

Gloria Nolasco

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Professional Summary

Excited and ready for a new opportunity!

Authorized to work in the US for any employer

Work Experience

Caregiver for Elderly

Northglenn Heights AL and Memory Care-Northglenn, CO

December 2023 to September 2024

I worked in the memory care department as a caregiver during the evening shift

From 2-10 pm. I would get a shift report from the morning staff and then I would start changing the residents as needed. Afterwards I would pull laundry from residents room if it needed washing. In between washing I would walk the unit and make sure all residents were safe, as well as make conversations with them. Sit and paint their nails, watch TV with them, color, help with the activities they had, help escort them to dinner, make plates and serve them, help feed if they had a special order like finger food or puree. After dinner was over I would start with getting my residents dressed and prepared for bed. Some residents only required pajamas and helping into bed, while others needed a BM change, shower, brushing teeth, taking out and cleaning dentures, oxygen hooked up, special positions to lay in bed, and anything else they may needed. Once all residents were sleeping I would start cleaning the kitchen, folding laundry, rotating laundry, picking up the TV room and activities table. And then I would do my last round about 8:45 pm. I would check my residents and make sure they were safe, dry, oxygen connected correctly, and fall mats positioned in place. Lastly around 9:45 pm myself and another caregiver would take out the trash and then we would exchange shift reports with the overnight staff and end my shift.

Caregiver

Crossroads Assisted Living-Northglenn, CO

June 2023 to October 2023

This was my first time working in an assisted living facility. And I loved it, and all of my residents. I did laundry, I helped fold napkins for the dining room, I was on the floor taking care of my resident's need's, I helped assist them to the restroom, into bed, I got them up and ready for the day, I fed the pets if they had one, I did light housekeeping, and so much more.

Caregiver

Helen Bee-Cherry Creek Highlands, CO

June 2020 to May 2023

After moving further away from my old job I started looking into being a caregiver again. I was fortunate to come across a post on craigslist looking for a compassionate reliable caregiver for an elderly lady with Dementia. I got a call to interview the next day and was very fortunate to get the position. Helen Bee was in the late stages of Dementia and was a fall risk as well. Her husband was the same age and not in the best health himself and told his kid's that it was time she needed around the clock care. I came in at 8pm and started with getting a report from the daytime caregiver. After that it was time to start getting Helen into pajamas and into bed. Some day's went smooth and easy, and some day's were tough. I always spoke soft and repeated myself as many times as needed. Some night's she stood in bed all night and other night's I couldn't get her to lay down at all. But no matter what I was always calm and very patient. I made sure I was at her bedside every minute because of her being a fall risk. More than

half of the nights, she had bathroom accidents, and some night's more than other's. But I found that if I talked in a way that made her think I needed her help, she was a lot less combative, and easy going. On day's that she was having a good day, I would take Helen and Bill to go get ice cream. Or dinner depending on how they felt, at the moment. I loved working for Helen and Bill. Unfortunately our time together came to end. Helen went into hospice, and I started helping care for my stepfather, who has dementia. I'm very grateful that I had the opportunity to care for Helen. I'm thankful I was able to gain the knowledge, that I did. And to have a better understanding of exactly what Dementia look's like.

Cashier

Save A Lot-Denver, CO

January 2019 to May 2020

I worked as a cashier during the pandemic. Even though it was nerve wrecking and uncertain at times I was still very fortunate to have job. I have always been a people person, so it was easy to adapt. Even though I haven't done customer service since I was 15, it all came back like second nature. I used the P.O.S machine and rang up customers merchandise, while adhering to safety protocols. I learned how to key in merchandise that didn't have a price or serial code. I learned how to replenish items that were running low, as well as discard and enter expired items. I stocked the shelves whenever I had any down time, I did deep cleaning and sanitize around the clock. I started learning how to count down the drawers at the end of the night, as well as making drops into the safe. I started learning how to fill out forms when getting a delivery from Loomis. In my brief time at Save A Lot I learned a lot of information and gained skills that I didn't have when I first started.

Caregiver

Crystal Hunter-Northglenn, CO

September 2017 to December 2018

During my time as a overnight caregiver for Crystal, I learned a lot of things that I have never done before. I was uncertain at first, only reason being I had never cared for someone with ALS before. But I put my best foot forward, and I was quite eager to learn everything I could. I learned how to communicate with Crystal, by really paying attention to her mouth movements and going through a list of words until it was the correct one. Once I got the hang of it, it was pretty much smooth sailing from there. When I arrived at 6pm I would get a report of how her day went, and after that we would watch TV till about 9:15 and than I would assist her into her room. I would lean her wheelchair back and start taking her contacts out. I would than make sure she was strapped in right and use a Hoyer and help guide her into bed. I would set her up to have a BM if needed and turn on the news while I took the dog's outside one last time before bed. I would come back in and freshen her up, put her pajamas on, wash her face, brush her hair, make sure that her oxygen cords were not constricted, position her just right so that if she needed anything all she would need to do was make a little movement with her foot to ring an alarm that was heard through a monitor in the spare room where I stood at night during my shift, I would cover her with a blanket and turn off the lights and TV, I would check on her often without waking her up just to make sure she was ok, morning routine started at 7am by me going in and turning the news on and opening the blinds, and than take the dogs outside, when I came back in I would open the front door for the cat and start preparing breakfast for the pets, I would go back in and ask if she needed her trachea suctioned, if not I would get Crystal fully ready for the day, after that I would feed the pets and put bedding in the washer, and start making something to eat for Crystal, usually one egg and some cottage cheese but she would change it up sometimes, I would come in and assist her with eating while she finished the news, than cleaned up the dishes and than give a report to the next caregiver on shift.

Caregiver

Agape Home Healthcare-Aurora, CO

February 2010 to August 2017

I would drive to the homes of my clients and assist with anything they needed help with. I did grocery shopping, meal prep, cooked meals, daily reminders about medicine, helped with hygiene care, I did laundry, clean the house, fed the pets if needed, go grocery shopping, pick up take out orders every so often, go on walks and accompany them on outings such as the Museum of Nature and Science, Denver Botanic Gardens, the zoo, and I have been known to go to a Zumba class, or two. Every day and every client was never the same. I always came home feeling fulfilled and satisfied.

Education

GED in General Studies

Sundown High School

September 2003 to October 2003

Skills

- Cash Handling
- Cashiering
- Cleaning Experience
- Food Preparation
- Problem-solving
- Flexibility
- Team Work
- Reliability
- Meal Preparation
- Home Care
- Laundry
- Food Service
- Senior Care
- Caregiving
- Cooking
- Serving
- Retail sales
- Dementia Care
- Alzheimer's Care
- Pet Care
- Hospice Care
- Patient Care
- Cash register
- Cash handling
- Customer service
- Cooking
- Memory Care
- Infection Control Training
- ADLs (2 years)