

June 2025
SERVICES LIST for ROSSMOOR COMPANIONS CLUB MEMBERS
Call Main Phone # for Member Availability: 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	Dementia care. Teach French and bridge to beginners. Speak French, Spanish, and Turkish. Dog sitting.
ARMITAGE, Judy Ptarmigan Dr E11 925-938-3304 c 510-703-9716 armitagejudith@yahoo.com	YES				YES		YES		Appointments/Errands. Organize closets, cabinets, and storage. Plant care.
BILSE, Kurt 1411 Rockledge Lane, E8 925-938-7744 c 310-403-0797 kpbilse@yahoo.com	YES	YES	Limited	Cooks Cleans Lite	YES	Emerg ency	YES		Airports: All. Extended driving. Retired RN - licensed. Post-op/wound care/Nebs/ C-PAP/ Ice machines. Appts/medical/vet /errands. Client walks. Exercise assistance/gym. Meal prep. Chores/ clean patio/veranda. Organize closets/ storage. Home management. Emergency prep/GO BAGs. Assist with paperwork/ bills. Technology/ electronic/smart phones.
BRAVO, Susan Skycrest Dr. E4 c 925-819-2283 susan.c.bravo@gmail.com	YES	YES	Limited		YES	YES	Only works weekends	YES	Airports: OAK/SFO. UCSF. Appointments/ Errands. Companionship. Assist with paperwork and organization. Small dog care. Cat care.

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BRENNAN, Joanne Fairlawn Ct E5 c 925-878-2540 925-954-8454 jmbrennan927@gmail.com	YES		Limited		YES		Occasionally		Appointments/medical/dental/ physical therapy. Retired RN. Provide post-op and wound care.
BROWN, Alan Golden Rain E6 c 209-765-4350 abrowns@sbcglobal.net		YES					YES		Airports: All. 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			YES		YES	YES	Airports: All. 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 mrysns777@gmail.com	YES	YES	YES	Cooks Lite	YES		Saturday - occasionally Sunday - after 3 p.m.		Appointments/Errands. Visits to Heather Farms. Movies in and outside Rossmoor. Companionship. Walks with clients. Assists with exercise at fitness center. Some meal planning.

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CHASE, Donna Golden Rain Rd E24 925-947-1628 tipchase@sbcglobal.net	YES						YES	YES	Pack and unpack moves. Assist with paperwork and bills. Dog daycare and overnight care in my home. Cat care in client's home.
CIRINA, Cathie Pine Knoll Dr E1 c 925-989-6221 catcirina2@gmail.com	YES			Cooks Lite	YES			YES	Shopping. Social visits. Dog walking.
CRITTONDON, Bill Rockledge Ln E8 c 925-457-8483 bcrittndon@comcast.net	YES	YES			YES	Some- times	YES		Airports: All. Extended drives. Appointments. Move furniture. Laundry.
FARMER, Rebecca Oakmont Dr. E7 c 510-914-3958 rebecca.farmer@sbcglobal.net	YES	YES		Cooks Cleans Lite	YES		YES	YES	Airports: OAK. Appointments (will wait). Lite cooking and cleaning. Plant care. Dog walks. Cat care.
GILBERT, Andrea Rockledge E8 c 510-918-2580 andrea_gilbert@comcast.net	YES			Cooks Cleans	YES		YES	YES	Appointments. Companionship/friendly social visits. Laundry. Lite vacuuming. Food preparation. Organize. Pack and move. Dog walks.

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GIOULIS, Midori Terra Granada E14 c 510-589-6300 925-378-7933 mgioulis@sbcglobal.net	YES			Cooks	YES				Companionship/social visits/cards /games. Meal prep. Stays close while client showers. Speaks Japanese. Plant care.
HARPER, Carol Ptarmigan Dr E11 c 925-998-9558 caroloharper@comcast.net	YES	YES		Bakes Cleans	YES		YES	YES	Iron. Lite cleaning. Plant care. Cat care.
HERDERING, Catherine 2432 Pine Knoll Drive E6 c 925-708-7302 cherdering@gmail.com	YES		YES	Cooks	YES		YES		Long term and hospice care. Team leader experience. California registered home care aid. References available.
HESSLER, Toni Horsemans Canyon c 925-286-5105 sop1toni@yahoo.com	YES	YES			YES		YES	YES	Airports: SFO/OAK. PC/computer help and training. Bill pay and record keeping. Prep tax returns/1099 processing. Dog care and walks. Cat care.
HOLLIS, Arlene Golden Rain Rd E24 c 510-305-7474 arlenethollis@gmail.com	YES	YES			YES			YES	Retired teacher at your service. Appointments. Companionship. Exercise partner. Home management. Technology. Dog care and walks.

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KNEFEL, Elizabeth Golden Rain Rd. E1 925-926-0344 eknefel@gmail.com	YES		Limited		YES		YES	YES	Appointments/Errands. Companionship. Walks with clients. Teaches technology: smart devices, phones, tablets, smart TV's, etc.
KOWALSKI, Lucia Terra Granada Dr E14 c 925-951-7053 allenfryfry7@gmail.com	YES	EAST BAY		Cleans	YES	YES	YES	YES	Companionship/social visits. Dementia care. Exercise assistance and walks. Lite house-keeping. House sit. Organize closets and cabinets. Gardening/Plant care. Dog care and walks. Cat care.
KVORIAK, Vicky Rockledge Ln E9 c 925-788-4170 victoriakv@yahoo.com	YES			Cooks	YES			YES	Appointments/doctor/vet (ambulatory only). Errands/Shops. Exercise assistance. Read for sight impaired. Prepare and cook meals. Music and opera lover. Dog walks.
LASHANLO, Rose P. Canyonwood Ct E6 c 925-876-0902 pouneh_lash@yahoo.com	YES		Limited	Cooks Cleans	YES		YES	YES	Appointments/Errands. Companionship. Client walks and exercise assistance. Organize. Speak, read, and write Farsi and Azeri. Plant care. Dog care and walks. Cat care.
LEE, Renee Tice Creek Dr Entry E c 925-639-5917 925-979-9068 reneelee5917@gmail.com	YES	Some times	YES	Cooks Cleans	YES		YES		Companionship. Caregiving, including Alzheimer's/dementia care and guidance. Mild cognitive impairment. Creative arts and memory activities. Experienced. I was my mother's caregiver.

