# ASHLEY T SIEPKER METHENY

720 N Crawford St

Carroll, IA 51401

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# Highlights of Qualifications

* Great communication skills
* Patient
* Organized
* Creative
* Responsible
* Extremely Reliable
* Great at following instructions and schedules
* Very kind
* Team player and independent

# Experience

**LPN**

Journey Senior Services Carroll, IA, 7/2019—Current

* Assist residents with personal hygiene including showering
* toileting and incontinent care
* nutritional and fluid intake
* dressing
* ambulation and transfers
* positioning, visual checks
* checking vitals
* changing linens and providing laundry service
* some housekeeping
* overall helping the residents with any tasks that they may ask

**CNA**

St Anthony Regional Hospital, BMU, Carroll, IA, 7/2019—6/2020

* Assist residents with personal hygiene including showering
* toileting and incontinent care
* nutritional and fluid intake
* dressing
* ambulation and transfers
* positioning, visual checks
* checking vitals
* assisting individuals that are detoxing
* changing linens and providing laundry service
* some housekeeping
* group therapy
* someone to talk to when in need
* admission/discharging
* overall supervision

**CNA**

Sunnybrook, Carroll, IA, 5/2018—7/2019

* Assist residents with personal hygiene including showering
* toileting and incontinent care
* nutritional and fluid intake
* dressing
* ambulation and transfers
* positioning, visual checks
* medication reminders
* giving medications
* checking vitals
* changing linens and providing laundry service
* some housekeeping
* overall helping the residents with any tasks that they may ask

**Childcare Provider/Assistant Teacher**

Children’s Imagination Station, Denison, IA, 1/2017—5/2018

* Supervise and monitor safety of children
* Develop schedules and routines
* Get food together for mealtimes
* Clean all areas of my classroom
* Stock Items
* Keep daily records of children
* Teach children health and personal hygiene
* Help children learn and grow in general

# Housekeeper

The Carrollton Inn, Carroll, IA, 5/2015—9/2015

* Change bedding
* Clean restrooms
* Vacuum
* Dust
* Stock Items
* Laundry Aide
* Assist guests
* Clean guest laundry area, guest breakfast area, ballroom area, and hallways Acquired .30 raise after a month of starting the position

# Laundry Aide

Kasperbauer Cleaners, Carroll, IA, 1/2014—10/2014

* Loading and unloading washers/dryers, sorting medical and other soiled laundry
* Keep accurate records of soiled laundry weights
* Know all safety procedures for soiled medical laundry
* Inventory of products and using purchase orders
* Experience in all wash cycles on all washers
* Calculate the pound capacity for each washer

# Receptionist

Carroll Small Animal Clinic, Carroll, IA, 4/2013—10/2013

* Greet clients
* Accept payments on account
* Schedule appointments
* Inform clients of preventative diseases
* Assist Doctor with vaccinations
* Statistic input using MS Word and Excel
* Kennel Chores

Obtained several Certificates in Animal Health and Diseases

# Key Holder/Assistant Manager

Dollar General, Jefferson, IA, 8/2011—12/2012

* Validated, accepted, processed checks and cash
* Processed food stamps and other vouchers
* Approved vendor deliveries
* Trained and supervised new employees on safety and procedures
* Assisted customers

Received key holding privileges

Received extensive customer and management reviews

# Customer Service Specialist

JC Penney, Carroll, IA, 9/2008—8/2011

* Maintained cleanliness appearance of store
* Restocked apparel
* Processed cash and credit card payments
* Accepted returns and refunded items
* Offered customer assistance whenever needed

# Education

**Diploma, General**

Carroll High School, Carroll, IA 5/2010

**Western Iowa Tech**

Nursing school Denison, Iowa 8/2018-present

# Licenses/Certifications

LPN- License # P64865

Dementia & Alzheimer’s Training

Certified Nursing Assistant

BLS AHA Certification

MOAB Certified

Dependent adult/child abuse certified

References:

Jennifer Juhl, 712-269-9525

Brittany Kokenge, 712-790-3711

Barb Goodman, 712-292-3527