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| Kara East  4318 Troy St Wausau, WI, 54403 · 715-348-0188  Kjeast2012@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 |
| 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 |

# Education

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

# Skills

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