to keep client in their own home                                 |
| Garrido, Anne         | 540-286-2976 | x   | 15 yrs     | x   | x    | x  | x    | x    | days, evenings                            | Respite relief, drs appts, vacations, transp \$13 phr                                     |
| Goins, Joan           | 540-273-2910 |     | 30 yrs     |     | x    |    | x    | x    | any shift, live-in companion (negotiable) | Cook, laundry, drive to appts., arts and crafts, anything to keep client in their own hme |
| Grooms, Tina          | 540-748-4755 | x   | 15 yrs     |     | x    | x  | x    | x    | open                                      | Medical asst. blood draws, whatever the client needs                                      |
| Gulistan, Mariam      | 304-822-0540 |     | 2 yrs      | x   |      |    |      | x    | open                                      | housekeeping, errands, medication mgmt  |
| Hanley, Rosalie       | 804-301-4308 |     | 7 yrs      | x   |      |    |      |      | any shift                                 | Women only, light housekeeping, whatever client needs                                     |
| Harlow, Dreama        | 540-854-4813 |     | 5 yrs      | x   | x    | x  | x    | x    | mid-shift 1-9, 2-10. 12-8                 | Companion   |
| Hayden, Marie         | 540-895-0436 |     | 1+ yrs     |     | x    |    | x    | x    | flexible                                  | Companion, light meal prep., errands  |
| Heartsfield, Clarissa | 540-582-7935 |     | 5 yrs      |     | x    |    | x    | x    | days                                      | Housekeeping, personal care   |
| Hinds, Zelda          | 540.498.1974 |     | 2 yrs      |     | x    |    | x    |      | days                                      | Light housekeeping, transportation  |
| Hoskins, Bridget      | 540-422-1152 |     |            |     | x    |    | x    | x    | all shifts                                | Light housekeeping  |
| Hutto, Sharon         | 540-710-3722 |     | 15 yrs     | x   |      | x  | x    | x    | 24 hrs                                    | Light hskp, personal care, nursing home exper. Bonded                                     |
| Jackson, Kathy        | 540-371-9687 |     | 4 yrs      | x   | x    | x  | x    | x    | 8am - 6pm                                 | Prepares meals, medication reminder, drive to appts., cleans, companion                   |
| Jeffrey, Elizabeth    | 703-231-5257 | x   | 30 yrs     | x   | x    | x  | x    | x    | flexible                                  | LPN, housekeeping, personal care, errands   |
| Johnson, Angela       | 804-591-5842 |     | 14 yrs     | x   | x    | x  | x    | x    | all shifts                                | Light housekeeping, meal prep., alzheimer support/care, running errands                   |
| Jones, Charlotte      | 804-356-3892 | x   | 40+ yrs    | x   | x    |    |      |      | flexible                                  | Housekeeping, meal preparation, anything needed.  |
| Kasper, Gina          | 307-921-1790 |     | 8 yrs      | x   | x    | x  | x    | x    | Days/Evenings                             | Any and all needs   |
| Kent, Shannon         | 540-371-9662 |     | 12 yrs     |     | x    |    |      |      | any                                       | Specialize in bedridden clients   |
| King, Ahmaya          | 540-538-3303 |     | 6 yrs      |     | x    |    | x    | x    | any shift                                 | light housekeeping, meal prep, shopping, transportation                                   |
| King, Taresse         | 540-773-9035 | x   | 7 yrs      | x   | x    | x  | x    | x    | any                                       | Live-in, cooking, cleaning, laundry, errands - CNA & Med. Tech.                           |
| Kirk, Cynthia         | 703-946-8584 | x   | 22 yrs     | x   | x    | x  | x    | x    | 6a - 9p (24 hour avail on Wed)            | Companion, light housekeeping, cooking, errands, anything needed                          |
| Kodua, Beatrice       | 571.494.9925 | x   | 18 yrs     |     | x    |    | x    | x    | 8am - 10pm                                | Companion, light housekeeping, errands, anything needed                                   |
| Lancaster, Joann      | 540-273-1890 |     | 25 yrs     |     | x    |    |      | x    | p/t nights, wknds, fillins                | Cooking/cleaning, laundry   |
| Legrand, Secoyan      | 917-588-4001 |     | 10 yrs+    | X   | X    | X  | X    | X    | any shift; flexible                       | light housekeeping; any clients needs   |
