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| Kara East4318 Troy St Wausau, WI, 54403 · 715-348-0188Kjeast2012@gmail.com |
| Experience working in assisted living, nursing home (long term and rehab), behavioral health, and memory care. |

# Experience

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| 10/2018 – PresentCertified Nursing Assistant, nicolet staffing* Assist residents with daily living skills
* Peri care, toileting, showers
* Laundry and housekeeping
* Transferring residents with gait belt, Hoyer and sit to stand
* 2-hour rotations, skin checks and light wound care
* Meal prep, serving and feeding
* Medication administration, med check ins, and documentation
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| 03/2017 – 09/2018certified nursing assistant, primrose retirement community* Assist residents with daily living skills
* Peri care, toileting, showers
* Laundry and housekeeping
* Transferring residents with gait belt, Hoyer and sit to stand
* 2-hour rotations, skin checks and light wound care
* Meal prep, serving and feeding
* Medication administration, med check ins, and documentation

12/2016 – 05/2017certified nursing assistant, wausau Manor* Peri care, toileting, showers
* Laundry and housekeeping
* Transferring residents with gait belt, Hoyer and sit to stand
* 2-hour rotations, skin checks
* Meal prep, serving and feeding
* Documentation

01/2016 – 03/2017caregiver/pcw, evergreen park assisted living* Assist residents with daily living skills
* Peri care, toileting, showers
* Laundry and housekeeping
* Transferring residents with gait belt, Hoyer and sit to stand
* 2-hour rotations, skin checks and light wound care
* Meal prep, serving and feeding
* Medication administration, med check ins, and documentation

06/2012 – 01/2016behavioral support specalist, spring crest residence* Assist residents with daily living skills
* Peri care, toileting, showers
* Laundry and housekeeping
* Transferring residents with gait belt, Hoyer and sit to stand
* 2-hour rotations, skin checks and light wound care
* Meal prep, serving and feeding
* Medication administration, med check ins, and documentation
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# Education

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| june 2010high school diploma, d.c everest senior high school |
| 04 2020BACHELOR’S IN BUSINESS HEALTHCARE managment, wguCurrently enrolled  |

# Skills

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| * CBRF certifications
* Medication Administration
* Microsoft word, excel and outlook
 | * CNA certified
* Elderly care
* Behavioral
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