

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

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<b>Member</b> c = Cell Number	<b>Drive Local &lt;15 mi</b>	<b>Bay Area &gt;15 mi</b>	<b>Personal Care</b>	<b>Cooks/ Cleans</b>	<b>Shops</b>	<b>Over night</b>	<b>Works Weekends</b>	<b>Pet Care</b>	<b>Tasks / Services</b>
ALKANLI, Ester Ptarmigan Dr E3 c 510-928-7665 <a href="mailto:esmor50@hotmail.com">esmor50@hotmail.com</a>	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 <a href="mailto:armitagejudith@yahoo.com">armitagejudith@yahoo.com</a>	YES				YES		YES		Appointments/errands. Organize closets/cabinets/storage. Plant care.
BILSE, Kurt Rockledge Lane E8 925-938-7744 c 310-403-0797 <a href="mailto:kpbilse@yahoo.com">kpbilse@yahoo.com</a>	YES	YES Airports: All	Limited	Lite Meal Prep/ Lite Chores	YES	Emer- gency	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 <a href="mailto:susan.c.bravo@gmail.com">susan.c.bravo@gmail.com</a>	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 <a href="mailto:jmbrennan927@gmail.com">jmbrennan927@gmail.com</a>	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 <a href="mailto:abrowns@sbcglobal.net">abrowns@sbcglobal.net</a>		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 <a href="mailto:esmor50@hotmail.com">esmor50@hotmail.com</a>	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 <a href="mailto:bowjun@me.com">bowjun@me.com</a>	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 <a href="mailto:mrysns777@gmail.com">mrysns777@gmail.com</a>	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 <a href="mailto:catcirina2@gmail.com">catcirina2@gmail.com</a>	YES			Lite Cooking	YES			YES	Shopping. Companionship. Dog walks.

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COHEN, Marvin Oakmont Dr E7 c 925-286-3782 <a href="mailto:marvin.truth.cohen@gmail.com">marvin.truth.cohen@gmail.com</a>	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 <a href="mailto:nancycohen1334@gmail.com">nancycohen1334@gmail.com</a>	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 <a href="mailto:bcrittndon@comcast.net">bcrittndon@comcast.net</a>	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 <a href="mailto:rebecca.farmer@sbcglobal.net">rebecca.farmer@sbcglobal.net</a>	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 <a href="mailto:patfrasca@sbcglobal.net">patfrasca@sbcglobal.net</a>	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 <a href="mailto:andrea_gilbert@comcast.net">andrea_gilbert@comcast.net</a>	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 <a href="mailto:mgioulis@sbcglobal.net">mgioulis@sbcglobal.net</a>	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 <a href="mailto:caroloharper@comcast.net">caroloharper@comcast.net</a>	YES	YES		Bakes/ Lite Cleaning	YES		YES	YES	Iron. Plant care. Cat care.
HOLLIS, Arlene Golden Rain Rd E24 c 510-305-7474 <a href="mailto:arlenethollis@gmail.com">arlenethollis@gmail.com</a>	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 <a href="mailto:eknefel@gmail.com">eknefel@gmail.com</a>	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 <a href="mailto:allenfryfry7@gmail.com">allenfryfry7@gmail.com</a>	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 <a href="mailto:victoriakv@yahoo.com">victoriakv@yahoo.com</a>	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 <a href="mailto:rose_rossmoor@yahoo.com">rose_rossmoor@yahoo.com</a>	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 <a href="mailto:reneelee5917@gmail.com">reneelee5917@gmail.com</a>	YES	Some- times	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 <a href="mailto:andralu@sbcglobal.net">andralu@sbcglobal.net</a>									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 <a href="mailto:maryalicell@netwiz.net">maryalicell@netwiz.net</a>	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 <a href="mailto:mannirene@gmail.com">mannirene@gmail.com</a>	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 <a href="mailto:rbmason2012@gmail.com">rbmason2012@gmail.com</a>	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 <a href="mailto:Michele.mendelsohn2@gmail.com">Michele.mendelsohn2@gmail.com</a>	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 <a href="mailto:mousemunoz@gmail.com">mousemunoz@gmail.com</a>	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 <a href="mailto:karennewmark@comcat.net">karennewmark@comcat.net</a>	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 <a href="mailto:patplus88keys@gmail.com">patplus88keys@gmail.com</a>	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 <a href="mailto:phyllisrs1015@gmail.com">phyllisrs1015@gmail.com</a>	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 <a href="mailto:qlupe@aol.com">qlupe@aol.com</a>	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 <a href="mailto:hgrutledge@comcast.net">hgrutledge@comcast.net</a>	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 <a href="mailto:spiraling66@gmail.com">spiraling66@gmail.com</a>	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 <a href="mailto:silver.larry6@gmail.com">silver.larry6@gmail.com</a>	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 <a href="mailto:suesimpton@comcast.net">suesimpton@comcast.net</a>	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 <a href="mailto:smsmith53@aol.com">smsmith53@aol.com</a>	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 <a href="mailto:paula@thestearnsfamily.net">paula@thestearnsfamily.net</a>	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 <a href="mailto:dianadon@sbcglobal.net">dianadon@sbcglobal.net</a>	YES	YES			YES		YES	YES	Appointments/errands. Companionship. Plant care. Cat care.
TEMPLE, Sharon Ptarmigan Dr E16 c 925-464-0532 <a href="mailto:sherluv77@gmail.com">sherluv77@gmail.com</a>	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 <a href="mailto:myaft3@gmail.com">myaft3@gmail.com</a>	YES	YES		Lite Cooking	YES				Appointments/errands. Companionship. Home care assistance. Client walks. Computer help.
TOLL, Andrea Skycrest Dr E4 c 510-913-3256 <a href="mailto:andreatoll@gmail.com">andreatoll@gmail.com</a>	YES	YES	Limited	Lite Cleaning	YES		YES	YES	Errands/grocery shopping. Companion- ship. Chores. Laundry. Straighten /organize home. House sit. Plant care. Small dog walks. Cat care.
TZUR, Cassie Tice Creek Dr E2 c 925-285-4071 <a href="mailto:imagesbycassie@gmail.com">imagesbycassie@gmail.com</a>	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 <a href="mailto:jimwalsh1829@yahoo.com">jimwalsh1829@yahoo.com</a>	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 <a href="mailto:mary.webb2007@yahoo.com">mary.webb2007@yahoo.com</a>	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 <a href="mailto:gwsgrandma@gmail.com">gwsgrandma@gmail.com</a>	YES		Limited		YES				Appointments/errands. Companionship. Organize. Assist with bills/paperwork.