| Lewis, Falecia        | 540-760-9156 |     | 2 yrs      | x   | x    | x  | x    |      | any                                       | Doctor appts. companion, personal care  |
| Lockamy, Mary         | 202-674-9192 |     | 4+ yrs     |     | x    |    | x    |      | Day                                       | Light housekeeping; running errands   |

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|---------------------------|--------------|-----|------------|-----|------|----|------|------|--|---|
| Madison, Barbara          | 804-633-9952 |     |            | x   | x    | x  | x    | x    | nights preferred                       | Takes care of homebound clients   |
| Manuel, Jessie            | 703-398-9707 |     | 25 yrs     | x   | x    | x  | x    | x    | all shifts                             | All of clients needs  |
| Marsden, Elizabeth        | 540-371-8883 |     | 25 yrs     | x   | x    | x  | x    | x    | days                                   | Call after 6:30 pm  |
| Melendy, Teri             | 540-752-1587 |     |            |     | x    |    |      | x    | AM until around 2                      | Companionship   |
| Melton, Linon             | 540-907-5335 | x   | 30 yrs     |     | x    | x  |      |      | all day                                | No meds; cooking, light housewrk, baths, errands, dr. appts.  |
| Meyer, Jody               | 540-621-9324 | x   | 4 yrs      |     | x    |    | x    | x    | days, occasional nights                | Anything a client needs. Will take care of your loved ones  |
| Midlin, Louise            | 540-842-3402 |     | 16 yrs     | x   | x    |    | x    | x    | all shifts                             | Anything a cleint needs. Will take care of your loved ones  |
| Milligan, Fran            | 703-582-0245 |     | 12 yrs     |     | x    |    | x    | x    | days, nights no wknds                  | Experience with stroke & alzheimers clients   |
| Miramizinzi, Hinorine     | 703-864-2124 | x   | 4 yrs      |     | x    |    |      |      | Fr, Sa, Su nights, overnight, 11pm-9am | Speaks Spanish only   |
| Misurda, Dora             | 540-286-0087 |     | 30 yrs     | x   | x    |    |      | x    | days                                   | Exp. with cancer & alzheimer clients, clean/cook, dr. appts   |
| Nestlerode, Glynnis       | 540-220-6621 |     | 12 yrs     |     | X    | X  | X    | X    | morning/afternoon/early evenings       | housekeeping, cooking, transporation  |
| Obeng, Victoria           | 703-402-2047 | x   | 8 yrs      |     |      |    |      |      | Night shift                            | LPN, personal care, companionship, all needs  |
| Orton, Sherry             | 571-230-7483 |     | 25 yrs     | X   | X    | X  | X    | X    | live-in                                | Will do whatever job requires   |
| Owens, Beth               | 571-2253731  |     | 2 months   |     | x    |    | x    | x    | all                                    | light housekeeping, laundry, transportation, activities, medication reminders   |
| Owusu, Joanna             | 703-595-0850 | x   | 7 yrs      | x   | x    | x  | x    | x    | all shifts                             | light housekeeping, transportation, meals, companionship, willing to do more than asked to do, anything patient needs |
| Pack, Patty               | 540-582-3803 |     | 15 yrs     |     | x    |    | x    |      | days                                   | Anything patient needs  |
| Palmer, Patricia          | 540-257-2396 | x   | 40+        |     | x    |    | x    | x    | days                                   | light housekeeping, transportation, errands, meal preparation, bathing & more. MedTech/PCA                            |
| Payne, Jackie             | 540-659-2034 | x   | 8 yrs      |     | x    |    | x    | x    | all                                    |   |
| Peatross, Eunice          | 804-338-0381 |     | 6 mos      | x   |      |    |      |      | flexible                               | PCA Certified, personal care, light housekeeping, meal prep.  |
| Porter, Geraldine "Gerri" | 540-842-9757 |     | 10+ yrs    |     | x    |    | x    |      | Mon./Wed./Frid                         | light housekeeping, errands (no heavy lifting)  |
| Primm, Mary               | 540-368-1910 | x   | 30 yrs     | x   | x    |    | x    | x    | all                                    | ICU experience  |
| Ramsey, Josephine         | 571-722-4467 | x   | 30 yrx     | x   | x    | x  | x    | x    | evenings & weekends                    | cooking, transportation, cleaning, bathing, whatever client needs to stay in home                                     |
