

# Tina Sepulveda

Thornton, CO 80229

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Experienced healthcare professional seeking to utilize my vast skill set with the geriatric population to enrich the lives of those we care for as well as advance my career with a reputable growing company.

## Work Experience

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### **Restorative CNA**

TRU Community Care - Lafayette, CO

January 2017 to Present

Predominantly have a large restorative caseload once a person has been discharged from skilled care. This includes Physical, Occupational & Speech therapies that consist of progressive mobility exercises, muscle strengthening, ambulation skills & group exercise class. In addition to my caseload I also provide assistance to our PT,OT & ST staff with all other departmental needs such as scheduling, orders & communication with most of our vendors, maintenance of gym and equipment well also maintaining gym logs and equipment with traceable tracking to ensure compliance. Participate on the safety committee making sure we meet fire regulations.

### **PT/OT Rehab Aide**

Innovage - Thornton, CO

January 2008 to December 2017

Provided one on one daily treatments and lead restorative exercise groups for participants. Order rehab equipment and office supplies. Maintained safety documentation and logs as well as participant equipment. Set up Accessible Systems, Size Wise for palliative care and Philip's Lifeline. Managed Inventory and budget of all supplies.

### **CNA/Recreation**

Innovage - Lakewood, CO

January 2004 to December 2008

Completed all participants care within Day Center including toileting, bathing, feeding, 20 minute checks on participants with wander guard, and monthly vitals. Back-up for Day Center leads; completing scheduling, ordering of supplies and training new staff. Lead weekly Memories in the Making program for Dementia and Alzheimer's participants. Assisted in preparing monthly calendars ensuring to include all domains and remain in compliance with all CMS requirements. Lead daily activities for groups of 50+ participants ages 55 and up with ranging cognitive and physical abilities. Worked in a low stimulation room; completing all ADL's for participants with advanced Dementia and Alzheimer's.

## Education

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### **Certified Nursing Assistant**

University of Colorado at Denver for participating and training - Denver, CO

## Skills

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- Great communication, Strong organizational skills, Event planning abilities, Interpersonal skills, Ability to solve critical problems & Proficient in MS office. English/Spanish
- Alzheimer's Care
- Dementia Care
- Caregiving
- Vital Signs
- EMR Systems
- Patient Care
- Infection Control Training
- Medication Administration

## Certifications and Licenses

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### **First Aid Certification**

### **CNA**

### **CPR Certification**

### **QMAP**

Present

### **AED Certification**

### **BLS Certification**