

# Benedict Himmie

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Benedict S. Himmie

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MN 55429

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Resume: I have 19 years experienced as a Certified Nursing Assistant/Home Health Aide.

Summary:

Employers List:

## 1. North Ridge Health and Rehab

Boone Ave New Hope, MN

08/14/2019

Job Title: NAR/ C.N.A/HHA

- Bathing residents (bed bath, whirlpool, shower, AM and PM cares)
- Feeding residents (food and fluids),
- Toileting residents per directions in care plane.
- Performing Perinea care,
- Performing grooming activities
- (hair care, nail care,
- foot care, shaving facial hair)
- Shampooing resident's hair ,
- Providing Oral and Denture care
- Measuring intake and output ,
- Transferring and lifting residents.

- Heritage of Edina Assisted Living

05/01/ 2013 to Present

Job Title: NAR/ C.N.A/HHA

Duties include but not limited to:

- Bathing residents (bed bath, whirlpool, shower, AM and PM cares)
- Feeding residents (food and fluids),
- Toileting residents per directions in care plane.
- Performing Perinea care,

- Performing grooming activities
- (hair care, nail care,
- foot care, shaving facial hair)
- Shampooing resident's hair ,
- Providing Oral and Denture care
- Measuring intake and output ,
- Transferring and lifting residents.

2: Good Samaritan Nursing Home

NAR/CNA/HHA

07/01/16...October 16/16

New Hope

MN 55428

3: The Glenn, South West St. Therese  
Nursing Home

10/01/12 up to present,

3500 Wood hill Road MINNETONKA, MINNESOTA

Certified Nursing Assistant.

Job Title: C.N.A and Resident Assistant (R.A)

Duties include but not limited to:

- Bathing residents (bed bath, whirlpool, shower, AM and PM cares)
- Feeding residents (food and fluids),
- Toileting residents per directions in care plane.
- Performing Perinea care,
- Performing grooming activities
- hair care, nail care,
- foot care, shaving facial hair)
- Shampooing resident's hair ,
- Providing Oral and Denture care
- Measuring intake and output ,
- Transferring and lifting residents.

Osseo Gardens Assisted Living Community

525 2nd St. SE

Osseo, MN 55369

Mr. Daniel Pakonen

Marketing Director

P: 763-315-4869

F: 763-315-0050

Hired Date: 01/2011....7/2012

Job Title: Kitchen Assistant

Job Duties:

Cook, Shared Food,

Set Tables up in the Dining hall.

Washed dishes put them on shelves orderly,

Served food to residents in the dining hall.

Did housekeeping in the Kitchen areas.

Sun Rise Assisted Living  
4950 Olson Memorial Highway  
Golden Valley MN Supervisor: Eric Sease ...  
Title: Dinning Services Coordinator  
Cell # 763-522-4000

Date hired: 10/01/2009...07/2012

Job Duties

- Washed Dishes,
- Sanitized Dishes,
- Arranged dishes orderly on shelves,
- Stocking food Products on shelves,
- And refrigerator and Freezer.
- Housekeeping in the kitchen areas,
- Read and recorded figures registered on the meter of washer Machine,
- Delivered Food up to residents on cart from first floor up the third floor.
- Picked up hours for regular housekeeping.
- Voluntarily did help residents on wheels either heading to their unit or to dining hall

1. John F. Kennedy Hospital Job Title: C.N.A.

08/01/1998 to 06/01/2009,  
Monrovia  
Liberia, Africa  
Job Title: CNA  
Liberia, Africa 12/01/1998 - 6/01/2009

Assisted Living Job Duties: N.A.R (MN)

Completed service schedule carefully

- Taking vital signs, reported changes to charge nurse.
- Fed residents who unable to feed themselves
- Dressed residents
- Performed exercise routines./service schedule
- Provided residents with walking's exercises
- Transferring with transfer's belt in, out of bed and wheel chair
- Collected specimens such a urine, feces.
- Turned and re-positioned resident in bed Q 2 hour.
- Cleaned rooms and changed linens.
- Did laundry and returned clean items.
- Safety Checks
- Refilling Table Oxygen

