

January 2026
SERVICES LIST for ROSSMOOR COMPANIONS CLUB MEMBERS
For Member Availability CALL: 925-357-1120

The Rossmoor Companions Club provides this list as a courtesy to Residents. Information contained here-in was provided by each listed member and is assumed to be accurate. However, the Club does not endorse or assume any liability for the capabilities or services performed by these members. Members provide their services directly to their clients, thus any relationship(s) entered into by the members on this list is strictly between them and their clients.

Member c = Cell Number	Drive Local <15 mi	Bay Area >15 mi	Personal Care	Cooks/ Cleans	Shops	Over night	Works Weekends	Pet Care	Tasks / Services
ALKANLI, Ester Ptarmigan Dr E3 c 510-928-7665 esmor50@hotmail.com	YES			Cooks	YES	YES	YES	YES	Appointments. Dementia care. Teach French and bridge to beginners. Speak French, Spanish, and Turkish. Dog sit.
ARMITAGE, Judy Ptarmigan Dr E11 925-938-3304 c 510-703-9716 armitagejudith@yahoo.com	YES				YES		YES		Appointments/errands. Organize closets/cabinets/storage. Plant care.
BILSE, Kurt Rockledge Lane E8 925-938-7744 c 310-403-0797 kpbilse@yahoo.com	YES	YES Airports: All	Limited	Lite Meal Prep/ Lite Chores	YES	Emergency	YES		Extended driving. Appts/errands/med/vet. Retired RN - licensed. Post-op /wound care/Nebs/C-PAP/ice machines. Hoyer Lifts. Emergency prep. Client walks and exercise assistance at fitness center. Assist with paperwork/bills. Lite tech/electronics/smart phones.
BRAVO, Susan Skycrest Dr E4 c 925-819-2283 susan.c.bravo@gmail.com	YES	YES Airports: OAK/SFO UCSF	Limited		YES	YES	Only works weekends	YES	Appointments/errands. Companionship. Assist with paperwork. Organize. Small dog care. Cat care.
BRENNAN, Joanne Fairlawn Ct E5 c 925-878-2540 925-954-8454 jmbrennan927@gmail.com	YES		Limited		YES		Sometimes		Appointments/medical/dental/physical therapy. Provide post-op and wound care. Retired RN.

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BROWN, Alan Golden Rain Rd E6 c 209-765-4350 abrowns@sbcglobal.net		YES Airports: All					YES		Transportation hubs. Destinations within four hours. Emergency planning and GO bags. Personal emergency plans.
BUDAN, Ibrahim Ptarmigan Dr E3 c 510-928-7665 esmor50@hotmail.com	YES	YES Airports: ALL			YES		YES	YES	Appointments/shopping. Dementia care. Teach French and play bridge. Dog walks.
CHAN, Stella Rossmoor Pkwy E4 c 925-683-8053 bowjun@me.com	YES				YES			YES	Appointments/medical/physical therapy. Will consider other short term help. Small dog walks.
CHAPMAN, Mary Golden Rain Rd E15 c 415-385-8108 925-934-8829 mrysnsnsh77@gmail.com	YES	YES	YES	Meal Planing	YES		Saturday Sometimes Sunday After 3 p.m.		Appointments/errands. Companionship. Visits to Heather Farms. Movies in and outside Rossmoor. Client walks. Exercise assistance at fitness center.
CIRINA, Cathie Pine Knoll Dr E1 c 925-989-6221 catcirina2@gmail.com	YES			Lite Cooking	YES			YES	Shopping. Companionship. Dog walks.

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COHEN, Marvin Oakmont Dr E7 c 925-286-3782 marvin.truth.cohen@gmail.com	YES	YES Some- times	YES	Lite Meals/ Cleans	YES		Sometimes	YES	Appointments. Companionship. Dementia care experience. Help shower. Make bed/laundry/iron. Household tasks. Organization. Plant care. Dog walks. Retired teacher/counselor. Taught yoga.
COHEN, Nancy Terra Granada Dr E10 c 510-334-6442 nancycohen1334@gmail.com	YES		YES	Lite Cooking Cleaning	YES		YES	YES	Appointments/shops. Companionship. Walk with clients. Assist with paperwork. Small dog care and walks.
CRITTONDON, Bill Rockledge Ln E8 c 925-457-8483 bcrittondon@comcast.net	YES	YES Airports: All		YES	YES		Sometimes		Extended drives. Appointments. Handy man projects/paint. Move furniture. Laundry. Walks with clients.
FARMER, Rebecca Oakmont Dr E7 c 510-914-3958 rebecca.farmer@sbcglobal.net	YES	YES Airports: OAK		Lite Cleaning	YES		YES	YES	Appointments/errands (will wait). Laundry. Plant care. Dog walks. Cat care.
FRASCA, Pat Golden Rain Rd E15 c 510-326-4214 patfrasca@sbcglobal.net	YES	YES Some- times Airports	YES		YES		YES	YES	Appointments. Hospice experience. Assist with morning and evening routines. Stay close during showers. Straighten/organize home. Laundry. Plant care. Child life specialist who helps children understand medical conditions in age appropriate ways.