| Ransome, Cindy            | 571-201-3419 | x   | 11+ yrs    |     | x    |    | x    | x    | all                                    | personal care, housekeeping, errands, transportation, any and all needs   |
| Richardson, Rosetta Kay   | 540-310-0087 |     | 14 yrs     |     | x    |    | x    | x    | evenings & weekends                    | All client needs, including accompanying to church  |
| Roberts, Shirlee          | 804-633-1490 |     |            | x   | x    |    | x    |      | 9am-5pm                                | Doctor visits, help dressing, bathing, cooking, laundry   |

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|--------------------|--------------|-----|------------|-----|------|----|------|------|----------------------------|---|
| Rodriguez, Deborah | 540-623-9009 |     | 12+        |     |      |    | x    |      | Friday evening & weekends  | PCA - housekeeping, meal prep., laundry, errands.                                   |
| Ross, Sharon       | 540-786-0883 | x   |            | x   | x    | x  | x    | x    | 7am-7pm                    | Work area not specified   |
| Rozelle, Janis     | 804-448-3784 |     | 8 years    | x   | x    |    | x    |      | mornings                   | light housekeeping, errands (no heavy lifting)                                      |
| Ryan, Jennifer     | 804-301-4308 |     | 7 yrs      | x   |      |    |      |      | all shifts                 | Light housekeeping, cooking, whatever client needs                                  |
| Samall, Chandra    | 571-283-1023 | LPN | 21 yrs     |     | x    |    |      | x    | 7am-3pm or 3pm-11pm        | give meds,wound care,g-tube, bathing, cooking, whatever client needs                |
| Sanders, Rosalie   | 540-891-1425 |     | 13 yrs     |     | x    |    |      |      | prefers day shift          | Companion, reading, talking, cooking  |
| Sapp, Janet        | 540-846-9782 | x   | 28 yrs     |     | x    |    | x    | x    | any shift                  | Alzhemimers patients, parkinson's patients, lght hskp, errands                      |
| Scott, Margaret    | 540-748-5000 | x   | 30 yrs     |     | x    |    | x    |      | any shift                  | Hospice Care, Cooking, Cleaning, Medication Technician, Transportation              |
| Shubb, Judy        | 540-850-6412 | x   | 4 yrs      |     | x    |    | x    |      | flexible                   | Cook, alzheimers patients, lgt hswk   |
| Skinner, Jeannette | 703-520-3105 |     | 1 year     |     | x    | x  |      | x    | morning & evening          | Cook,bath, drive to appointments, shopping, housekeeping,companion                  |
| Smith, Elizabeth   | 703-586-3877 | x   | 18 yrs     | x   | x    | x  | x    | x    | 9am-4pm                    | Light housekeeping, meal preparation, oxygen assistance, lifting, all client needs. |
| Smith, Tashia      | 540-368-2604 |     | 2 yrs      |     | x    |    | x    | x    | days                       | Hskp, meals, clients w/dementia/stroke, 1 yr ex NH                                  |
| Smith, Wayne       | 540-479-1307 | x   |            | x   | x    | x  | x    | x    | all shifts                 | Everything needed to keep a person in their home comfortably                        |
| Snyder, Wendy      | 540-899-2673 | x   | 25 yrs     | x   | x    | x  | x    | x    | all                        | Clinical tech, meds, trach-vent,IV-trn, cardiac                                     |
| St Ours, Sarah     | 540-642-7077 |     | 12 yrs     | x   | x    | x  | x    | x    | all shifts, very flexible  | All clients needs   |
| Stead, Lucy        | 540-710-1067 |     | 3 yrs      |     | x    |    |      |      | no nites                   | Light housekeeping, cooking,  |
| Sullivan, Ann      | 540-659-5762 | x   | 25 yrs     |     | x    |    |      | x    | day, overnite, no 3pm-11pm | Work area not specified   |
| Tano, Irene        | 703-944-1711 | x   | 8 yrs      | x   | x    | x  | x    | x    | Flexible                   | Any client need, excellent cook, has vehicle for transp                             |
| Taylor, Lisa       | 540-735-0734 | x   | 10yrs      | x   | x    | x  | x    | x    | 24 hrs                     | Personal care & companionship   |
| Temoney, Joanne    | 540-899-8060 |     | 6yrs       |     | x    |    | x    |      | mornings                   | Housekeeping, personal care, meds NO PETS   |
| Thacker, Anne      | 540 207 8672 |     |            |     | x    |    | x    |      | morning & afternoon        | Med reminder, bathing, all personal care  |
