November 2026

SERVICES LIST for ROSSMOOR COMPANIONS CLUB MEMBERS

For Member Availability CALL: 925-357-1120

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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	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 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. Retired RN. Provide post-op and wound care.

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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 mrysnsh777@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.
CODEGLIA, Susan Ptarmigan Dr. E17 c 925-490-8210 scodeglia@icloud.com	YES				YES		YES		Advocacy/resources/care management. Assisted living experience. Scenic drives. Shopping/medical appts/errands. Companionship/activities/crafting. Personal assistant/secretarial services. Cheerful/patient/ compassionate.

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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. Retired teacher/counselor. Dementia care experience. Help shower. Make bed/laundry/iron. Household tasks. Organization. Plant care. Dog walks. Teach yoga.
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. Client walks.
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, including medication and games.
FRASCA, Pat Golden Rain Rd E15 c 510-326-4214 patfrasca@sbcglobal.net	YES	YES Some-times Airports	Limited	Lite Cleaning	YES		YES	YES	Appointments. Hospice experience. Child life specialist who helps children understand medical conditions in age appropriate ways. Assist with morning/ evening routines. Laundry. Straighten/ organize home. Plant care.

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GALEANO, Alex Pine Knoll Dr. E5 c 925-755-6918 ale@161616.com			YES				YES		Licensed/bonded In-home services: haircuts, coloring, permanents, high-lights, permanents, manicure, pedicure, facial waxing, toenail clipping. 10 years service to Rossmoor residents, assisted living communities, and post acute facilities.
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. Retired teacher at your service. Exercise partner. Home management. Technology. Dog care and walks.
HUDSON, Julie Lee Tice Creek Dr. E4 c 925-285-0632 julietahudson@gmail.com	YES			Lite Meal Prep	YES		YES	YES	Appointments/errands. Companionship. Hospice experience. Teach tai chi for seniors. Dog walks and cat care.

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KNEFEL, Elizabeth Golden Rain Rd E1 c 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.
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.
LASH, Rose P. Canyonwood Ct E6 c (925) 264-9866 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 925-766-3604 925-979-9068 reneelee5917@gmail.com	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.

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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 pick up client donations.
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/shopping. Donate client belongings. Frame artwork. Fix “things” and assemble small furniture. Pack/move/organize. Assist with computer/printer/cell phone.
MENDELSOHN, 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.
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.

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ROBERTS, Lupe Golden Rain Rd E12 925-322-8798 c 760-831-1735 qlupe@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/shopping. Companionship. Assist in daily activities. Read to sight impaired. Client walks. Organize home/clothes. Donate belongings. Plant care. Fun and serious.
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. 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.

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STEARNS, Paula Terra Granada E9 c 925-360-7105 paula@thestearnsfamily.net	YES		Limited	Lite Cooking Cleaning	YES	YES	YES	YES	Shopping. Companionship/games. Overnight help. Read to and walk with clients. Organize. Plant care. Cat and dog care.
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	YES	YES Airports: OAK		Cooks/ Lite Cleaning				YES	Appointments/errands. Companionship. Laundry/lite vacuuming. Organize and pack. Client walks and exercise assistance. Ironing and alterations. 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.

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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.
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. Retired RN. Read to and walk with clients. Plant care. Small dog walks.
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.