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GILBERT, Andrea Rockledge Ln E8 c 510-918-2580 andrea_gilbert@comcast.net	YES			Food Prep/ Lite Cleaning	YES		YES	YES	Appointments. Companionship. Laundry /lite vacuuming. Organize. Pack and move. Dog walks.
GIOULIS, Midori Terra Granada E14 c 510-589-6300 925-378-7933 mgioulis@sbcglobal.net	YES			Meal Prep	YES				Appointments. Companionship/cards /games. Stay close during showers. Plant care. Speak Japanese.
HARPER, Carol Ptarmigan Dr E11 c 925-998-9558 caroloharper@comcast.net	YES	YES		Bakes/ Lite Cleaning	YES		YES	YES	Iron. Plant care. Cat care.
HOLLIS, Arlene Golden Rain Rd E24 c 510-305-7474 arlenethollis@gmail.com	YES	YES			YES			YES	Appointments. Companionship. Exercise partner. Home management. Technology. Dog care and walks. Retired teacher at your service.
KNEFEL, Elizabeth Golden Rain Rd E1 925-926-0344 eknefel@gmail.com	YES		Limited		YES		YES	YES	Appointments/errands/shopping. Companionship. Client walks. Teach technology: smart devices/phones /tablets/smart TVs.

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KOWALSKI, Lucia Terra Granada Dr E14 c 925-951-7053 allenfryfry7@gmail.com	YES	EAST BAY		Lite Cleaning	YES	YES	YES	YES	Companionship. Dementia care. Client walks and exercise assistance. Organize closets/cabinets. Gardening/plant care. House sit. Dog care and walks. Cat care.
KVORIAK, Vicky Rockledge Ln E9 c 925-788-4170 victoriakv@yahoo.com	YES		Limited	Lite Meal Prep and Cooking/ Lite Cleaning	YES		YES	YES	Appointments/doctor/vet (ambulatory only)/errands/shopping, Companionship. Assist with projects. Exercise assistance. Read for sight impaired. Dog walks. Music and opera lover.
LASHANLO, Rose P. Canyonwood Ct E6 c 925-876-0902 rose_rossmoor@yahoo.com	YES		Very Limited	Lite Cleaning	YES		YES	YES	Appointments/errands. Companionship. Client walks and exercise assistance. Organize. Plant care. Dog care and walks. Cat care. Speak, read, and write Farsi and Azeri.
LEE, Renee Tice Creek Dr Entry E c 925-639-5917 925-979-9068 reneelee5917@gmail.com	YES	Sometimes	YES	Cooks Cleans	YES		YES		Companionship. Experienced caregiver, offering Alzheimer's/dementia care and guidance. Mild cognitive impairment. Creative arts and memory activities. I was my mother's caregiver.
LEKICH, Andra Golden Rain Rd E10 c 925-818-6889 andralu@sbcglobal.net									Haircuts. Personal computer help. Simple "Sign Language Signs" for speech impaired. Pack/move. Will pickup client donations. Water plants.

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LUCCHETTI, Mary Alice Golden Rain Rd E2 c 925-988-0661 maryalicell@netwiz.net	YES		Limited	Lite Meal Prep	YES			YES	Companionship. Experienced caregiver. Help dress/undress and set hair. No showers.
MANN, Irene Golden Rain Rd E25 c 925-989-9796 mannirene@gmail.com	YES			Lite Cleaning	YES		Sometimes		Appointments (will attend)/errands/ shopping. Companionship. Read to sight impaired. Simplify grocery lists using "real-time" spreadsheets. Organize closets. Client walks. Clean patio/deck. House sit. Plant care. Resourceful.
MASON, Rebecca Rossmoor Pkwy E4 c 925-478-9541 rbmason2012@gmail.com	YES	YES			YES				Appointments/errands. Donate client belongings. Frame artwork. Fix "things." Pack/move/organize. Assist with computer/printer/cell phone.
MENDELSON, Michele Rockledge Lane E8 c 914-310-0948 Michele.mendelsohn2@gmail.com	YES	YES Airports OAK SFO		Cooks	YES			YES	Appts/medical/vet/dental/errands /shopping. Companionship. Pack and unpack moves. Plant care. Dog walks large and small.
MUNOZ (Mouse), Carlos Pine Knoll Dr E5 c 650-241-5615 mousemunoz@gmail.com	YES	YES		Cooks Cleans				YES	Appointments/errands/shopping. Companionship. Clean home/laundry /make beds. Clean and organize. Assist with paperwork. Client walks. Design posters & flyers. Assist with computers /cell phones. Plant care. Dog care and walks. Speak Tagalog/some Spanish.

