

# Addie Walsh

## **Experienced and caring CNA, care giver/qmap**

Boulder, CO

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I have been working in health care as a CNA, care giver, or a medications person in many different settings on and off for 20 years. I am a current qmap and CNA in the state of Colorado. I love getting to work with seniors. It's the type of career I'm always drawn to because it gives me back as much as I give.

Authorized to work in the US for any employer

## Work Experience

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### **Care giver/qmap**

The academy at Bella Vista - Boulder County, CO

August 2021 to Present

I currently work full time day shift at The Academy of Bella Vista where I care for residents that have dementia and other memory loss. I help with all ADLs, meals, and activities.

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

Boulder Canyon health and rehabilitation - Boulder, CO

November 2020 to Present

Day shift CNA on a very busy unit. Providing all daily cares to the residents. Helping with showers, meals, and all other ADLs.

### **Caregiver/QMAP**

MorningStar Senior Living - Boulder, CO

September 2017 to Present

I worked at Morning Star as a care giver and a QMAP (qualifies medication administration person). I was promoted to shift lead after 6 months. The company also paid for me to take my test to be a qmap. At Morning Star I assisted residents with all of their ADL's (activities of daily living), which can include waking up residents, helping them to dress, helping to wash, groom, eat, reminders for activities and meals, and anything else that they may need. I also assist the nurse with vitals and some light first aid. I administered medications to the residents that required help with that.

### **Assistant Innkeeper**

Silver Lake Lodge - Idaho Springs, CO

September 2015 to September 2017

I did almost everything that there was to do in the 2 years that I worked at the Silver Lake Lodge bed and Breakfast. I assisted with cooking breakfast, setting up the breakfast bar and drink bar every morning. I waited on the guests as a server. I cleared the tables as they finished. I washed the dishes and cleaned up the kitchen. I baked breads, quiches, casseroles, and desserts. I prepped, portioned, and stored food. I took inventory of food and supplies and made detailed shopping lists. I helped unpack groceries and stock shelves. I helped serve and clean up for many weddings and charity events that we held. I cleaned rooms

after guests checked out as well as all common areas. I did laundry and ironed table cloths, napkins, and pillow cases. Scrubbed carpet stains and cleaned bathrooms. I deep cleaned and washed windows. I answered the phone, blocked rooms, took reservations, and checked people out. I went over receipts, sorting them by dates and locations and filing them in their correct locations. I did many and all random chores around the lodge that needed to be done such as stacking wood, shoveling snow, walking the dog, changing light bulbs, helping decorate for various holidays and events, etc....my pay rate increased by \$7 per hour in the 2 years that I was employed there.

### **CNA/Med Tech**

Sidney Creek Memory care - San Luis Obispo, CA  
December 2009 to June 2011

I worked at Sidney Creek for a year and a half as a CNA and a med tech. I was responsible in helping the residents with their ADLs which included helping to get up, get dressed, brush teeth, bathe, eat, walk, activities, changing, going to the bathroom, going to bed and anything else that they needed assistance with throughout the day. I was also there to provide company and be a reliable face to the seniors that lived there. I was also responsible to assist with some PRN medications.

### **CNA/Med Tech**

Hillside Health Care & Rehabilitation - Missoula, MT  
December 2006 to November 2009

I worked at this skilled nursing facility for nearly 3 years where I worked as a Certified Nurses Assistant. I worked in the secured memory care unit as well as the general population which included residents ranging in a wide variety of illnesses and disabilities. I also worked in their assisted living house with more independent residents. There, I was required to administer medications and do some light cooking and cleaning.

### **Housekeeper**

Big Sky Ski Resort - Big Sky, MT  
November 2005 to September 2006

I worked as a housekeeper where I was responsible for cleaning all of the privately owned condos located around the resort. These condos could be anywhere from a small one bedroom Condo to a 3 story, 5 bedroom, 5 bathroom condo with a hot tub. These Condos were privately owned by people living elsewhere while being managed by the resort. I would clock in and gather all of my supplies, get my daily list of addresses, load up my car and then go to work all day on my own.

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

The Arbor of Itasca - Itasca, IL  
March 2003 to November 2005

I worked at this skilled nursing facility as a CNA. I worked in the secured memory care unit as well as the general population. I helped the residents with all of their ADLs, which included helping them to eat, to dress, to bathe, to go to the bathroom or change their brief if they required one, assist with walking, range of motion, vitals, and anything else that they needed.

## Caregiver/QMAP

### Education

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#### **Some college in Nursing**

University of Montana - Missoula, MT  
December 2006 to October 2009

#### **High school diploma**

### Skills

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- Caregiving
- Medication Administration
- Meal Preparation
- Vital Signs
- Critical Care Experience
- Memory Care
- Alzheimer's Care
- Dementia Care
- Cleaning Experience
- Laundry
- Senior Care
- English
- Patient care

### Certifications and Licenses

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#### **First Aid Certification**

#### **CPR Certification**

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

February 2021