| Thomas, Janet      | 540-846-1695 | RN  | 20 yrs.    |     | x    |    |      |      | daytime, early evening     | Anything it takes to keep client in their own home                                  |
| Thompson, Earlene  | 540-623-2018 |     | 5 yrs      | x   | x    | x  | x    | x    | any                        | Meds, transportation, lgt hskp, laundry   |
| Thompson, Velta    | 540-374-1174 |     | 5 yrs      |     | x    | x  | x    | x    | noon - 8pm                 | Light housekeeping, cooking, med appts.   |
| Thurston, Tiffany  | 540-642-5270 | x   | 17 yrs     |     | x    |    | x    |      | M-F 4pm-10pm               | All tasks-hskeeping, cooking, transp., bathing etc                                  |
| Tyler, Brittany    | 540-710-3390 |     | < 1 yr     |     | x    |    | x    | x    | flexible                   | all tasks assigned  |
| Tyree, Sylvia      | 540-854-8835 |     | 30 yrs     | x   | x    | x  | x    | x    | days no wknds              | Experience alzheimers & special needs clients                                       |

| <i>Name</i>         | <i>Phone #</i> | <i>CNA</i> | <i>Experience</i> | <i>Car</i> | <i>Fred</i> | <i>KG</i> | <i>Spot</i> | <i>Staf</i> | <i>Shift</i>                     | <i>Misc</i>  |
|---------------------|----------------|------------|-------------------|------------|-------------|-----------|-------------|-------------|----------------------------------|--|
| Ware, Grace         | 540-582-9449   | x          |                   | x          | x           | x         | x           | x           | no wkds, P/T                     |  |
| Webb, Patricia      | 540-621-7756   | x          | 28 yrs            |            | x           | x         | x           | x           |                                  | Shopping, bath/shower or labs  |
| West, Claire        | 804-448-1043   |            | 3 yrs             | x          | x           | x         | x           | x           | all, overnite                    | Respite relief, lgt clean, per care  |
| White, Hilda        | 540-7752427    |            | 15 yrs            |            | x           |           |             | x           | full time/overnight 3 or 4 days  | Laundry, cooking, housekeeping   |
| White, Sahra        | 540-287-4388   | x          | 10 yrs            |            | x           | x         | x           | x           | Day 7am-7pm or Overnights        | Tranportation, light housekeeping, meal prep., companionship, daily check-ins  |
| Wigglesworth, Jewel | 540-273-9082   | x          | 15 yrs            | x          | x           |           | x           | x           | Day                              | meal prep./medication reminder/light housekeeping/transportation               |
| Wilkerson, Joyce    | 540-786-0592   |            | 5 yrs             |            | x           |           | x           |             | 3-8pm                            | Heart patients, lgt hskp, cook, errands  |
| Wilson, Janice      | 540-848-1199   |            | 10+ yrs           |            | x           |           | x           |             | Day Shift M-F (some flexibility) | Companionship, cooking, laundry/ironing, errands, light housekeeping (no pets) |
| Wilson, Kewisa      | 804-433-0054   |            | 1 yr              | x          | x           | x         | x           | x           | any                              | Meds, light housekeeping, cook, medical appts., bathing                        |
| Woods, Arlene       | 917-769-5683   | x          | 10+               | x          | x           | x         | x           | x           | Graveyard/Night Shift (flexible) | Cooking, laundry, light housekeeping, companionship, errands, hospice exp.     |
| Wright, Lorna       | 540-372-4170   | x          | 14 yrs            |            | x           |           |             |             | any except Sat                   | Home health aide   |
| Wright, Victoria    | 540-207-6980   | x          | 20 yrs            | x          | x           | x         | x           | x           | day or night                     | Anything client needs, including overnight stays                               |
| Young, Patricia B.  | 540.455.5993   | x          | 20 yrs            | x          | x           |           |             |             | morning                          | Bathing, light cleaning, cooking, anything client needs                        |

Information on criminal background checks can be found on the Virginia State Police website at [ww.vsp.state.va.us](http://ww.vsp.state.va.us)