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NEWMARK, Karen Autumnwood E3 c 510-816-4890 karennewmark@comcat.net	YES	YES	YES Women Only	Lite Cooking	YES				Appointments. Companionship. Make bed, laundry, iron. Change dressing (if allowed by medical staff). Assist with nebulizer.
PHILLIPS, Patricia Leisure Lane E10 c 510-836-4554 510-836-4554 patplus88keys@gmail.com	YES		Limited	Lite Meal Prep	YES		YES	YES	Errands. Companionship. Medical bills/forms. Find providers. Former patient navigator for Stanford Healthcare Alliance. Cat care.
REDFIELD-SEARS, Phyllis Terra Granada Dr E14 c 831-917-4774 phyllisrs1015@gmail.com	YES			Lite Cooking	YES		YES	YES	Appointments/errands. Client walks. Dog walks.
ROBERTS, Lupe Golden Rain Rd E12 925-322-8798 c 760-831-1735 glupe@aol.com	YES	YES Airports: OAK SJC	Limited	Lite Cleaning	YES			YES	Appointments/shops. Client walks. Dog walks. Dog daycare and overnights in client's home.
RUTLEDGE, Mary Tice Creek Dr Entry A c 925-285-8708 hgrutledge@comcast.net	YES				YES				Appointments/shops - fun and serious. Companionship. Read to sight impaired. Organize home/clothes. Donate belongings. Plant care. Assist in daily activities. Client walks.

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RUTLEDGE, Kristen Golden Rain Rd E2 c 510-301-0615 spiraling66@gmail.com	YES	YES		Lite Cooking		YES	YES	YES	Appointments/errands. Read to and walk with clients'. Walk small dogs. Cat care.
SILVER, Larry Oakmont Dr E14 c 925-214-4754 925-954-8823 silver.larry6@gmail.com	YES			Cooks/ Lite Cleaning	YES		YES		Appointments/grocery shopping. Companionship. Assist in daily activities. Client walks and trips to fitness center.
SIMPTON, Sue Golden Rain Rd E7 925-448-2198 c 925-330-3952 suesimpton@comcast.net	YES		YES	Lite Cooking Cleaning	YES			YES	Appointments/errands. Companionship. Personal care. Client walks. Meal planning. Certified nutritional consultant. Cat care.
SMITH, Stephen Rossmoor Pkwy E3 c 650-619-2157 smsmith53@aol.com	YES	YES Airports		Lite Meal Prep	YES		YES	YES	Appointments/errands/shopping. Stay close during showers. Plant care. Cat care.
STEARNS, Paula Terra Granada E9 c 925-360-7105 paula@thestearnsfamily.net	YES		Limited	Lite Cooking Cleaning	YES	YES	YES	YES	Shops. Companionship/games. Overnight help. Read to and walk with clients. Organize. Plant care. Cat and dog care.

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STRONG, Diana Rockledge E3 c 630-747-1981 dianadon@sbcglobal.net	YES	YES			YES		YES	YES	Appointments/errands. Companionship. Plant care. Cat care.
TEMPLE, Sharon Ptarmigan Dr E16 c 925-464-0532 sherluv77@gmail.com	YES	YES Airports: OAK		Cooks/ Lite Cleaning				YES	Appointments/errands. Companionship. Laundry/lite vacuuming. Organize and pack. Client walks and exercise assistance. Plant care. Dog care and walks. Cat care.
THAM, Aida Leisure Lane E8 c 408-410-7562 myaft3@gmail.com	YES	YES		Lite Cooking	YES				Appointments/errands. Companionship. Home care assistance. Client walks. Computer help.
TOLL, Andrea Skycrest Dr E4 c 510-913-3256 andreatoll@gmail.com	YES	YES	Limited	Lite Cleaning	YES		YES	YES	Errands/grocery shopping. Companionship. Chores. Laundry. Straighten /organize home. House sit. Plant care. Small dog walks. Cat care.
TZUR, Cassie Tice Creek Dr E2 c 925-285-4071 imagesbycassie@gmail.com	YES						YES	YES	Appointments/grocery shopping. Companionship. Read to and walk with clients. Clean patio/deck. Plant care. Retired Social Worker.

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WALSH, Jim Ptarmigan Dr E3 c 925-699-0550 925-944-5076 jimwalsh1829@yahoo.com	YES	YES Airports: SFO OAK SJC SMF			YES		YES		All local airports. Amtrak. Cruise ship piers. Downtown SF/Oak. UCSF, Kaiser, John Muir. Wine Country and Tahoe.
Webb, Mary K. Golden Rain Rd E11 c 520-245-2292 mary.webb2007@yahoo.com	YES	YES Airports: OAK	Limited	Lite Cooking Cleaning	YES		Occasionally Saturdays	YES	Appointments. Companionship. Read to and walk with clients. Plant care. Small dog walks. Retired RN.
YANCEY, Terry Tice Creek Dr E1 c 310-251-3143 925-393-5987 gwsgrandma@gmail.com	YES		Limited		YES				Appointments/errands. Companionship. Organize. Assist with bills/paperwork.