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LEKICH, Andra Golden Rain Rd E10 c 925-818-6889 andralu@hotmail.com									Haircuts. Personal computer help. Simple "Sign Language Signs" for speech impaired. Help with packing/moving. Donate client belongings. Water plants.
LUCCHETTI, Mary Alice Golden Rain Rd E2 c 925-988-0661 maryalicell@netwiz.net	YES		Limited	Cooks Cleans	YES			YES	Experienced with companionship and caregiving. Help dress/undress and set hair. No showers. Very simple meal preparation.
MANN, Irene Golden Rain Rd E25 c 925-989-9796 mannirene@gmail.com	YES			Cleans Lite	YES		Occasional	YES	Appointments (will attend)/Errands. Chores. Clean patio/veranda. Organize closets. Client walks. House sit. Plant care. Small dog walks. Cat care.
MASON, Rebecca Rossmoor Pkwy E4 c 925-478-9541 rbmason2012@gmail.com	YES				YES			YES	Appointments/Errands/Shops. Help with Computer/Printer/Cell phone. Donate client belongings. Pack and help move. Walk small and medium dogs. Kitty care (only once a day).
NEWMARK, Karen Autumnwood E3 c 510-816-4890 karennewmark@comcat.net	YES	YES	YES	Cooks Lite	YES				Appointments. Companionship. Change beds, do laundry, iron. Change dressing (if allowed by medical staff). Assist with nebulizer.
REDFIELD-SEARS, Phyllis Terra Granada Dr. E14 c 831-917-4774 phyllisrs1015@gmail.com	YES			Cooks Lite	YES		YES	YES	Appointments. Client walks. Dog walks.

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ROBERTS, Lupe Golden Rain Road E12 925-322-8798 c 760-831-1735 qlupe@aol.com	YES	YES	Limited	Cleans Lite	YES	YES	YES	YES	Airports: OAK/San Jose. Appointments/ Shops. Client walks. Dog walks. Dog daycare and overnights in client's home.
RUTLEDGE, Mary Tice Creek Drive Entry A c 925-285-8708 hgrutledge@comcast.net	YES		Limited	Cooks Cleans Lite	YES			YES	Appointments. Lite cooking and cleaning.
RUTLEDGE, Kristen 1500 Golden Rain, E2 c 510-301-0615 spiraling66@gmail.com	YES	YES		Cooks Lite		YES	YES	YES	Appointments/Errands. Reads to and walks with clients. Smaller dogs. Cat care.
SILVER, Larry Oakmont Dr E14 c 925-214-4754 925-954-8823 silver.larry6@gmail.com	YES			Cooks Cleans	YES		YES		Appointments/Food shopping. Companionship. Assists in daily activities, visits to the gym, and client walks. Some house cleaning,
SIMPTON, Sue Golden Rain Rd E7 925-448-2198 c 925-330-3952 suesimpton@comcast.net	YES		YES	Cooks Cleans Lite	YES			YES	Appointments/Errands. Companion- ship. Personal care. Lite cooking and cleaning. Client walks. Meal planning. Certified nutritional consultant. Cat care.

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STEARNS, Paula Terra Granada E9 c 925-360-7105 paula@thestearnsfamily.net	YES		Limited	Cooks Cleans Lite	YES	YES	YES	YES	Shops. Companionship. Client walks and games. Lite cooking and cleaning. Reads. Organizes. Plant care.
STRONG, Diana Rockledge E3 c 630-747-1981 dianadon@sbcglobal.net	YES	YES			YES		YES	YES	Appointments. Companionship/ social visits. Plant care. Cat care.
THAM, Aida Leisure Lane E8 c 408-410-7562 myaft3@gmail.com	YES	YES		Cooks Lite	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	Cleans Lite	YES		YES	YES	Errands/Grocery shopping. Companio- nship/social visits. Walks with clients. Chores. Straighten home, organize, laundry. 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. Retired Social Worker. Companionship/social visits. Clean patio/deck. Read to and walk with client. Plant care.

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WALSH, Jim Ptarmigan Dr E3 c 925-699-0550 925-944-5076 jimwalsh1829@yahoo.com	YES	YES			YES		YES		Airports: SFO, OAK. SJC, SMF, and local airports. Amtrak. Cruise ship piers. Downtown SF/Oak. UCSF, Kaiser, John Muir. Wine Country/Tahoe.
Webb, Mary K. 1901 Golden Rain Rd E11 c 520-245-2292 mary.webb2007@yahoo.com	YES	YES	Limited	Lite	YES		Occasionally Saturdays	YES	Airports: OAK. Appointments. Retired RN. Companionship. Reads to and walks with clients. Plant care. Small dog walks.
YANCEY, Terry Tice Creek Drive E1 c 310-251-3143 925-393-5987 gwsgrandma@gmail.com	YES		Limited		YES				Appointments/Errands. Companionship. Assist with bills/paperwork. Organize.