John F.Kennedy's Hospitals

' Job Duties: C.N.A  
Monrovia  
(Liberia) Africa

- Oxygen Liters is observed carefully for patients
- Refilling Portable Oxygen Tank
- Q 1 or 2 hours repositioning
- Making up occupied and unoccupied beds
- Changing bed linens
- Administering already set up medications
- Cleaning patients units
- Taking vital signs
- Reporting observation on patients
- Giving Bed bath
- Making fall and incident reports
- Bed or partials bath
- Safety Check
- Refilling Table Oxygen

. Education:  
Hennepin Technical College  
Eden Prairie, MN  
Current Student:  
Nursing Major

Joseph Jonson School of Technology,  
Brooklyn Park, MN  
Certificate & License:

- Nursing Assistant/ Home Health Aid
- Personal Care Assistant
- Mental Health First Aid
- CPR (Via Renewal sooner)

Diploma Programs:  
Humanity First Institute of Computer Studies  
Diplomas/ 01/2008 Information System Management Monrovia, Liberia, Africa

Matilda Newport Senior High School Diploma-04/1995 Monrovia, Liberia, Africa  
Professional References:

Personal References Relationship Organization Contact Number

1. Tami Rakos Supervisor

The Glenn 763-280-2598

1. Cassie Previl Supervisor Heritage of Edina 612- 298-1271

Gus Davis. Coworker , General Servivices Agency Monrovia, Liberia and Heritage of Edina MN USA  
#4703688117

Solomon Sieh Supervisor J. F. K. Hospital 011231 886-767-778

Willing to relocate: Anywhere

Authorized to work in the US for any employer

## Work Experience

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### **Certified Nursing Assistant**

Villa at Osseo - Osseo, MN

July 2018 to Present

Chang Ing residents q 2:hours.

Did safety checks per resident scheduled .

Escort Ing residents per as needed or necessary.

Give bath and shower per residents schedule day.

\*SKILL\*

Mentor :

Training new employees "certified nursing assistant".

### **Dietary Aide**

Osseo Gardens Assisted Living Facility - Osseo, MN

April 2011 to Present

Prepare and serve food to individuals  
living in an assisted living setting

### **Dietary Aide/Housekeeping**

Sunrise Senior Living - Golden Valley, MN

October 2009 to Present

Prepare and serve food to individuals  
living in an assisted living setting

### **Home Health Aide**

Heritage of Edina Senior /Assisted Living Community & Extended Living

May 2012 to September 2017

I did the following as my job duties.

Changed briefs every 2 hours.

Safety checks as a per Scheduling time.

Baths and showers per schedule day our.

Escorted residents anywhere necessary.

Fed residents as needed prn.

Administered set up medication to residents and PRN.

\*SKILLS\*

.MENTOR: Trained new employees

## Education

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### **Certificate**

Joseph Johnson School of Technology  
October 2012 to October 2012

### **Diploma**

Humanity First Institute of Computer Studies  
2007

### **Diploma**

Matilda Newport Senior High School  
1995

## Skills

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- Flesh able, on time, willingness to work any where (6 years)
- Long Term Care
- Assisted Living
- Home Care
- Caregiving
- Patient care
- Senior care
- Hospital Experience (Less than 1 year)
- Vital Signs
- Dementia Care
- Computer literacy
- Alzheimer's Care
- Food Preparation
- Dietary Aide Experience
- Nursing (10+ years)
- Medical office experience

## Certifications and Licenses

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### **CPR Certified / 2021**

August 2021 to August 2028

BLs. Provider:

American Heart Association

Basic Life Support

E Card Code: 215415213811

### **CNA**

## **CNA**

### Additional Information

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#### Qualifications

Strong work ethic, punctual, enthusiastic to learn,  
flexible, adaptive, friendly, positive attitude,  
enjoy working with people, willingness to go above and beyond,  
calm, relaxed personality