

# Timika Benson

## **Certified nursing assistant and restorative aide**

St. Louis, MO 63104

[timikabenson3\\_8jf@indeedemail.com](mailto:timikabenson3_8jf@indeedemail.com)

+1 314 546 0876

Authorized to work in the US for any employer

## Work Experience

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

Care Companion - St. Louis, MO

July 2012 to Present

- Worked in a home environment
- Assisted 1 disabled patients daily
- Provided patients/residents with care and companionship
- Made beds
- Cleaned and sanitized rooms
- Cleaned and sanitized rooms

### **CNA - Certified Nursing Assistant/ office assistant**

Pauline's Place adult daycare llc - St. Louis, MO

June 2019 to April 2021

- Helped clients with activities of daily life (ADL): exercising, walking and ROM exercises
- Took care of approximately 15 elderly and disabled patients daily
- Monitored vital signs
- Communicated client's condition to the nurse in charge
- Cleaned bathrooms and floors
- Helped with monthly summaries

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

Regency adult daycare - St. Louis, MO

May 2016 to June 2019

Worked in a adult day center. The center held 30 participants but took care of at least 21 at a time. Assisted with activities and planned field trips. Assisted with sheltering some and local charities to help..

### **CNA - restorative aid**

Sherbrooke Village - St. Louis, MO

October 2008 to May 2016

Worked in a longterm care facility. Took care of at least 15 - 20 patients a day.

- Provided patients/residents with care and companionship
- Checked vital signs
- Helped residents with activities of daily life (ADL): bathing, grooming, walking, feeding, and dressing
- Documented all care
- Made beds

- Performed post-mortem care, if needed
- Worked in a nursing facility
- Aided in transferring residents , as needed
- Communicated details about resident's condition to the nurse in charge

## Education

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### **Intermediate School Education in Childcare**

South county technical high school - St. Louis, MO  
September 1997 to June 1998

### **None in Cosmetology**

Elaine Steven Beauty College - St. Louis, MO  
September 1997 to June 1998

## Skills

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- Filing
- CNA (10+ years)
- Cna Certified (10+ years)
- Home Health
- HHA (10+ years)
- Certified Nursing Assistant (10+ years)
- English
- Vital Signs
- Caregiving
- Nursing
- Hospice Care
- EMR Systems
- Alzheimer's Care
- Patient Care
- Dementia Care
- Senior Care
- Medical Office Experience
- Laundry
- Infection Control Training
- Cna (10+ years)
- Childcare
- Meal Preparation
- Medication Administration
- Memory Care
- Hospital Experience

- Meal Preparation
- Memory Care
- Hospital Experience
- Customer service
- Medical terminology
- Phone etiquette

## Certifications and Licenses

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### **CPR**

June 2019 to Present

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

## Assessments

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### **Reliability — Highly Proficient**

January 2020

Tendency to be dependable and come to work

Full results: [Highly Proficient](#)

### **Nursing Aide Skills — Highly Proficient**

November 2019

Providing nursing aid to patients using knowledge of relevant equipment and procedures.

Full results: [Highly Proficient](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.