

# Trinada L'Heureux

Brooklyn Center, MN

-Email me on Indeed: <http://www.indeed.com/r/Trinada-L%27Heureux/aababa467e999de2>

## Work Experience

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

Northridge Health and Rehab - New Hope, MN

October 2019 to April 2022

1. Showers
2. Communication
3. Charting ADL's
4. Vitals
5. Assist with reading
6. Shaving
7. Nail care

### **CNA**

Maxim Healthcare Services - Golden Valley, MN

January 2019 to April 2020

1. Communication
2. Cooking
3. Showers
4. Charting

### **CNA**

Mary T Inc. - Coon Rapids, MN

October 2017 to October 2019

1. Cooking
2. Passing Meds
3. Cleaning
4. Charting
5. Vitals
6. Communication/ADL'S

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

Homestead of Anoka - Anoka, MN

February 2013 to October 2017

1. Cleaning.
2. Cooking
3. passing meds
4. Talking
5. ADL'S
6. Showers

## **CNA HHA**

Comfort keepers - Golden Valley, MN  
January 2011 to February 2013

1. Cooking
2. Cleaning
3. Communication
4. Giving meds
5. Running errands

## **CNA/HHA**

Interim HealthCare Duluth MN - Duluth, MN  
September 2008 to November 2010

1. Showers
2. Communication
3. Running errands
4. Giving meds
5. Laundry

## Education

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### **CNA in Nursing**

Lake Superior College - Duluth, MN

### **General**

Denfeld High School

## Skills

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- I have had my CNA license since 2002 20+years now. I have work with memory care long-term care and Rehab. I love helping people and i am very patient, i like working as a team (10+ years)
- CNA
- Cna Certified
- Home Health
- Certified Nursing Assistant
- HHA
- Caregiving
- Vital Signs
- Patient Care
- Hospice Care
- Medication Administration
- Nursing
- Alzheimer's Care
- Dementia Care
- Customer service

- Memory care
- Assisted living

## Certifications and Licenses

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### **CNA**

June 2002 to January 2022