

**Courtnay Loud**  
**East Palo Alto, CA 94303**  
**Cellular 650-468-5578**  
**courtayloroud@yahoo.com**

**SUMMARY:**

- Over 6+years of experience in culinary field
- Strong command over classic and contemporary culinary methodologies
- In-depth knowledge of weighing, measuring, and mixing ingredients in line with recipes
- Able to work efficiently without supervision
- Proven ability to clean work areas, equipment, utensils, dishes, and silverware

**EXPERIENCE:**

**Private Home, East Palo Alto, CA**

**Caregiver, 2008 – 2014**

- Maintain records of patient care, condition, progress, or problems to report and discuss observations with supervisor or case manager.
- Provide patients with help moving in and out of beds, baths, wheelchairs, or automobiles and with dressing and grooming.
- Bathe patients.
- Care for patients by changing bed linens, washing and ironing laundry, cleaning, or assisting with their personal care.
- Entertain, converse with, or read aloud to patients to keep them mentally healthy and alert.
- Plan, purchase, prepare, or serve meals to patients or other family members, according to prescribed diets.
- Check patients' pulse, temperature, and respiration.
- Provide patients and families with emotional support and instruction in areas such as caring for infants, preparing healthy meals, living independently, or adapting to disability or illness.
- Perform a variety of duties as requested by client, such as obtaining household supplies or running errands.
- Direct patients in simple prescribed exercises or in the use of braces or artificial limbs.

**EDUCATION:**

**Palo Alto High, Palo Alto, CA**

**H.S. Diploma, 2008**