

# Shelley Foster

St. Louis, MO 63121

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Authorized to work in the US for any employer

## Work Experience

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### **CNA - Certified Nursing Assistant**

Florissant Valley Health and Rehab Center - Florissant, MO

August 2021 to Present

Assist with meals and showers. Monitor vital signs checks on residents. Document meals and fluids intake and provide excellent care

### **Packer/Inspector**

Spectrum Brands Inc Contract worker - Bridgeton, MO

March 2021 to Present

Packed pet supplies for shipping department.

### **CNA**

The Delmar Gardens Family - Chesterfield, MO

March 2012 to March 2021

Assisted with meals and showers. Monitor vital signs checks on residents. Cared for 8-12 residents daily

### **CNA - Certified Nursing Assistant**

Lutheran Senior Services - Ballwin, MO

April 2016 to May 2017

Documented residents meals and fluids intake. Performed lifting using Hoyer lift, the Standup lift, and Gait Belt. Assist with 7-12 residents daily.

### **CNA - Certified Nursing Assistant**

Cedars@JCA

March 2008 to August 2014

Assisted with meals and showers Monitor vital sign checks on residents

### **Operator 1**

United States Postal Service - St. Louis, MO

August 2004 to September 2007

Processed mail on a manual computer system. Hand sorted mail to be distributed throughout the United States. Packed bulk mail for shipping departments. Presorted mail depending on zip codes.

### **Production Worker**

Express Scripts - Earth City, MO

February 2001 to July 2004

Provided labeling and packing prescriptions using the Schering PAP program. Handling out medication to patients on the SI Baker automated system.

## Education

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### **Diploma in General**

Vogt School - St. Louis, MO

September 1985 to May 1989

## Skills

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- Alzheimer's Care
- Dementia Care
- Hoyer Lift (10+ years)
- Vital Signs (10+ years)
- Order Picker
- Caregiving
- Meal Preparation
- Nursing
- RF Scanner
- Nursing
- Hospital Experience
- RF Scanner
- Senior Care

## Certifications and Licenses

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**CPR**

**CNA**