

# Colleen James

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## PROFILE

*Hard working, conscientious with entry levels skills, determined to make a start with a growing company that will allow me to grow and rise to my highest potential.*

## EDUCATION

### Nursing Assistant Program

Nursing Assistant- Certification  
March 2018 – June 2018  
Arlington, Texas

Thomas Jefferson High School  
August 1985 – May 1988  
Diploma  
Port Arthur, Texas

## PROFESSIONAL EXPERIENCE

<Home Health Companions, Dallas Tx 2018 - Present  
CNA/Caregiver

- \*Assist clients with exercises, also with daily living skills
- \* Prepare meals and assist client with bathing, grooming and ambulation

<Overture Home Care, Fort Worth Tx 2017 -2018  
Companion

- \*Giving medication reminders, taking vital signs
- \*Light housekeeping, running errands
- \*Assisting client with grooming and prepare meals

<ABB Health Care, Dallas Tx 2016 -2017\_\_

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### Home health Aide/ Companion

- \*Bathe clients who cannot help themselves, prepare meals
- \*Accompany clients to appointments
- \*Companionship
- \*Light housekeeping

<Alpha Staff / InergroupSolutions, Dallas Tx 2015 – 2016  
Assembly Worker

*\*Inspect and package merchandise*

*\*Assemble items before packing*