

# SARINA CARTER

## **L1MA/CNA/Team Lead/DSP**

St. Louis, MO 63134

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What interest me the most is taking care of the elderly, consumers with disabilities, all ages either it's hospital's, nursing facility, non profit, group home, someone home, or assisted living. I enjoy what I experience in what I also do.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **C.N.A/CDS**

Algonquin Home Health - Kirkwood, MO

January 2015 to Present

Prepare meals, vacuum,bathing,assist with walking, tube feeding, colostomy.

### **MSS (Medical Direct Support Professional)**

Community Living Center - Saint Peters, MO

December 2019 to March 2021

Administer medications,order medications, sort medications, passing medications.Dr appointments

### **DSP (Direct Support Professional)**

St. Louis Arc - Creve Coeur, MO

December 2018 to December 2019

Prepared meals, outings, passing medicine, customer service, engage in activities, doctors appointments, shopping.

### **C.N.A**

Comfort Keepers 13990 Olive Blvd - Creve Coeur, MO

August 2013 to August 2018

Companionship, toileting,prepare breakfast, lunch, dinner, med reminder, assist in dressing,activities.

### **Certified Nursing Assistant**

Health at Home Chesterfield Mo, 63017 (636)-733-0355 - Chesterfield, MO

August 2012 to August 2014

Laundry,errands,prepare meals,bathing,outing,walks around the building,chores,assist with getting dress, companionship.

### **Certified Nursing Assistant**

Cooperative Home Care 1924 Marconi Ave St . Louis, Mo 63118 (314) 772-8585 - St. Louis, MO

November 2011 to July 2012

Preparing meals,laundry,cleaning bathroom an kitchen,errands,assist with dressing.

### **Certified Nursing Assistant**

Cedars at the JCA 13190 South Outer 40 Road Chesterfield, Mo 63017 (314)-434-3330 - Chesterfield, MO

October 2007 to August 2011

Getting patients up,showers,feeding,dressing,walk to dine.

### **Certified Nursing Assistant**

Delmar Gardens West 13550 S.Outer 40 Rd Chesterfield, Mo 63017 (314)-878-1330 - Chesterfield, MO  
February 2005 to January 2007

Getting residents up,showers,dressing,brushing teeth,walk to dine,adls.

## Education

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### **N/A in Surgical Technology**

Sanford Brown College - Saint Peters, MO

2007 to 2010

### **Diploma in General Studies**

Parkway north highschool - St. Louis, MO

1993 to 1995

## Skills

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- Hoyer lift,weight chair,sara lift,sit to stand.Charting on paper an computer, vitals, wheelchair,laundry, prepare meals, communication, customer service,errands, dr.appts,companionship. (10+ years)
- CNA (10+ years)
- Customer Service (10+ years)
- Customer Care (5 years)
- Direct Care (10+ years)
- Disability (7 years)
- Home Health (10+ years)
- Personal Care (10+ years)
- Direct Support (2 years)
- Tube Feeding (7 years)
- Meal Preparation (10+ years)
- Developmental Disabilities Experience (2 years)
- Senior Care (10+ years)
- Food Preparation
- Caregiving
- Developmental Disabilities Experience
- Food Preparation (10+ years)
- Home Care (10+ years)

- Nursing (10+ years)
- Senior Care (10+ years)
- Cleaning Experience (10+ years)
- Medication Administration (10+ years)
- Medical Records
- Alzheimer's Care (10+ years)
- Autism Experience (2 years)
- Laboratory Experience (10+ years)
- Dementia Care (10+ years)
- EMR Systems
- Hospital experience (2 years)
- Memory Care (10+ years)
- Phlebotomy (2 years)
- Hospice Care (10+ years)
- Microsoft Word (10+ years)
- Critical Care Experience (10+ years)
- Medical Office Experience (2 years)
- Computer Skills (2 years)
- Crisis Intervention
- English (10+ years)
- Driving (10+ years)
- Supervising experience
- Catheter care
- Acute care
- Microsoft Office
- Assisted living
- Leadership

## Certifications and Licenses

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### **C.P.R**

December 2019 to December 2021

C.P.R certificate

### **Certified Nursing Assistant (CNA)**

#### **CPR**

#### **Med level 1**

January 2018 to Present

Passing medicine

#### **driver's license**

Class E

**First Aid Certification**

**First Aid Certification**